

**ENGLISH SYLLABUS
SESSION 2024-2025
CLASS-1**

TERM 1 (APRIL – SEPTEMBER)

APRIL-MAY	
COURSE BOOK	<ul style="list-style-type: none"> • L - 1 Ten Little Teddy Bears (Poem) • L - 2 The Clever Rabbit
GRAMMAR	<ul style="list-style-type: none"> • Vowels and Consonants • Concept of 'a' and 'an' • Use of 'is', 'are' and 'am' • Noun • Punctuation (Use of capital letters and full stop)
CREATE AND LEARN	<p><u>Recite'n Rejoice</u></p> <ul style="list-style-type: none"> • To Welcome the tiny tots by reciting poems & action songs. • Narration of short stories with the help of colourful picture cards. • Self Introduction On a postcard cartridge sheet , write your name, class , school, house address and phone number in a beautiful way. • Time To Tell Session – My first day in class one. • Draw a colorful Teddy Bear and describe it. • Mother's Day Celebration – Make a beautiful card for your Lovely Mom. • Name Game – based on naming words.

<p>LEARNING OUTCOMES</p>	<ul style="list-style-type: none"> • Students will be able to – • Recite poems with actions and expressions. • Read simple sentences. • Use capital letters and full stop correctly.
<p>JULY</p>	
<p>COURSE BOOK</p>	<ul style="list-style-type: none"> • L – 3 Aarushi and Her Vacation • L - 5 The Ugly Duckling • L – 4 Ding Dong (Poem)
<p>GRAMMAR</p>	<ul style="list-style-type: none"> • Singular Plural • Action Words • Correct form of Verbs • Picture Description
<p>CREATE AND LEARN</p>	<p><u>Thinking Caps On -</u></p> <ul style="list-style-type: none"> • Play “Word Antakshari” about the things you will carry for the summer picnic spot. <ul style="list-style-type: none"> • Create a Forest Scene- Paste pictures of animals that “The Ugly Duckling” met on the way. <p><u>Lets play a while -</u></p> <ul style="list-style-type: none"> • “Passing the Parcel” based on action words. <p><u>Time to Tell Session -</u> Talk about a pet you wish you had using stick puppet.</p> <p><u>Friendship Day Celebration -</u></p> <ul style="list-style-type: none"> • Make an attractive wrist band for your best buddy.

<p>LEARNING OUTCOMES</p>	<p>The Students will be able to -</p> <ul style="list-style-type: none"> • Read with correct pronunciation. • Speak sentences describing familiar objects and places like park, picnic, games. • Use greetings like Good Morning, Thank you and polite conversation in English like What is your name? How are you?
<p>AUGUST</p>	
<p>COURSE BOOK</p>	<ul style="list-style-type: none"> • L – 6 The Babies Are Hungry • L – 8 The King and the Coconut Tree
<p>GRAMMAR</p>	<ul style="list-style-type: none"> • Opposites • Pronouns (he/she/it/they) • Picture Description
<p>CREATE AND LEARN</p>	<ul style="list-style-type: none"> • Imagine you get a Doraemon, a Robot. Which five things you will ask him to do? • Group Activity- Pairing the antonyms. Choosing picture words from 2 bowls. • Find five facts about a Rabbit or a Bear. • Time to Tell Session – Bring any fruit and describe it. List the things made from it. • A class party and observation of eating manners – A Veggie Sandwich.
<p>LEARNING OUTCOMES</p>	<p>The Students will be able to–</p> <ul style="list-style-type: none"> • Sing or Recite songs with expressions and actions. • Read aloud text with correct pronunciation and pauses. • Identify opposites such as Tall/Short , Big/Small etc. • Use appropriate pronouns

	related to Genders such as he/she/it/they.
SEPTEMBER	
MCB	<ul style="list-style-type: none"> • L – 7 The Five Senses (Poem)
GRAMMAR	<ul style="list-style-type: none"> • Revision of all the concepts.
CREATE AND LEARN	<ul style="list-style-type: none"> • <u>FUN TIME</u> - “Teacher’s Day Celebration” - Write five sentences on your favourite teacher. • Grandparents Day is on 8th September - Pamper them with lovely cards and gifts to show your respect, love and care.
LEARNING OUTCOMES	<p>The Students will be able to -</p> <ul style="list-style-type: none"> • Recite poems with actions and expressions. • Share their views verbally.

TERM 2 (OCTOBER – MARCH)	
OCTOBER	
COURSE BOOK	<ul style="list-style-type: none"> • L – 9 Anu goes Shopping
GRAMMAR	<ul style="list-style-type: none"> • Verbs (Present/Past) • Punctuation (Use of Question Mark) • Picture Composition
CREATE AND LEARN	<ul style="list-style-type: none"> • Write four activities that you do with your wonderful Ma – Pa to make them cheerful.

	<ul style="list-style-type: none"> • Creative Corner – Design an attractive “Shopping Bag” using waste materials . • Take cut outs from old magazines/newspapers that you see in the malls or shops and make a collage out of them. • Fun Trip – A visit to a “Mall”. <u>Share your experience with your mates.</u> • “Healthy Snacks” in Lunch Box.
LEARNING OUTCOMES	<p>The Students will be able to -</p> <ul style="list-style-type: none"> • Develop phonemic awareness through activities focusing on different sounds emerging from the words, stories and texts. • Frame sentences in English. • Use punctuation marks, full stop and capital letters appropriately.
NOVEMBER	
COURSE BOOK	<ul style="list-style-type: none"> • L – 11 The Shepherd Boy
GRAMMAR	<ul style="list-style-type: none"> • Describing Words • Jumbled Sentences • Genders
CREATE AND LEARN	<ul style="list-style-type: none"> • Class Activity – Children will be asked to come dressed up as those persons who help us in our daily life and introduce themselves how they are helpful to us. • Search your partner- Activity based on Genders. • <u>Children’s Day Celebration -</u> A class party with lots of fun, music, dance and games.

<p>LEARNING OUTCOMES</p>	<p>The Students will be able to -</p> <ul style="list-style-type: none"> • Answer simple questions related to the lesson and story. • Talk about situations and pictures in English. • Carry out simple instructions such as Open the textbook, Do not talk.
<p>DECEMBER</p>	
<p>COURSE BOOK</p>	<ul style="list-style-type: none"> • L - 12 The Four Friends
<p>GRAMMAR</p>	<ul style="list-style-type: none"> • Prepositions • Comprehension Passage
<p>CREATE AND LEARN</p>	<p><u>Speaking Activity</u> “My Favourite Cartoon Character”.</p> <ul style="list-style-type: none"> • Activities based on “Prepositions” will be done. • Stick your friend’s picture and write his/ her five good qualities. <p><u>Fun Time</u></p> <ul style="list-style-type: none"> • “X”mas Tree Decoration
<p>LEARNING OUTCOMES</p>	<p>The Students will be able to -</p> <ul style="list-style-type: none"> • Answer simple questions related to the comprehension lessons. • Talk about situations and pictures in English. • Associate words with pictures.

JANUARY	
COURSE BOOK	<ul style="list-style-type: none"> • L – 10 Dad’s Rusty Old Car (Poem)
GRAMMAR	<ul style="list-style-type: none"> • Comprehension Passage
CREATE AND LEARN	<p>Booklicious Week – Reading short stories in class.</p> <ul style="list-style-type: none"> • Activity Corner - Describe your yummy Ice-lolly.
LEARNING OUTCOMES	<p>The Students will be able to -</p> <ul style="list-style-type: none"> • Frame sentences in English. • Enrich vocabulary by listening to stories and poems.
FEBRUARY	
REVISION	

हिन्दी पाठ्यक्रम - 2024-25

कक्षा - प्रथम

अप्रैल और मई पाठ्य-पुस्तक	<ul style="list-style-type: none">★ अ , अः क से ज दो तीन चार अक्षरों से बने शब्द★ आ (ा) की मात्रा
रचनात्मक गतिविधियाँ	<ul style="list-style-type: none">★ कक्षा में चित्रों की सहायता से कहानी सुनना★ आ की मात्रा से संबंधित शब्द निर्माण (चित्र सहित) जैसे गाजर , तारा 
शिक्षण उद्देश्य	<ul style="list-style-type: none">★ छात्रों को सभी स्वरों और व्यंजनों की ध्वनि से परिचित करवाना ।★ कहानी को सुनने में रुचि लेना और उन्हें मजे से सुनना और सुनाना
जुलाई पाठ्य-पुस्तक	<ul style="list-style-type: none">★ इ (ि) और ई(ी) की मात्रा
व्याकरण	<ul style="list-style-type: none">★ शब्दों को शुद्ध करना

<p>रचनात्मक गतिविधियाँ</p>	<ul style="list-style-type: none"> ★ “मछली जल की रानी है” मछली पानी के बिना जीवित नहीं रह सकती मछली पर एक कविता कक्षा में सुनाइए ★ फलों का राजा ‘आम’ कक्षा में आम दिवस मनाया जाएगा ।
<p>शिक्षण उद्देश्य</p>	<ul style="list-style-type: none"> ★ इ ई की मात्रा का परिचय देना तथा ध्वनि के माध्यम से मात्रा की पहचान करवाना । ★ मात्राओं के प्रयोग द्वारा नए शब्दों का निर्माण । ★ इ ई की मात्रा से नवीन शब्द बना सकेंगे
<p>अगस्त और सितंबर पाठ्य-पुस्तक</p>	<ul style="list-style-type: none"> ★ उ(ु) और ऊ(ू) ऋ की मात्रा ★ ए (े) ऐ (ै) की मात्रा
<p>व्याकरण</p>	<ul style="list-style-type: none"> ★ फलों और सब्जियों के नाम
<p>रचनात्मक गतिविधियाँ</p>	<ul style="list-style-type: none"> ★ आपको घर से बाहर कौन-कौन से खेल खेलना पसंद है । कक्षा में विचार विमर्श करना ★ कृष्ण जन्माष्टमी पर कृष्ण , राधा का रूप धारण कीजिए और दो-दो वाक्य कक्षा में सुनाइए
<p>शिक्षण उद्देश्य</p>	<ul style="list-style-type: none"> ★ उ ऊ ऋ ए ऐ की मात्रा का परिचय देना तथा ध्वनि के माध्यम से मात्रा की पहचान करवाना । ★ देखी सुनी और पढ़ी गई बातों को सहज ढंग से अभिव्यक्त करना

	<ul style="list-style-type: none"> ★ अभिनय के द्वारा अपने भावों को व्यक्त करना
अक्टूबर पाठ्य-पुस्तक	<ul style="list-style-type: none"> ★ ओ (ो) और औ (ौ) की मात्रा
रचनात्मक गतिविधियाँ	<ul style="list-style-type: none"> ★ पटाखे हमारी सेहत के लिए खतरनाक होते हैं तो क्या हमें पटाखे जलाने चाहिए हाँ या नहीं , कक्षा में विचार विमर्श करना ★ पपेट की सहायता से कक्षा में कहानी प्रतियोगिता का आयोजन करवाया जाएगा ।
शिक्षण उद्देश्य	<ul style="list-style-type: none"> ★ मात्राओं का शुद्ध उच्चारण सिखाना। ★ मौखिक व लिखित अभिव्यक्ति का विकास करना।
नवंबर पाठ्य-पुस्तक	<ul style="list-style-type: none"> ★ अं की मात्रा ★ पाठ=15 दिन और महीने (कविता)
व्याकरण	<ul style="list-style-type: none"> ★ लिंग , वचन
रचनात्मक गतिविधियाँ	<ul style="list-style-type: none"> ★ जिंगल टून्स की सहायता से एनिमेटेड गीत, लकड़ी की काठी काठी पे घोड़ा सुनिए और याद करके कक्षा में सुनाइए । ★ अपने अच्छे मित्र के बारे में पाँच वाक्य लिखिए -

शिक्षण उद्देश्य	<ul style="list-style-type: none"> ★ लेखन कार्य करते समय शब्दों की वर्तनी पर ध्यान देना । ★ हाव भाव एव लय के साथ कविता वाचन करवाना ★ विराम चिह्नों से परिचित करवाना।
दिसंबर पाठ्य-पुस्तक	पाठ=16 तरकारियाँ और फल
व्याकरण	★ विलोम शब्द ,चित्र वर्णन ,गिनती (1-10)
रचनात्मक गतिविधियाँ	<ul style="list-style-type: none"> ★ फल खाना सेहत के लिए सेहतमंद होता है आप को कौन कौन से फल खाना पसंद है किन्हीं पाँच के नाम लिखो और चित्र चिपकाओ ★ आप अपने माता-पिता के साथ दशहरे का मेला देखने गए हो अपने वहाँ क्या-क्या देखा। पाँच वाक्य लिखो ।
शिक्षण उद्देश्य	<ul style="list-style-type: none"> ★ कल्पना शक्ति के माध्यम से अपने विचारों को व्यक्त करना । ★ व्याकरण बिन्दुओं का ज्ञान प्रदान करना। ★ शुद्ध वाक्य निर्माण करवाना ।
जनवरी और फरवरी पाठ्य पुस्तक	पाठ=17 लोमड़ी और ढोलक पाठ=18 चीटी और चूहा
व्याकरण	विराम चिह्न , व्याकरण पुनरावृत्ति

<p>रचनात्मक गतिविधियाँ</p>	<ul style="list-style-type: none"> ★ लोमड़ी और ढोलक कहानी अपने शब्दों में कक्षा में सुनाइए ★ हमें जीवन में मेहनत करनी चाहिए मेहनत का फल हमेशा मिलता है । कक्षा में विचार विमर्श करना ।
<p>शिक्षण उद्देश्य</p>	<ul style="list-style-type: none"> ★ चित्रों के माध्यम से बच्चों के लेखन व पठन कौशल का विकास करना । ★ कहानी सुनने पढ़ने में रुचि जाग्रत करना । ★ समस्या का समाधान बुद्धिमानी से निकालने की क्षमता का विकास करना ।

**MATHS SYLLABUS
SESSION 2024-2025
CLASS-1
TERM 1 (APRIL – SEPTEMBER)**

APRIL-MAY	
Ch - 1 NUMBERS UP TO 20	<ul style="list-style-type: none"> • Number names • Zero • Making ten • Before, After and Between • Building Numbers upto 20 • Numbers on abacus • Comparing numbers , >,< , = • Increasing/Decreasing Order
Ch - 2 ADDITION UP TO 10	<ul style="list-style-type: none"> • Counting forward to add • Adding zero and one • Addition facts • Vertical addition • Adding three numbers • Story Sums
WORKBOOK	<ul style="list-style-type: none"> • Pg 1 to 3, 8 to 9, 14 to 16
CREATIVE SKILLS	<ul style="list-style-type: none"> • Making number cards 0 to 20 with number names • To learn the concept of before , after , between through number strips • Abacus representing numbers using coloured beads • Comparison of numbers using digit cards • Let's Play – i) Fire in the mountain ii) Number Train Game based on increasing / decreasing order
LEARNING OUTCOMES	<p>The Students will be able to –</p> <ul style="list-style-type: none"> • Recite number names and count objects upto 20 concretely, pictorially and symbolically. • Compare numbers upto 20. • Construct addition facts upto 20 by using concrete objects.

JULY	
Ch - 3 SUBTRACTION UPTO 10	<ul style="list-style-type: none"> • Subtracting zero and one • Subtracting a number from itself and just before • Subtraction facts • Vertical subtraction • Story sums
Ch - 4 SHAPES AND PATTERNS	<ul style="list-style-type: none"> • Different shapes • Rolling and sliding • Patterns
Ch - 5 ADDITION AND SUBTRACTION UP TO 20	<ul style="list-style-type: none"> • Making 10 to add • Number bonds • Adding 10 • Adding 2 – digit and 1 – digit • Subtraction • Counting backward to subtract and story sums
WORKBOOK	<ul style="list-style-type: none"> • Pg 4 to 7, 25, 26
CREATIVE SKILLS	<ul style="list-style-type: none"> • Subtraction through number lines , tearing number strips and combination of Playing Cards • Making number combinations upto 10 using stars , smilies etc. • Throw dice and solve – Addition and Subtraction <ul style="list-style-type: none"> • To explain the concept of rolling and sliding by showing different objects • Make a Photo Frame or Rangoli by using different shapes • Party Time – Bring sumptuous snacks of different shapes and sizes in Tiffin

LEARNING OUTCOMES	<p>The Students will be able to –</p> <ul style="list-style-type: none"> • Solve day to day problems related to subtraction of numbers upto 20. • Describe the physical features of various solids/shapes in their own language. • Observe , extend and create patterns of shapes and numbers.
--------------------------	---

AUGUST	
Ch – 6 NUMBERS UP TO 50	<ul style="list-style-type: none"> • Making tens. • Comparing numbers
ORDINAL NUMBERS	<ul style="list-style-type: none"> • Ordinal numbers upto 10
WORKBOOK	<ul style="list-style-type: none"> • Pg 10 to 12
CREATIVE SKILLS	<ul style="list-style-type: none"> • Addition & Subtraction using Number chits or Tambola coins in a basket. • Making arrow cards to form number 50 • Comparing numbers with the help of candies / chocolates • Learning is fun – Using red kidneys or gram seeds to build numbers • Play Time – A race will be organized to explain ordinal numbers by the position of the winners

LEARNING OUTCOMES	<p>The Students will be able to –</p> <ul style="list-style-type: none"> • Solve day to day problems related to addition of numbers up to 50. • Develop and apply the understanding of place value while grouping and recognizing them.
--------------------------	---

SEPTEMBER	
Ch - 8 NUMBERS UP TO 100	<ul style="list-style-type: none"> • Building Numbers upto 100. • Before/After, Increasing/Decreasing, $>$, $<$ upto 100. • Skip counting in 2's , 5's and 10's
WORKBOOK	<ul style="list-style-type: none"> • Pg 35 to 37
CREATIVE SKILLS	<ul style="list-style-type: none"> • Making Number 100 using Number Grid. • Demonstration – Skip counting using different objects like crayons/spoons/pencils
LEARNING OUTCOMES	<p>The Students will be able to –</p> <ul style="list-style-type: none"> • Use place value in writing and comparing two digit numbers.

TERM 2 (OCTOBER – MARCH)

OCTOBER	
Ch - 9 ADDITION AND SUBTRACTION UPTO 100	<p style="text-align: center;">Part 1</p> <ul style="list-style-type: none"> • Adding 2-digit number with 1- and 2-digit number • Carry over Addition (Regrouping) <p style="text-align: center;">Part 2</p> <ul style="list-style-type: none"> • Subtracting 1- and 2- digit number from 2-digit number • Addition & Subtraction Stories
WORKBOOK	<ul style="list-style-type: none"> • 21 to 27, 29 to 32

CREATIVE SKILLS	<ul style="list-style-type: none"> • To reinforce the concept of Addition & Subtraction through Blocks, Number bars & Ice Cream Sticks • To develop skill of quick addition and subtraction using “Rubik’s Cube”. • “Fun Time” – Playing Snake & Ladder.
LEARNING OUTCOMES	<p>The Students will be able to –</p> <ul style="list-style-type: none"> • Use place value in writing and comparing two digit numbers. • Solve daily life situations based on Addition & Subtraction of two digit numbers.

NOVEMBER	
Ch – 10 LEARN TO MULTIPLY	<ul style="list-style-type: none"> • Repeated Addition • Tables
Ch – 11 TIME	<ul style="list-style-type: none"> • Days of the Week • Months of the Year • Reading Time
WORKBOOK	<ul style="list-style-type: none"> • Pg 13, 38 to 48
CREATIVE SKILLS	<ul style="list-style-type: none"> • Making bundles of different objects for learning concept of Multiplication as a repeated Addition • Pick & Match - Multiplication Cards with Repeated Addition Cards • Make a model of a clock • Building tables in number grid • Demonstration – Knowing and reading a calendar

LEARNING OUTCOMES	<p>The Students will be able to –</p> <ul style="list-style-type: none"> • Construct knowledge of Multiplication as repeated addition. • Identify the Days of the week & Months of the year. • Tell the time to the hour using a clock.
--------------------------	--

DECEMBER	
Ch – 12 MONEY	<ul style="list-style-type: none"> • Counting Notes & Coins
WORKBOOK	<ul style="list-style-type: none"> • Pg 49 to 53
CREATIVE SKILLS	<ul style="list-style-type: none"> • Creating a “Mock Market” in the class and performing small Addition and Subtraction operations on Money. • Demonstration – Indian Currency (Notes & Coins).
LEARNING OUTCOMES	<p>The Students will be able to –</p> <ul style="list-style-type: none"> • Value of currency notes upto 100 (Coins & Notes) and perform Addition & Subtraction operations.

JANUARY	
Ch – 13 DATA HANDLING	<ul style="list-style-type: none"> • Count and Write Data
WORKBOOK	<ul style="list-style-type: none"> • Pg 54
CREATIVE SKILLS	<ul style="list-style-type: none"> • Counting & Representing Data of things/objects in your study room • Collecting and Recording of numbers of members in your family.
LEARNING OUTCOMES	<p>The Students will be able to –</p> <ul style="list-style-type: none"> • Collect, Record (using pictures/numerals) & interpret the simple information by looking at visuals.
FEBRUARY	
REVISION	

SESSION 2024 – 2025

CLASS – 1

LIFE SKILLS

TERM-1	
APRIL - MAY	L-1 Thank You God L-2 Honesty
JULY - AUGUST	L-3 Sharing is Fun L-4 My Family L-5 Be a Good Friend
SEPTEMBER	L-6 Mother's Day
TERM-2	
OCTOBER	L-7 Keep Trying L-8 Kindness
NOVEMBER	L-9 Cleanliness
DECEMBER	L-10 Plant's Importance
JANUARY	L-11 Yoga and Health

Session 2024-2025

DANCE SYLLABUS

CLASS-I

➤ I Term (April-September)

- **Skill Development**
Dance with prop(cap/stick)
- **Innovative Ability**
Dance on students' choice of songs
- **Artistry Approach**
Free style dance
- **Rhythm pattern**
Remix retro dance
- **Learning outcomes**
 - o To build up sense of rhythm
 - o To increase creativity through movements

➤ II Term (October-February)

- **Skill Development**
Dance on motivational English song
- **Innovative Ability**
Dance on Medley of songs
- **Artistry Approach**
Popular Hindi songs
- **Rhythm pattern**
Different formations & movements in dance composition
- **Learning outcomes**
 - o Learn to develop coordination
 - o To build up self confidence



MUSIC
(FOR CLASS-1ST)



Session- 2024-25

➤ Ist Term (April-September)

- **Musical skills**
To build up sense of all 7
Sudh Swar
- ❖ **Vocal Warm-up**
Alankaar
- **Knowledge of Rhythm and Tempo**
Keherwa taal (8 maatra)
80 tempo
- **Musical Theme**
Hindi Song
a) Sargam Geet (All
Shudh Swar)

- English Musical Song
a) Lavender
- **Learning outcomes**
 - To build up early sense of Rhythm.
 - Helps them develop the sense of Music.

➤ IInd Term (October-February)

- **Musical skills**
Identify all 7 Notes
- ❖ **Vocal Warm-up**
Introduction to new Alankaar
- **Knowledge of Rhythm and tempo**
Keherwa taal (8 maatra)
80 tempo
- **Musical Theme**
Hindi Songs
a) Aa Chal ke Tujhe
b) Hey Sharde Maa (Saraswati
Vandana)

- English Fun Song
a) Action Song
- **Learning outcomes**
 - To build up Spiritual connection with the help Music.
 - Help them develop differentiating between notes

CLASS-I ART EDUCATION □ 2024-2025	
APRIL TO SEPTEMBER	
SKETCHING SKILL	<ul style="list-style-type: none"> • Sketching with Alphabets / Numbers • Scenes • Birds / Animals • Fruit / Vegetable
COLOURING SKILL	<ul style="list-style-type: none"> • Primary colours • Secondary Colours • Basic strokes pigment
CRAFT WORK	<ul style="list-style-type: none"> • Sticking art • Artist's Impression (Thumb Impression)
INNOVATIVE WORK	<ul style="list-style-type: none"> • Shapes / Pattern Art • Ice-Cream Craft Task (Halloween)
LEARNING OUTCOMES	<ul style="list-style-type: none"> • Developing sense of visual art • To strengthen Basic strokes pigment
OCTOBER TO FEBRUARY	
SKETCHING SKILL	<ul style="list-style-type: none"> • Free hand sketching • Poster Desing
COLOURING SKILL	<ul style="list-style-type: none"> • Fun with colours
CRAFT WORK	<ul style="list-style-type: none"> • 3D Craft
INNOVATIVE	<ul style="list-style-type: none"> • Mosaic / Creative Patterns
LEARNING OUTCOMES	<ul style="list-style-type: none"> • To strengthen Basic strokes pigment • To develop craft skills

SPORTS(CLASS-1)2024-25	
TERM-I	TERM-II
* Ardh padmasana, Veerbhadra Sana, bhujangasana	*Padmasana, Ardhchakrasana, paschimotanasana
* 50 M. Run	* Pick the cone race
* Standing broad jump	* Vertical jump
* Mass P.T.	* Marching skills
* Plate Tapping	*Dumb bell exercise
* Ball Toss, clap & catch activity	*Broad Jump
LEARNING OUTCOME:	LEARNING OUTCOME:
1. To sit in correct posture.	1. To improve body posture.
2.Toenhancetheirflexibility	2. To develop inter-personal skills.