

Class V ENGLISH

Learning Objectives

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

Textbooks

1. New Broadway - A Multiskill Course in English, Course Book-5 (CB)
2. Essentials of English Grammar and Composition-5

CYCLE - I

1. Listening Comprehension :
 - (a) Grammar Book : Pg. 158, Ex. D and E
2. Recitation :
 - (a) Good Morning, Dear Students (CB, Pg. 76)
 - (b) Preening (CB, Pg. 61)
3. Reading Comprehension :
 - (a) Grammar Book : Pg. 146-148, Passage 1, 2 and 3
4. Paragraph Writing - (a) My Resolutions for Class V
(b) It was very hot yesterday
5. Picture Composition - 2
6. Expressions - (a) Creative Writing
(b) Book Review

UNIT - I

1. L-1 : How Wisdom Got Out
2. Good Morning, Dear Students (CB, Pg. 76)
3. Grammar Book :
 - (a) L-1 : Looking Up a Dictionary
 - (b) L-2 : The Sentence

- (c) L-3 : Subject and Predicate
- (d) L-4 : Parts of Speech
- (e) L-11 : Articles (A, An, The)

UNIT - II

1. L-2 : Gulliver in Lilliput
2. L-3 : Clever Somu
3. The Recycling Rap (CB, Pg. 99)
4. Grammar Book :
 - (a) L-5 : Nouns
 - (b) L-6 : Nouns : Singular and Plural
 - (c) L-8 : Nouns : Possession
 - (d) L-13 : Verbs
 - (e) L-14 : The Tense

CYCLE - II

1. Listening Comprehension :
 - (a) Grammar Book : Pg. 159, Ex. F and G
2. Recitation :
 - (a) Turn Off The TV (CB, Pg. 121)
 - (b) The Quarrel (CB, Pg. 41)
3. Reading Comprehension :
 - (a) Grammar Book : Pg. 149-152, Passage 4, 5 and 6
4. Paragraph Writing - (a) Plant a Tree
(b) My Favourite Sportsperson
5. Expressions - (a) Creative Writing
(b) Book Review

UNIT - I

1. L-4 : The Wrong House
2. L-5 : The Honeyguide's Revenge
3. Turn Off The TV (CB, Pg. 121)
4. Grammar Book :
 - (a) L-7 : Nouns : Gender
 - (b) L-15 : Simple Present Tense
 - (c) L-16 : Present Continuous Tense

- (d) L-17 : Present Perfect Tense
- (e) L-31 : Punctuation and Capital Letters
- (f) L-34 : Synonyms

UNIT - II

- 1. L-7 : Father to an Anteater
- 2. L-8 : Ani's Key
- 3. The Quarrel (CB, Pg. 41)
- 4. Grammar Book :
 - (a) L-9 : Adjectives
 - (b) L-10 : Adjectives : Degrees of Comparison
 - (c) L-18 : Simple Past Tense
 - (d) L-19 : Past Continuous Tense
 - (e) L-23 : Can, May, Should, Must
 - (f) L-34 : Antonyms

CYCLE - III

- 1. Listening Comprehension :
 - (a) Grammar Book : Pg. 159-160, Ex. H and I
- 2. Recitation :
 - (a) Silver (Grammar Book, Pg. 155)
 - (b) Sumatran Tiger (CB, Pg. 87)
- 3. Reading Comprehension :
 - (a) Grammar Book : Pg. 153-155, Passage 7, 8 and 9
- 4. Paragraph Writing -
 - (a) The Magic in Reading
 - (b) Holiday Fun - What I do when there is no school
- 5. Letter Writing
- 6. Expressions - (a) Creative Writing
 - (b) Book Review

UNIT - I

- 1. L-9 : A Letter to J.R.D. Tata
- 2. L-10 : From the Box to Books

- 3. Silver (Grammar Book, Pg. 155)
- 4. Grammar Book :
 - (a) L-12 : Pronouns
 - (b) L-20 : Simple Future Tense
 - (c) L-21 : The 'Going to' Form
 - (d) L-22 : Future Continuous Tense
 - (e) L-29 : Prepositions

UNIT - II

- 1. L-6 : School Breaks Up
- 2. L-11 : The Rats' Feast
- 3. Sumatran Tiger (CB, Pg. 87)
- 4. Grammar Book :
 - (a) L-24 : Negative Sentences
 - (b) L-25 : Interrogative Sentences
 - (c) L-27 : Subject-Verb Agreement
 - (d) L-28 : Adverbs
 - (e) L-30 : Conjunctions
 - (f) L-33 : Words that May Often Be Confused

Note : L-26 : Active and Passive Voice
L-32 : Direct and Indirect Speech
will be introduced.

HINDI

हिन्दी भाषा शिक्षण उद्देश्य :-

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

पाठ्य पुस्तकें

1. रिमझिम (भाग-5)
2. गड़बड़झाला
3. भाषा संजीवनी व्याकरण-माला (भाग-5)

- नोट: 1. प्रत्येक पाठ से शब्दार्थ, नए शब्द, वाक्य-प्रयोग, लघु प्रश्न, 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) बाघ आया उस रात (पाठ-14)
(ख) एक माँ की बेबसी (पाठ-9)
5. रचनात्मक लेखन - डाकिए की कहानी, कँवरसिंह की जुबानी (पाठ-7, रिमझिम)
6. प्रयोज्य पाठ - (क) स्वामी की दादी (पाठ-13, रिमझिम)
(ख) दलनायक की सूझबूझ (गड़बड़झाला)
7. अनुच्छेद लेखन -
(क) पेड़ - हमारे साथी
(ख) मंच पर जाने का अनुभव

पहली इकाई

- रिमझिम - 1. राख की रस्सी (पाठ-1)
2. बाघ आया उस रात (कविता) (पाठ-14)

गड़बड़झाला - गड़बड़झाला (कहानी)

भाषा संजीवनी व्याकरण-माला

1. भाषा, बोली, लिपि और व्याकरण

2. वर्ण एवम् शब्द, संयुक्त व्यंजन
3. समूहवाची शब्द (1 से 8 तक)
4. विलोम शब्द (उत्तर से आय तक)
5. वर्तनी की सामान्य अशुद्धियाँ (पृष्ठ-108)

दूसरी इकाई

- रिमझिम - 1. बिशन की दिलेरी (पाठ-15)
2. एक माँ की बेबसी (कविता) (पाठ-9)

गड़बड़झाला - सच्ची ईद (कहानी)

भाषा संजीवनी व्याकरण-माला

1. संज्ञा
2. लिंग
3. विराम चिह्न
4. वाक्यांश के लिए एक शब्द (1 से 12 तक)
5. पर्यायवाची शब्द (आँख से इंद्र तक)
6. मुहावरे (1 से 8 तक) (अँगूठा दिखाना से दंग रह जाना)

द्वितीय सत्र

1. श्रवण मूल्यांकन
2. चित्र वर्णन - 1
3. गतिविधि कार्य (अभिव्यक्ति में)
4. कविता वाचन : (क) खिलौनेवाला (पाठ-3)
(ख) हम क्या उगाते हैं (पृष्ठ-147)
5. रचनात्मक लेखन - (क) पानी रे पानी (पाठ-16, रिमझिम)
(ख) ईदगाह (पृष्ठ-24, रिमझिम)
6. प्रयोज्य पाठ - (क) बिना जड़ का पेड़ (पृष्ठ-101, रिमझिम)
(ख) तूफानी रात (गड़बड़झाला)
7. अनुच्छेद लेखन -
(क) विद्यालय में मध्यावकाश का समय
(ख) पुस्तकालय - ज्ञान का भंडार

पहली इकाई

- रिमझिम** - 1. चावल की रोटियाँ (पाठ-11)
2. खिलौनेवाला (पाठ-3) (कविता)

गड़बड़झाला - मेरा कमरा कहाँ है? (कहानी)

भाषा संजीवनी व्याकरण-माला

1. वचन
2. कारक
3. समूहवाची शब्द (9 से 16 तक)
4. अनेकार्थक शब्द (1 से 12 तक)
5. विलोम शब्द (सौभाग्य से उचित तक)
5. समरूपी भिन्नार्थक शब्द (दिशा से नीड़ तक)

दूसरी इकाई

- रिमझिम** - 1. एक दिन की बादशाहत (पाठ-10)
2. हम क्या उगाते हैं (पृष्ठ-147) (कविता)

गड़बड़झाला - नया टेलीफ़ोन (कहानी)

भाषा संजीवनी व्याकरण-माला

1. सर्वनाम
2. मुहावरे (9 से 17 तक) (मुँह में पानी आना से पानी-पानी होना)
3. पर्यायवाची शब्द (शत्रु से मुख तक)
4. वाक्यांश के लिए एक शब्द (13 से 23 तक)
5. अनेकार्थक शब्द (13 से 24 तक)

तृतीय सत्र

1. श्रवण मूल्यांकन
2. अपठित गद्यांश - चुनौती हिमालय की (पाठ-18, रिमझिम)
3. गतिविधि कार्य (अभिव्यक्ति में)
4. कविता वाचन - (क) गुरु और चेला (पाठ-12)
(ख) छोटी-सी हमारी नदी (पाठ-17)

5. रचनात्मक लेखन - (क) फ़सलों के त्योहार (पाठ-2, रिमझिम)
(ख) चिट्ठी का सफ़र (पाठ-6, रिमझिम)
6. प्रयोज्य पाठ - (क) वे दिन भी क्या दिन थे (पाठ-8, रिमझिम)
(ख) नहले पर दहला (गड़बड़झाला)
7. अनुच्छेद लेखन - (क) खेलकूद और व्यायाम का महत्त्व
(ख) मेहनत करते जाइए, जीवन में सफलता पाइए

पहली इकाई

- रिमझिम** - 1. गुरु और चेला (पाठ-12) (कविता)
2. नन्हा फ़नकार (पाठ-4)

गड़बड़झाला - निरर्थक जोखिम (कहानी)

भाषा संजीवनी व्याकरण-माला

1. विशेषण
2. विलोम शब्द (कठोर से कोमल तक)
3. समरूपी-भिन्नार्थक शब्द (ओर से कोश तक)
4. वाक्यांश के लिए एक शब्द (24 से 34 तक)
5. पर्यायवाची शब्द (सागर से पंडित तक)

दूसरी इकाई

- रिमझिम** - 1. जहाँ चाह वहाँ राह (पाठ-5)
2. छोटी-सी हमारी नदी (पाठ-17) (कविता)

गड़बड़झाला - अपनी जूती अपने सिर (कहानी)

भाषा संजीवनी व्याकरण-माला

1. क्रिया
2. अविकारी शब्द (क्रिया-विशेषण)
3. वाक्य रचना
4. लोकोक्तियाँ (1 से 8 तक) (पृष्ठ-70)
5. समरूपी भिन्नार्थक शब्द (ग्रह से मूल्य 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, 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-5 (Revised Edition)
2. Mathemind - Practice in Mental Maths - 5 (Revised Edition)

Note : Activities will be marked thrice a year.

CYCLE - I

UNIT - I

Chapter 1 : More on Large Numbers

Ex 1.1 to 1.4, Roman Numbers upto 100

(Delete Ex 1.5, 1.6)

Chapter 2 : Operations on Large Numbers (Addition and Subtraction)

Ex 2.1

Mental Maths : Ex. 1, 2, 6, 7, 8, 9, 10

UNIT - II

Chapter 2 : Operations on Large Numbers (Multiplication and Division)

Ex 2.2, 2.3 (Delete Ex 2.4)

Chapter 12 : Life Mathematics

Ex 12.1 to 12.4

Mental Maths : Ex. 3, 4, 5, 39, 40, 41

Activities :

1. Indian Place Value Chart
2. Magic Square
3. Writing a number in 8 different ways (e.g. 1000 is (i) the predecessor of 1001 (ii) Successor of 999 (iii) product of 10 and 100 etc.)

CYCLE - II

UNIT - I

Chapter 3 : Factors and Multiples

Ex 3.1 to 3.4

Chapter 6 : Basic Geometry

Ex 6.1 to 6.4

Mental Maths : Ex. 12 to 16, 44 to 46

UNIT - II

Chapter 4 : Fractions

Ex 4.1 to 4.4 (Delete Ex. 4.5, 4.6)

Chapter 5 : Decimals

Ex 5.1 to 5.4 (Delete Ex. 5.5, 5.6)

Chapter 13 : Mapping Skills

Ex. 13.1

Mental Maths : Ex. 17 to 19, 20 (Q1, 2), 21 (Q1), 23 (Q1, 2, 3), 25 to 28, 30, 31 (Q1, 2, 3)

Activities :

1. Sieve of Eratosthenes
2. Making angles by paper folding
3. Decoding a message using fractions

CYCLE - III

UNIT - I

Chapter 9 : Perimeter and Area

Ex. 9.1 to 9.4

Chapter 11 : Time and Temperature

Ex. 11.1 to 11.3 (Delete Ex 11.4)

Mental Maths : Ex. 36, 37, 51, 52

UNIT - II

Chapter 7 : Patterns and Symmetry

Ex. 7.1 to 7.4

Chapter 8 : Metric Measures

Ex 8.1 to 8.4

Chapter 10 : Volume and Nets

Ex. 10.1 to 10.3

Chapter 14 : Data Handling

Ex. 14.1, 14.2 (Delete Ex. 14.3)

Mental Maths : Ex. 11, 34, 35 53, 54, 56 to 59

Activities :

1. On finding area
2. Making nets of cube and cuboid by paper folding
3. Drawing a bar graph to represent the data

Vedic Mathematics

1. Multiplication of
 - (a) one digit number by a one digit number (vertically and crosswise)
 - (b) two digit number by a two digit number
2. Multiplication of a two digit number by 11
3. Division of a two digit number by 9
4. Multiplication of a number ending with 5 by itself.

E.V.S. - I

Learning Objectives

- to provide maximum opportunities to the child to observe, investigate and arrive at logical conclusions
- to develop a 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 5)

CYCLE - I

UNIT - I

1. L-1 : Growing Plants

Diagram : Structure of Seed, Stages of Seed Germination

2. L-3 : Safety and First Aid

UNIT - II

1. L-2 : Food and Health
2. L-4 : Solids, Liquids and Gases

Diagram : Arrangement of Molecules in Three States of Matter

Activity : Germination of Bean/Gram Seed

CYCLE - II

UNIT - I

1. L-6 : Animals - Habitat and Adaptation
2. L-9 : Force and Energy

Diagram : Lever, Wheel and Axle, Pulley, Inclined Plane, Wedge, Screw

UNIT - II

1. L-11 : Earth, Sun and Moon

Diagram : Phases of Moon, Solar Eclipse, Lunar Eclipse

2. L-12 : Light and Shadow

Activity : Make a model of the three layers of the earth using clay of different colours.

CYCLE - III

UNIT - I

1. L-7 : Skeletal System and Nervous System

Diagram : Parts of Brain, Reflex Action

2. L-14 : Our Environment

UNIT - II

1. L-5 : Rocks and Minerals
2. L-8 : Measurement

3. L-10 : Air and Water

Diagram : Composition of Air, Filtration, Sedimentation and Decantation

Activity : Make a poster on 'Control Pollution'

E.V.S. - II

Learning Objectives

- to equip the students with a sound knowledge of their immediate surroundings and the 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 : Know Your Planet
2. L-4 : Major Landforms
3. **Map Work :** Oceans and Continents (World Physical)

UNIT - II

1. L-2 : Parallels and Meridians
2. L-5 : Weather and Climate
3. **Map Work :** Tropic of Cancer, Tropic of Capricorn, Arctic Circle, Antarctic Circle, Equator, Prime Meridian (World Physical)

Library Project : L-17 : Transport and Communication

CYCLE - II

UNIT - I

1. L-7 : The Land of Snow
2. L-14 : The World from 1914 to 1945
3. **Map Work :** Greenland, Britain, France, Russia, U.S.A., Germany, Italy, Japan (World Political)

UNIT - II

1. L-8 : The Land of Sand
2. L-12 : Natural Disasters
3. **Map Work :** Hot Deserts of the World - Arabian Desert, Thar Desert, Sahara Desert, Kalahari Desert, Atacama Desert, California Desert, West Australian Desert (World Physical)

Library Project : L-13 : Let Us Meet

CYCLE - III

UNIT - I

1. L-11 : E for Environment
2. L-15 : Towards Freedom
3. L-16 : India Wins Freedom
4. **Map Work :** 5 centres of the First War of Independence - Delhi, Lucknow, Meerut, Barrackpore, Vellore (India Political)

UNIT - II

1. L-9 : The Treeless Grasslands
2. L-18 : Governing Ourselves
3. L-19 : The United Nations
4. **Map Work :** Major Grasslands of the World - Prairies, Pampas, Velds, Steppes, Downs (World Physical)

Library Project : L-6 : The Land of Dense Forests

COMPUTER SCIENCE

Learning Objectives :

- to develop basic skills of using various tools of MS-Word
- to develop presentation skills using MS-PowerPoint
- to develop logic for problem solving

Textbook : IT Planet - Petabyte (Class 5)

CYCLE - I

Lesson 1 : Computer - History & Generations

- Concept of Counting

- Early Calculating Devices
- The First Electro-Mechanical Computer
- The First Electronic Computer
- Personal Computer
- Generations of Computer

Lesson 7 : Powerpoint - Templates & Background

- Introduction
- Themes and Templates
- Powerpoint Views
- Modify a Background

Lesson 8 : Powerpoint - Creating Slides

- Project : Presentation on Computers
- Creating a Presentation
- Slide Layout
- Slide Transition
- Animation Effects
- Running, Saving, Printing a Presentation

CYCLE - II

Lesson 5 : Internet - Electronic Mail (E-Mail)

- Electronic Mail
- E-Mail Programs
- Parts of E-mail Message
- How an E-mail Travels?
- Common E-mail Terms
- Creating an E-mail account
- E-mail Etiquette

Lesson 6 : Word - Table and Mail Merge

- Microsoft Word
- Project - Letter regarding Annual Function
- Creating Document
- Inserting Table
- Using Mail Merge

- Views of Document
- Saving a Document

Lesson 9 : Excel - Introduction

- Introduction to Microsoft Excel
- Creating and Saving Worksheet
- Changing views
- Opening a Workbook
- Closing a Workbook

CYCLE - III

Lesson 2 : Programming Basics

- Introduction to Programming
- Algorithm
- Flowchart
- Program
- Categories of Computer Languages
- Language Processor

Lesson 3 : Windows - File Management

- File Management
- File Explorer
- Viewing Files and Folders
- Selecting Files and Folders
- Creating a New File/Folder
- Deleting a File/Folder
- Searching Files

Lesson 4 : Scratch - Programming

- Introduction to Scratch
- Working with Blocks
- Generating a New Sprite
- Sprite Stage
- Project - Make the Cat Walk and Say Phew!
- Working with Two Sprites
- Forever Block

- Project - Make a Person Walk in the Desert
- Saving a Project

GENERAL KNOWLEDGE

Text Book : GK Whiz-5

CYCLE - I

Testing — Page No. 1, 8, 15, 22, 33, 46, 48, 52, 60

Reading for Pleasure — Page No. 2, 13, 24, 34, 43, 50, 58

Life Skills — Page No. 26, 63

CYCLE - II

Testing — Page No. 4, 6, 10, 20, 23, 40, 47, 49, 54

Reading for Pleasure — Page No. 3, 18, 28, 38, 39, 53, 59

Life Skills — Page No. 36

CYCLE - III

Testing — Page No. 7, 12, 14, 21, 27, 35, 41, 55, 56, 61

Reading for Pleasure — Page No. 5, 19, 32, 42, 44, 62

Life Skills — Page No. 16, 31

ART

Learning Objectives

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

Art Book - Aesthetics Art and Activity (Book-5)

Art File

CYCLE - I

Aesthetics Art and Activity - Pg. 3-16

Art File -

1. Landscape
2. Water World
3. In the Garden

4. My Favourite Cartoon

CYCLE - II

Aesthetics Art and Activity - Pg. 17-28

Art File -

1. Warli Art
2. At the Beach
3. Dussehra Scene
4. Diwali Scene

CYCLE - III

Aesthetics Art and Activity - Pg. 29-40

Art File -

1. Boat Ride
2. Save Water
3. Christmas Fun
4. New Year Card

WORK EXPERIENCE

1. Badge Designing
2. Thali Decoration/Gift Wrapping
3. Pop-up Card
4. Cooking without Fire
5. Wall Hanging
6. Christmas Decoration
7. Best out of Waste

MUSIC

Learning Objectives

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

Theory

1. संगीत
2. स्वर
3. शुद्ध स्वर, कोमल स्वर
4. तीनताल, कहरवा, दादरा
5. स्थायी - अंतरा
6. दस अलंकार
7. सप्तक
8. स्वरों के नाम

Practical

1. दस अलंकारों का अभ्यास
2. तालों का अभ्यास
3. सरगम गीत - राग यमन
4. राम भजन
5. सरस्वती वंदना
6. लोक गीत
7. प्रार्थना और देशभक्ति गीतों का अभ्यास
8. गीत -
 1. छोटी-छोटी बातों से ही आता है बदलाव
 2. इंसाफ की डगर पे

English Songs :

1. It's better to be honest and tell the truth
2. We're born to make music
3. We are so proud of our school
4. We are the world, we are the children
5. We see a peaceful world
6. It's a beautiful day
7. Do, Re, Mi The sound of music
8. Wake up in the morning

9. Hall of fame

10. That's life Take what comes along the way

Prayers : 1. Count your blessings

2. Make me a channel of your peace

3. Joy to the world

4. Give me oil in my lamp

DANCE

Learning Objectives

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

WESTERN DANCE

Practical : Jazz, Jive, Hip-Hop, Contemporary

Exercises : (i) Body Movements

(ii) Leg and hand movements on Western music beats

Songs : (i) Hey mother

(ii) Turn up the music

CLASSICAL DANCE

शास्त्रीय नृत्य तथा लोक नृत्य

शास्त्रीय नृत्य

1. गणेश वंदना

2. सरस्वती वंदना

3. हस्त मुद्राएँ

4. ताल (खाली, ताली, सम)

5. भूमि प्रणाम

लोक नृत्य

1. गरबा (गुजरात)

2. भंगड़ा, गिद्दा (पंजाब)

3. कालबेलिया (राजस्थान)

4. लावणी (महाराष्ट्र)

PHYSICAL EDUCATION AND HEALTH EDUCATION

Learning Objectives

- to make the pupils physically, mentally and emotionally fit and 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, good sportsmanship etc.

Theory:

- Rules and regulations of all major games
- Personal and environmental hygiene

Practical

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

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. Revision of basic steps of aerobics
 - (a) Marching (Open and Close)
 - (b) Knocking

- (c) Step touch
 - (d) Box step
 - (e) Heel, toe, heel touch
4. Advanced Steps of Aerobics
 - (a) 'V' Step
 - (b) 'L' Step
 - (c) '◇' Step
 - (d) 'i' Step
 - (e) Mirror Step
 - (f) Grapevine with 'v'
 - (g) Grapevine with '□'
 - (h) Butterfly Step
 - (i) Bhangra Step
 - (j) 4 steps with high knee
 5. Fun steps in Aerobics
 6. Co-ordination of basic and advanced aerobic steps on songs
 - (a) Zumba
 - (b) Daspacito
 - (c) Shape of You
 - (d) Tick-tock
 - (e) Bollywood Mix
 - (f) Bhangra Mix
 - (g) Waka Waka
 - (h) Fire Burning
 - (i) Aerobics Beats
 7. Cool down exercises