

## CLASS IV ENGLISH

### Learning Objectives

- to enable the learner to communicate effectively and appropriately in real-life situations
- to use English effectively for study purpose across the curriculum
- to develop and integrate the use of four language skills i.e. listening, speaking, reading and writing
- to develop interest in and appreciation of literature

### TEXT BOOKS

1. New Broadway - A Multi-Skill Course in English, Course Book-4 (CB)
2. Essentials of English Grammar and Composition-4

### CYCLE - I

1. Listening Comprehension :
  - (a) Grammar Book : Pg. 112, Ex D and E
2. Recitation :
  - (a) Everyday Things (CB, Pg. 48)
  - (b) Don't Give Up (CB, Pg. 98)
3. Reading Comprehension :
  - (a) Grammar Book : Pg. 102-104, Passage 1, 2 and 3
4. Paragraph Writing –
  - (a) Let's maintain cleanliness everywhere
  - (b) A fun-filled day with my family
5. Picture Composition - 2
6. Expressions -
  - (a) Creative Writing
  - (b) Book Review

### UNIT - I

1. L-4 : Tess Buys a Miracle
2. Don't Give Up (CB, Pg. 98)
3. Grammar Book :
  - (a) L-1 : Alphabetical Order

- (b) L-2 : The Sentence
- (c) L-3 : Kinds of Sentences
- (d) L-4 : Negative Sentences

### UNIT - II

1. L-1 : A Tiny Seed
2. L-2 : The Brave Pizza Delivery Boy
3. Everyday Things (CB, Pg. 48)
4. Grammar Book :
  - (a) L-5 : Interrogative Sentences
  - (b) L-6 : Subject and Predicate
  - (c) L-7 : Nouns
  - (d) L-8 : Common and Proper Nouns
  - (e) L-9 : Collective Nouns
  - (f) L-29 : Antonyms (Ex. C)

### CYCLE - II

1. Listening Comprehension :
  - (a) Grammar Book : Pg. 113, Ex. F and G
2. Recitation :
  - (a) Try, Try Again (CB, Pg. 61)
  - (b) The Bat (CB, Pg. 74)
3. Reading Comprehension :
  - (a) Grammar Book : Pg. 105-107, Passage 4, 5 and 6
4. Paragraph Writing -
  - (a) I am a disciplined child .....
  - (b) Eat Healthy, Be Happy
5. Expressions -
  - (a) Creative Writing
  - (b) Book Review

### UNIT - I

1. L-5 : I Found My Mother Using Google Earth
2. L-6 : I Hate Bugs
3. Try, Try Again (CB, Pg. 61)
4. Grammar Book :
  - (a) L-10 : Countable and Uncountable Nouns
  - (b) L-11 : Nouns : Number

- (c) L-12 : Nouns : Gender
- (d) L-18 : Verbs
- (e) L-19 : Present, Past and Future Tenses
- (f) L-29 : Homophones (Ex. A)

### UNIT - II

1. L-7 : The Abraham Prize
2. L-8 : A Girl With a Dozen Legs
3. The Bat (CB, Pg. 74)
4. Grammar Book :
  - (a) L-14 : Adjectives
  - (b) L-15 : Degrees of Comparison
  - (c) L-17 : Pronouns
  - (d) L-20 : Simple Present Tense

### CYCLE - III

1. Listening Comprehension :
  - (a) Grammar Book : Pg. 114, Ex H and I
2. Recitation :
  - (a) Two Trees (CB, Pg. 21)
  - (b) If You Think (CB, Pg. 113)
3. Reading Comprehension :
  - (a) Grammar Book : Pg. 108-110, Passage 7, 8 and 9
4. Paragraph Writing -
  - (a) Time is Precious
  - (b) Grandparents - Our Guiding Light
5. Expressions - (a) Creative Writing
  - (b) Book Review

### UNIT - I

1. L-3 : I Want to Stay Awake
2. L-10 : I Don't Want To
3. Two Trees (CB, Pg. 21)
4. Grammar Book :
  - (a) L-13 : Nouns : Possession
  - (b) L-16 : A, An, The

- (c) L-21 : Present Continuous Tense
- (d) L-23 : Can, May, Should, Must
- (e) L-26 : Prepositions

### UNIT - II

1. L-9 : On Top of the World
2. L-11 : The Refugees
3. If You Think (CB, Pg. 113)
4. Grammar Book :
  - (a) L-22 : Simple Past Tense
  - (b) L-24 : Subject Verb Agreement
  - (c) L-25 : Adverbs
  - (d) L-27 : Conjunctions
  - (e) L-28 : Interjections
  - (f) L-29 : Synonyms (Ex. B)

Note : The following will be done in Expressions

Grammar Book :

- (a) L-29 : Understanding Words (Ex. D and Ex. E)
- (b) Pg. 122 : Story Writing

### HINDI

हिन्दी भाषा शिक्षण उद्देश्य :-

- भाषा अभिव्यक्ति का सशक्त माध्यम है। प्रस्तुत पाठ्यक्रम का उद्देश्य भाषा संबंधी योग्यता का विस्तार करना है।
- शुद्ध बोलने एवं लिखने की योग्यता प्रदान करना।
- अपने भावों एवं विचारों को प्रभावशाली ढंग से अभिव्यक्त करना।
- वार्तालाप में दक्षता हासिल करना।
- उच्चारण शुद्ध, स्पष्ट एवं भावानुकूल बनाना।
- मानवीय मूल्यों का विकास करना।

पाठ्य पुस्तकें

1. रिमझिम (भाग-4)
2. गुड्डी
3. भाषा संजीवनी व्याकरण-माला (भाग-4)

- नोट: 1. प्रत्येक पाठ से शब्दार्थ, नए शब्द, वाक्य-प्रयोग, प्रश्नोत्तर, अतिरिक्त प्रश्न और श्रुतलेख करवाए जाएँगे।
2. परीक्षा में पाठ के मध्य से प्रश्न पूछे जाएँगे। अतः पाठ को ध्यानपूर्वक पढ़ना व दोहराना आवश्यक है।

#### प्रथम सत्र

1. श्रवण मूल्यांकन
2. चित्र वर्णन - 1
3. गतिविधि कार्य (अभिव्यक्ति में)
4. कविता वाचन - (क) मन के भोले-भाले बादल (पाठ-1, रिमझिम)  
(ख) कौन? (पाठ-8, रिमझिम)
5. रचनात्मक लेखन - दोस्त की पोशाक (पाठ-5)
6. प्रयोज्य पाठ - (क) गुड्डी और मास्टर जी (गुड्डी)  
(ख) एक साथ तीन सुख (पृष्ठ-33, रिमझिम)
7. अनुच्छेद लेखन - 2  
(क) मेरा विद्यालय, मेरी शान  
(ख) जब मैं मेला देखने गया/गई

#### पहली इकाई

- रिमझिम** - 1. मन के भोले-भाले बादल (कविता) (पाठ-1)  
2. किरमिच की गेंद (पाठ-3)

#### भाषा संजीवनी व्याकरण-माला

1. भाषा, बोली, लिपि और व्याकरण
2. वर्ण, वर्णमाला और मात्राएँ
3. संयुक्त व्यंजन
4. विराम चिह्न

#### दूसरी इकाई

- रिमझिम** - 1. कौन? (कविता) (पाठ-8)  
2. जैसा सवाल वैसा जवाब (पाठ-2)

**गुड्डी** - गुड्डी का परीक्षा परिणाम (कहानी)

#### भाषा संजीवनी व्याकरण-माला

1. संज्ञा
2. वर्तनी की सामान्य अशुद्धियाँ
3. विलोम शब्द (कठिन से एक तक)
4. समूहवाची शब्द (1 से 6 तक)
5. पर्यायवाची शब्द (जल से शरीर तक)
6. मुहावरे (1 से 6 तक)
7. श्रुतिसम भिन्नार्थक शब्द (1 से 10 तक)

#### द्वितीय सत्र

1. श्रवण मूल्यांकन
2. चित्र वर्णन - 1
3. गतिविधि कार्य (अभिव्यक्ति में)
4. कविता वाचन : (क) नाव बनाओ, नाव बनाओ (पाठ-6, रिमझिम)  
(ख) कोई लाके मुझे दे (पृष्ठ-21, रिमझिम)
5. रचनात्मक लेखन - पापा जब बच्चे थे (पाठ-4, रिमझिम)
6. प्रयोज्य पाठ - (क) उलझन (पृष्ठ-32, रिमझिम)  
(ख) गुड्डी ने गुड़ चुराया (गुड्डी)
7. अनुच्छेद लेखन - 2  
(क) मेरी प्रिय ऋतु  
(ख) स्वच्छ तन, स्वस्थ मन

#### पहली इकाई

- रिमझिम** - 1. नाव बनाओ, नाव बनाओ (कविता) (पाठ-6)  
2. सुनीता की पहिया कुर्सी (पाठ-12)

**गुड्डी** - गुड्डी ने दावत दी (कहानी)

#### भाषा संजीवनी व्याकरण-माला

1. लिंग
2. वचन

3. मुहावरे (7 से 13 तक)
4. समूहवाची शब्द (7 से 12 तक)
5. पर्यायवाची शब्द (पेड़ से तीर तक)
6. अनेक शब्दों के लिए एक शब्द (1 से 10 तक)

### दूसरी इकाई

#### रिमझिम

1. कोई लाके मुझे दे (पृष्ठ-21) (कविता)
2. हुदहुद (पाठ-13)

#### गुड्डी - गुड्डी पेड़ पर चढ़ी (कहानी)

#### भाषा संजीवनी व्याकरण-माला

1. सर्वनाम
2. मुहावरे (14 से 19 तक)
3. विलोम शब्द (स्वस्थ से आशा तक)
4. पर्यायवाची शब्द (पक्षी से संसार तक)
5. अनेकार्थक शब्द (1 से 12 तक)
7. श्रुतिसम भिन्नार्थक शब्द (11 से 20 तक)

### तृतीय सत्र

1. श्रवण मूल्यांकन
2. अपठित गद्यांश - नसीरुद्दीन का निशाना (पृष्ठ-42, रिमझिम)
3. गतिविधि कार्य (अभिव्यक्ति में)
4. कविता वाचन - (क) आँधी (पृष्ठ-128)  
(ख) पढ़क्कू की सूझ (पाठ-11)
5. रचनात्मक लेखन - स्वतंत्रता की ओर (पाठ-9, रिमझिम)
6. प्रयोज्य पाठ - (क) दान का हिसाब (पाठ-7, रिमझिम)  
(ख) गुड्डी और डॉक्टर मैगजीन (गुड्डी)
7. अनुच्छेद लेखन - 2  
(क) मित्र वही जो मुसीबत में काम आए  
(ख) बिजली बचाइए, जीवन रोशन बनाइए

### पहली इकाई

#### रिमझिम

1. आँधी (कविता) (पृष्ठ-128)
2. थप्प रोटी थप्प दाल (पाठ-10)

#### गुड्डी - गुड्डी और चीकू ने पूजा की (कहानी)

#### भाषा संजीवनी व्याकरण-माला

1. विशेषण
2. वाक्य
3. मुहावरे (20 से 24 तक)
4. पर्यायवाची शब्द (गुरु से दूध तक)
5. विलोम शब्द (पक्का से पाप तक)
6. अनेक शब्दों के लिए एक शब्द (11 से 20 तक)

### दूसरी इकाई

#### रिमझिम

1. पढ़क्कू की सूझ (पाठ-11) (कविता)
2. मुफ्त ही मुफ्त (पाठ-14)

#### गुड्डी - गुड्डी ने माँ की मदद की (कहानी)

#### भाषा संजीवनी व्याकरण-माला

1. क्रिया
2. मुहावरे (25 से 29 तक)
3. विलोम शब्द (आस्तिक से नया तक)
4. श्रुतिसम भिन्नार्थक शब्द (21 से 30 तक)
5. अनेक शब्दों के लिए एक शब्द (21 से 30 तक)
6. अनेकार्थक शब्द (13 से 24 तक)

### MATHS

#### Learning Objectives

To enable the students to

- understand basic mathematical concepts and skills needed to tackle real life problems

- use four fundamental operations on numbers with speed and accuracy
- cultivate logical thinking and reasoning skills
- understand various kinds of measurements such as length, mass, capacity, money and time and use these in situations arising in the learner's immediate environment
- understand and appreciate simple geometrical shapes
- develop scientific temperament

**Text Books :**

1. Maths Xpress-4 (Revised Edition)
2. Mathemind - Practice in Mental Maths - 4 (Revised Edition)

**Note :** Activities will be marked thrice a year.

**CYCLE - I**

**UNIT - I**

Chapter 1 : Large Numbers

Ex 1.1 to 1.4

Chapter 2 : Addition and Subtraction

Ex 2.1 to 2.3 (Delete Estimating the Sum)

Mental Maths : Ex. 1 to 7, 11, 27, 28

**UNIT - II**

Chapter 2 : Addition and Subtraction

Ex 2.4 to 2.8 (Delete Estimating the difference)

Chapter 11 : Time

Ex 11.1 to 11.5

Mental Maths : Ex. 14 to 17, 47, 48, 49, 51 (Q1)

**Activities :**

1. Indian Place Value Chart
2. Drawing hands of the clock to show a particular time
3. Tangram designs

**CYCLE - II**

**UNIT - I**

Chapter 3 : Multiplication

Ex 3.1 to 3.5 (Delete Estimation of Product - Ex 3.6)

Chapter 7 : The World of Shapes

Ex 7.1 to 7.4

Chapter 8 : Patterns and Symmetry

Ex 8.1 to 8.3

Mental Maths : Ex. 18 to 21, 39, 44 to 46, 58 to 60

**UNIT - II**

Chapter 4 : Division

Ex 4.1 to 4.3 (Delete Estimating the Quotient - Ex 4.4)

Chapter 12 : Money

Ex 12.1 to 12.3

Chapter-13 : Data Handling

Ex 13.1 to 13.2

Mental Maths : Ex. 22 to 24, 55 to 57

**Activities :**

1. To make designs with circles.
2. Pictorial Representation of data
3. Decoding a message using 4 basic operations

**CYCLE - III**

**UNIT - I**

Chapter 5 : Factors and Multiples

Ex 5.1 to 5.5

Chapter-10 : Perimeter and Area

Ex 10.1 to 10.3

Mental Maths : Ex. 29 to 36, 40 to 43

**UNIT - II**

Chapter 6 : Fractions

Ex 6.1 to 6.5

Chapter 9 : Metric Measures

Ex 9.1 to 9.6

Mental Maths : Ex. 9, 10, 34 to 36, 52 to 54

**Activities :**

1. Making patterns in the multiples of 2, 3 and 5
2. To find the perimeter of different figures having same area
3. To show various fractions by paper folding

## Vedic Mathematics

1. Subtraction (All from 9 and the first from 10)
2. Multiplication of a one digit number by a one digit number (vertically and crosswise)
3. Multiplication of a two digit number by a two digit number (vertically and crosswise)
4. A quick way to multiply a number ending in 5 by itself (two digit numbers)
5. Multiplication by 11 (a short cut method)

### E.V.S. - I

#### Learning Objectives

- to provide maximum opportunities to the child to observe, investigate and arrive at logical conclusions
- to develop scientific attitude and temper
- to apply theoretical knowledge of science in everyday life
- to lay stress on physical exercise and hygiene
- to develop healthy habits and human values

**Text Book :** Environmental Science-I (Class 4)

#### CYCLE - I

##### UNIT - I

1. L-1 : Food - Our Basic Need
2. L-6 : The Green Plants
3. **Diagrams :** (a) Parts of a Leaf  
(b) Photosynthesis  
(c) Food Chain

##### UNIT - II

1. L-2 : Digestion and the Role of Microbes
2. L-13 : The Solar System
3. **Diagrams :** (a) Parts of a Tooth  
(b) Globe (Pg. 150)  
(c) Formation of Day and Night

**Activity :** Making a Card with Homemade Paper (Refer to Let's Create, Pg. No. 162 of your EVS-I book)

#### CYCLE - II

##### UNIT - I

1. L-4 : Solids, Liquids and Gases
2. L-5 : Soil
3. **Diagrams :** (a) Arrangement of molecules in three states of matter  
(b) Filtration  
(c) Soil Profile

##### UNIT - II

1. L-8 : Circulatory System and Excretory System
2. L-9 : Animals and their Young Ones
3. **Diagrams :** (a) Excretory System  
(b) Parts of an Egg  
(c) Life Cycle of Butterfly

**Activity :** Making Soil Profile

#### CYCLE - III

##### UNIT - I

1. L-3 : Clothes We Wear
2. L-7 : How Plants Survive
3. L-12 : Air, Water and Weather
4. **Diagrams :** (a) Land Breeze  
(b) Sea Breeze  
(c) Water Cycle

##### UNIT - II

1. L-10 : How Animals Survive
2. L-11 : Force, Work and Energy
3. L-14 : Keeping Our Earth Green
4. **Diagrams :** (a) Pulley  
(b) Wheel and Axle  
(c) Inclined Plane

**Activity :** Making a Fabric Album (Refer to Let's Create, Pg. No. 43 of your EVS-I Book)

## **E.V.S. - II**

### **Learning Objectives**

- to equip the students with a sound knowledge of their immediate surroundings and world around them
- to develop mapping skills of the learners
- to impart civic sense to the students so that they become aware citizens
- to inculcate values and develop skills to deal with real life situations
- to sensitize the students towards the changes in the society

**Text Book :** My Big Book of EVS-II

## **CYCLE - I**

### **UNIT - I**

1. L-1 : I Love My India
2. L-11 : Our Natural Resources
3. **Map Work :** India (Political)
  - (a) Neighbouring countries of India and their Capitals (Pakistan, Afghanistan, China, Nepal, Bhutan, Myanmar, Bangladesh, Sri Lanka)
  - (b) Water bodies around India

### **UNIT - II**

1. L-2 : The Northern Mountains
2. L-8 : Our Agriculture
3. **Map Work :** Indian (Political)  
The Himalayan Range, Mount Everest, Mount Godwin Austen (K<sub>2</sub>), Kanchenjunga, Water bodies around India

#### **Library Project :**

- (a) L-17 : Our Rich Culture  
(Dresses, Monuments, Festivals, Languages, Music and Dances of any three states of India)
- (b) States of India and their capitals (Map)

## **CYCLE - II**

### **UNIT - I**

1. L-3 : The Northern and Coastal Plains
2. L-9 : Our Industries
3. **Map Work :** Indian (Political)  
The Northern Plains, Eastern Coastal Plain, Western Coastal Plain

### **UNIT - II**

1. L-6 : Our Climate
2. L-12 : Our Forests
3. **Map Work :** India (Political)  
Forests of India (Labelling)

**Library Project :** L-15 : Emperor Akbar

## **CYCLE - III**

### **UNIT - I**

1. L-4 : The Western Desert
2. L-18 : Our Rights and Duties
3. **Map Work :** India (Political)  
Thar Desert, Aravalli Hills, Water bodies around India

### **UNIT - II**

1. L-5 : The Southern Plateaus and the Islands
2. L-10 : Transport and Communication
3. L-19 : Local Self Government in Cities
4. **Map Work :** India (Political)  
The Southern Plateaus, The Eastern Ghats, The Western Ghats, Andaman and Nicobar Islands, Port Blair, Lakshadweep Islands, Kavaratti

**Library Project :** L-16 : The Age of Exploration

Make a project on the following famous personalities

- (a) Christopher Columbus
- (b) Vasco-da-Gama

- (c) Dr. A.P.J. Abdul Kalam
- (d) Mahatma Gandhi

## **COMPUTER SCIENCE**

### **Learning Objectives -**

- to familiarize the students with the concept of Computer and Internet
- to develop basic skills of using various tools of MS-Word
- to develop logic for problem solving

**Text Book :** IT Planet - Petabyte (Class-4)

### **CYCLE - I**

#### **Lesson 1 : Computer - Its Classification**

- What is a Computer?
- Classification of Computers
- According to Purpose
- According to Size

#### **Lesson 7 : Word - Editing & Formatting**

- Word
- Project : Mobile Computer
- Editing Text
- Spelling and Grammar Check
- Using Thesaurus
- Formatting Text

#### **Lesson 8 : Word - Inserting Graphics**

- Inserting Graphics
- Adding WordArt
- Saving a Document
- Printing a Document
- Shortcut Keys

### **CYCLE - II**

#### **Lesson 3 : Windows - Customizing & Personalizing**

- Windows 10
- Start button and Start Menu

- Switching Between Running Apps
- Multiple Desktops
- Lock Your Computer
- Settings App
- Adjusting the Volume

#### **Lesson 9 : PowerPoint - Introduction**

- Introduction to PowerPoint
- Creating the Title Slide
- Adding a New Slide
- Formatting a Presentation
- Saving a Presentation
- Running a Slide Show

### **CYCLE - III**

#### **Lesson 2 : Computer - Inside the System Unit**

- System Unit
- Components Inside the System Unit - Motherboard, CPU, Memory, Disk Drives, SMPS, Adapter, Cards, Ports

#### **Lesson 5 : Scratch - Introduction**

- Introduction to Computer Language
- Scratch
- Starting Scratch
- Project - Make the Cat Draw a Circle
- Saving a Project

#### **Lesson 6 : Internet - Surfing & Security**

- Internet
- Search Engine
- Web Browser
- Microsoft Edge
- Best Practice for Online Safety
- Responsibilities of a Digital Citizen



## GENERAL KNOWLEDGE

**Text Book :** GK Whiz-4

### CYCLE - I

**Testing** — Page No. 1, 3, 11, 20, 26, 28, 38, 48, 49

**Reading for Pleasure** — Page No. 6, 7, 16, 33, 44

**Life Skills** — Page No. 12, 13, 41

### CYCLE - II

**Testing** — Page No. 9, 22, 23, 27, 29, 36, 40, 46, 47

**Reading for Pleasure** — Page No. 2, 8, 21, 45, 51

**Life Skills** — Page No. 30, 31, 50

### CYCLE - III

**Testing** — Page No. 4, 5, 10, 17, 18, 19, 32, 39, 52, 53

**Reading for Pleasure** — Page No. 14, 15, 34, 35, 54, 55

**Life Skills** — Page No. 37, 42, 43

## ART

### Learning Objectives

- to develop creative expression through locally available material with the help of the community
- to help the students to use artistic and aesthetic sensibility in their daily life

**Text Book :** Aesthetics Art & Activity (Book-4)

**Art File**

### CYCLE - I

**Aesthetics Art & Activity :** Pg 3-16

**Art File :**(i) Scenery

(ii) Birds Paradise

(iii) Hot Air Balloon

(iv) Vegetable Basket

### CYCLE - II

**Aesthetics Art & Activity :** Pg 17-28

**Art File :**(i) Puppet Show

(ii) In the Jungle

(iii) Dussehra Scene

(iv) Festival of Lights

### CYCLE - III

**Aesthetics Art & Activity :** Pg 29-40

**Art File :**(i) Pond Scene

(ii) Poster on Save Trees

(iii) Christmas Scene

(iv) Winter Scene

## WORK EXPERIENCE

1. Badge Designing
2. Best out of Waste
3. Rakhi Making/Envelope Making
4. Finger Puppet
5. Cooking Without Fire
6. Wall Hanging
7. Card Making

## MUSIC

### Learning Objectives

- to develop an appreciation for music through knowledge of different notes and rhythm
- to distinguish different styles and forms of vocal music
- to enable students to maintain emotional balance and harmony due to enhanced aesthetic values developed in them

## Indian Music

### Theory

1. संगीत की परिभाषा
2. शुद्ध स्वर व कोमल स्वर
3. ध्वनि
4. स्थायी - अंतरा
5. 8 अलंकार
6. तीनताल, दादरा ताल

## Practical

1. 8 अलंकारों का अभ्यास
2. तीनताल तथा दादरा ताल का अभ्यास
3. राग देस
4. राग देस का सरगम गीत
5. प्रार्थना तथा देशभक्ति गीतों का अभ्यास
6. भजन - राम नारायणम्, जानकी वल्लभम्

## Children Songs -

1. आओ मिलकर करें वंदना
2. उम्मीद वाली धूप sunshine वाली आशा
3. गाएँ नया गीत मिलजुलकर सारे
4. आओ झूमें नाचे गाएँ
5. एक चिड़िया अनेक चिड़ियाँ
6. स्वच्छता गीत
7. हौंसला जगा ले हौंसला

## Western Music

1. We are so proud of our school
2. The shape song swing along
3. This is our world oh oh! This is our earth
4. Just Be Happy ...
5. Grandparents Day Song
6. It's cleaning time
7. Road Safety Song
8. Green grass grew all around
9. O, Susanna
10. There's a Hole in the bucket
11. This little guiding light of mine
12. Pollution Patrol March
13. We're born to make music

14. Please and thankyou song
15. 5 food groups that's what I eat

## Prayers

1. Give me oil in my lamp
2. Count your blessings
3. Joy to the world
4. Make me a channel of your peace

## DANCE

### Learning Objectives

- to develop facial expressions and gestures
- to dance in proper synchronization with music
- to develop aesthetic and artistic sensibilities
- to develop respect for social values and cultural heritage

### WESTERN DANCE

#### Practical

Jazz, Jive, Hip-Hop, Contemporary

- (i) Body Movements
- (ii) Leg and hand movements on the song 'I like some moving - moving'
- (iii) Dance on western music with properties and dance on self compositions

#### Songs

- (i) One Love (blue)
- (ii) I am Scatt man
- (iii) Everybody sing a song doodha-doodha

### CLASSICAL DANCE

#### शास्त्रीय नृत्य तथा लोक नृत्य

#### शास्त्रीय नृत्य

1. भूमि प्रणाम
2. सरस्वती वंदना
3. गणेश वंदना

4. हस्त मुद्राएँ
5. ताल (विभाग, ताली, खाली, सम)

### लोक नृत्य

1. गुजरात (डांडिया, गरबा)
2. राजस्थान (घूमर, कालबेलिया)
3. असम (बीहू)
4. महाराष्ट्र (लावणी)

## PHYSICAL EDUCATION AND HEALTH EDUCATION

### Learning Objectives

- to make the students physically, mentally and emotionally fit
- to develop their personal and social qualities that will help them to be good human beings
- to develop leadership qualities
- to develop team-spirit
- to develop qualities like co-operation and good sportsmanship

### Theory

Knowledge of proper hygiene  
Nutrition — Balanced Diet.

### Practical

- |                 |                       |
|-----------------|-----------------------|
| 1. Athletics    | 2. Badminton          |
| 3. Basket Ball  | 4. Cricket            |
| 5. Table-Tennis | 6. Volley Ball        |
| 7. Mass P.T.    | 8. Recreational Games |

## AEROBICS

### Learning Objectives

- to learn and understand the importance of physical activity and exercise
- to improve overall fitness and develop strength, flexibility and cardio-vascular fitness of the body

- to improve the ability of the body to utilize oxygen efficiently and increase longevity.
- to learn how exercise relates to good health e.g. decreased stress, better heart rate and mental health

1. Warm-up exercises
2. Gentle stretching of the body muscles
3. Basic Steps of Aerobics
  - (a) Marching
  - (b) Jumping Jack
  - (c) Alternate toe touch
  - (d) Twisting
  - (e) Step touch
4. Advanced Steps of Aerobics
  - (a) 'V' Step
  - (b) 'L' Step
  - (c) □ Step
  - (d) '+' Step
  - (e) Diamond Step
  - (f) Grapevine
  - (g) Zumba
5. Fun Steps in Aerobics
6. Co-ordination of basic/advanced aerobic steps on songs
  - (a) Shape of You
  - (b) Taaki Taaki
  - (c) Bhangra Mix
  - (d) King of my Castle
  - (e) Dance Again
  - (f) Boom Boom
  - (g) Kingston