

SYLLABUS (2022-2023)
CLASS IV
CONTENTS

S.No. Subject

1. English
2. Hindi
3. Maths
4. EVS-I
5. EVS-II
6. Computer Science
7. General Knowledge
8. Art
9. Work Experience
10. Music
11. Dance
12. Physical Education & Health Edu.
13. Aerobics

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.

Textbooks:

1. New English Ferry, Reader – 4 (Reader)
2. New English Ferry, Supplementary Reader – 4 (SR)
3. Essentials of English Grammar and Composition – 4

General Note:

A thorough reading of the text on a regular basis is a must as questions from within the lesson will be given in the unit tests. Questions in the tests are likely to be different from those attempted in the note books.

CYCLE - I

Listening Comprehension:

Grammar Book: Ex D and E (Pg. 112)

Recitation:

1. The Kindness Way (Reader, Pg. 40)
2. If You Were (SR, Pg. 28)

Reading Comprehension:

Grammar Book: Passages 1, 2 and 3 (Pgs. 102-104)

Paragraph Writing:

1. A Healthy Mind Dwells in a Healthy Body
2. The Sportsperson I Admire the Most

Picture Composition - 2

Creative Writing (Expressions)

1. Being courteous is an act of civility and good manners. Sometimes we are polite to outsiders but insensitive to the members of our own family. Read the poem 'Once Upon a Time' (Reader, Pg. 60)

and write a paragraph on how we should make an effort to behave well with everyone at home and outside.

2. Book Review: Read a book of your choice and write its story in your own words.

UNIT - I

1. The Beauty of Difference (Reader, L-3)

2. The Kindness Way (Reader, Pg. 40)

3. Grammar Book:

(i) L-1: Alphabetical Order

(ii) L-2: The Sentence

(iii) L-3: Kinds of Sentences

(iv) L-4: Negative Sentences

UNIT - II

1. Two Travellers (Reader, L-1)

2. The Wily Jackal (SR, L-2)

3. If You Were (SR, Pg. 28)

4. Grammar Book:

(i) L-5: Interrogative Sentences

(ii) L-6: Subject and Predicate

(iii) L-7: Nouns

(iv) L-8: Common and Proper Nouns

(v) L-9: Collective Nouns

(vi) L-29: Antonyms (Ex. C)

CYCLE - II

Listening Comprehension:

Grammar Book: Ex. F and G (Pg. 113)

Recitation:

1. Daddy Fell into the Pond (Reader, Pg. 23)

2. Rain in Summer (SR, Pg. 30)

Reading Comprehension:

Grammar Book: Passages 4, 5 and 6 (Pgs. 105-107)

Paragraph Writing:

1. Afforestation-Need of the Hour

2. I Wish to be...(astronaut, media person)

Creative Writing (Expressions)

1. In the lesson 'Theseus and the Minotaur' (SR, L-1) it is shown how an action done in haste led to disaster. Write a paragraph on the topic 'Haste Makes Waste'.

2. Book Review: Read a book of your choice and write about any two values you have picked up from the story that you read.

UNIT - I

1. The Indomitable Sudha Murty (Reader, L-6)

2. The Greatest Service (SR, L-3)

3. Adventures with Books (SR, Pg. 32)

4. Grammar Book:

(i) L-10: Countable and Uncountable Nouns

(ii) L-11: Nouns: Number

(iii) L-12: Nouns: Gender

(iv) L-18: Verbs

(v) L-19: Present, Past and Future Tenses

(vi) L-29: Homophones (Ex. A)

UNIT - II

1. A Daughter's Love (Reader, L-4)
2. On Wasted Food (Reader, Pg. 85)
3. The Golden Nugget (SR, L-4)
4. Grammar Book:
 - (i) L-14: Adjectives
 - (ii) L-15: Degrees of Comparison
 - (iii) L-17: Pronouns
 - (iv) L-20: Simple Present Tense
 - (v) L-29: Compound Nouns (Ex. D)

CYCLE - III

Listening Comprehension:

Grammar Book: Ex H and I (Pg. 114)

Recitation:

1. Paper Boats (SR, Pg.34)
2. The Oak Tree (Reader, Pg. 102)

Reading Comprehension:

Grammar Book: Passages 7, 8 and 9 (Pgs. 108-110)

Paragraph Writing:

1. India- A Land of Beauty and Diversity
2. My Parents Instilled in me the Value of...

Creative Writing (Expressions)

1. Freedom is an essential virtue that is valued by both human beings and animals alike. Refer to the lesson 'The Parrot Who Wouldn't Talk' (Reader, L-2) and write a paragraph on 'Birds and Animals Shouldn't be Caged'.
2. Book Review: Read a book of your choice and write about any one of your favourite characters from the story.

UNIT - I

1. Waste Not, Want Not (Reader, L-5)
2. The Oak Tree (Reader, Pg.102)
3. A Father's Wisdom (SR, L-5)
4. Grammar Book:
 - (i) L-13: Nouns: Possession
 - (ii) L-16: A, An, The
 - (iii) L-21: Present Continuous Tense
 - (iv) L-23: Can, May, Should, Must
 - (v) L-26: Prepositions

UNIT - II

1. The Youngest Prince (Reader, Pg.109)
2. Mother's Gift (SR, L-6)
3. Paper Boats (SR, Pg. 34)
4. Grammar Book:
 - (i) L-22: Simple Past Tense
 - (ii) L-24: Subject-Verb Agreement
 - (iii) L-25: Adverbs
 - (iv) L-27: Conjunctions
 - (v) L-28: Interjections
 - (vi) L-29: Synonyms (Ex. B)

HINDI

हिंदी 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 व्यक्त करना।
- वार्तालाप में दक्षता हासिल करना।
- उच्चारण शुद्ध, स्पष्ट, सुश्रव्य तथा 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 और 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) नाव बनाओ नाव बनाओ (पाठ -6, रिमझिम)

5. रचनात्मक लेखन - दोस्त की पोशाक (पाठ -5, रिमझिम)

6. प्रयोज्य पाठ- (क) एक साथ तीन सुख (पृष्ठ -33, रिमझिम)

(ख) गुड्डी पेड़ पर चढ़ी (गुड्डी)

7. अनुच्छेद लेखन

(क) प्रातःकाल की सैर

(ख) मेरा राष्ट्रीय ध्वज तिरंगा

पहली इकाई

रिमझिम- 1. मन के भोले -भाले बादल (पाठ-1, कविता)

2. जैसा सवाल वैसा जवाब (पाठ - 2)

भाषा संजीवनी व्याकरण माला

1. भाषा, बोली , लिपि और व्याकरण

2. वर्ण , वर्णमाला एवं मात्राएँ
3. संयुक्त व्यंजन
4. विराम चिह्न

दूसरी इकाई

- रिमझिम** – 1. नाव बनाओ नाव बनाओ (पाठ -6, कविता)
 2. किरमिच की गेंद (पाठ - 3)

गुड्डी - गुड्डी और मास्टर जी (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.मुहावरे (1 से 6 तक)
- 6.पर्यायवाची शब्द (जल से शरीर 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) कौन (पाठ -8, रिमझिम)
 (ख) आँधी (पृष्ठ -128, 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
 (क) जब मैंने अपने मित्र की मदद की
 (ख) संतुलित आहार का महत्व

पहली इकाई

- रिमझिम** -1. कौन (पाठ -8, कविता)
 2. सुनीता की पहिया कुर्सी (पाठ - 12)

गुड्डी - गुड्डी का परीक्षा परिणाम (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. आँधी (पृष्ठ -128, कविता)

2. हुदहुद (पाठ -13)

गुड्डी - गुड्डी और डॉक्टर मैगजीन (कहानी)

भाषा संजीवनी व्याकरण माला

1. सर्वनाम
2. मुहावरे (14- 19 तक)
3. विलोम शब्द (स्वस्थ से आशा तक)
4. पर्यायवाची शब्द (पक्षी से संसार तक)
5. अनेकार्थक शब्द (1 से 12 तक)
6. 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) कोई लाके मुझे दे (पृष्ठ -21, रिमझिम)
(ख) पढ़कू की सूझ (पाठ -11, रिमझिम)
5. **रचनात्मक लेखन**- थप्प रोटी थप्प दाल (पाठ -10, रिमझिम)
6. **प्रयोज्य पाठ**- (क) दान का हिसाब (पाठ -7, रिमझिम)
(ख) गुड्डी ने दावत दी (गुड्डी)

7. अनुच्छेद लेखन

- (क) मीठी वाणी बोलिए, जीवन में रस घोलिए
(ख) नदियों का महत्त्व

पहली इकाई

रिमझिम -1. कोई लाके मुझे दे (पृष्ठ -21, कविता)

2. मुफ्त ही मुफ्त (पाठ -14)

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. स्वतंत्रता की ओर (पाठ -9)

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.

Textbooks:

1. Maths Xpress-4
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 8: The World of Shapes

Ex 8.1 to 8.4

Mental Maths: Ex. 14 to 17, 39, 44 to 46

Activities:

1. Indian Place Value Chart
2. To make designs with circles
3. Tangram designs

CYCLE - II

UNIT - I

Chapter 3: Multiplication

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

Chapter 9: Patterns and Symmetry

Ex 9.1 to 9.3

Chapter 14: Data Handling

Ex 14.1 to 14.2

Mental Maths: Ex. 18 to 21, 55 to 60

UNIT - II

Chapter 4: Division

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

Chapter 13: Money

Ex 13.1 to 13.3

Chapter 11: Perimeter and Area

Ex 11.1 to 11.3

Mental Maths: Ex. 22 to 24, 40 to 43

Activities:

1. Decoding a message using 4 basic operations
2. Shade the circles where the answer (sum, difference, product or quotient) is equal to 100 and complete the pattern
3. Measuring the sides and finding the perimeter

CYCLE - III

UNIT - I

Chapter 5: Factors and Multiples

Ex 5.1 to 5.5

Chapter 12: Time

Ex 12.1 to 12.5

Mental Maths: Ex. 29 to 33, 47 to 49, 51(Q1)

UNIT - II

Chapter 6: Fractions

Ex 6.1 to 6.5

Chapter 7: Decimals

Ex 7.1

Chapter 10: Metric Measures

Ex 10.1 to 10.6

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

Activities:

1. Making a few clocks by cutting out circles and then showing a particular time
2. Finding the common multiples in 10 X 10 grid
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)

EVS – 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.

Textbook: Environmental Science-I (Class 4)

CYCLE – I

UNIT – I

1. L-1: Food - Our Basic Need
2. L-13: The Solar System

3. Diagram:

- (i) Globe (Pg. 150)
- (ii) Formation of Day and Night

UNIT – II

1. L-2: Digestion and the Role of Microbes
2. L-6: The Green Plants

3. Diagram:

- (i) Parts of a Tooth
- (ii) Parts of a Leaf
- (iii) Photosynthesis
- (iv) Food Chain

4. **Activity:** 'A healthy mind dwells in a healthy body.' So, let's assess our meals for better health and immunity. Make a 'Menu Card' showing three meals of the day. Use an A4 size pastel sheet and write the various food items that you included in your meals. Name the nutrients you get from the food items in your menu card. Illustrate it beautifully.

CYCLE - II

UNIT – I

1. L-4: Solids, Liquids and Gases
2. L-8: Circulatory System and Excretory System

3. Diagram:

- (i) Arrangement of molecules in three states of matter
- (ii) Filtration
- (iii) Excretory System

UNIT – II

1. L-5: Soil

2. L-9: Animals and their Young Ones

3. Diagram:

- (i) Soil Profile
- (ii) Parts of an Egg
- (iii) Life Cycle of Butterfly

4. **Activity:** Making Soil Profile- Take a glass bottle. Dig out some garden soil and fill half of the bottle with the soil. Fill the rest of the bottle with water and shake it well. Leave it undisturbed for a day. Observe the different layers of the soil and label them.

CYCLE - III

UNIT – I

- 1. L-7: How Plants Survive
- 2. L-12: Air, Water and Weather
- 3. L-14: Keeping Our Earth Green

4. Diagram:

- (i) Land Breeze
- (ii) Sea Breeze
- (iii) Water Cycle

UNIT – II

- 1. L-3: Clothes We Wear
- 2. L-10: How Animals Survive
- 3. L-11: Force, Work and Energy

4. Diagram:

- (i) Pulley
- (ii) Wheel and Axle
- (iii) Inclined Plane

5. **Activity:** Animals form a beautiful part of the living kingdom. Choose an animal that amazes you the most. Paste its picture on an A4 size coloured pastel sheet. Write its adaptations that help it to survive in its habitat. (Don't choose the animal from the ones given in L-10 of your EVS-I book.)

EVS - 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.

Textbook: My Big Book of EVS-II - 4

CYCLE – I

UNIT – I

- 1. L-1: I Love My India
- 2. L-8: Our Agriculture

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-11: Our Natural Resources
- 3. **Map Work:** India (Political)

- (a) The Northern Mountains, Mount Everest, Mount Godwin Austen (K2), Kanchenjunga
(b) Water bodies around India
4. **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-6: Our Climate
3. **Map Work:** India (Political)
The Northern Plains, Eastern Coastal Plain, Western Coastal Plain

UNIT – II

1. L-9: Our Industries
2. L-12: Our Forests
3. **Map Work:** India (Political)
Forests of India (Labelling)
4. **Library Project:** L-16: The Age of Exploration
Make a project on the following famous personalities-
(a) Christopher Columbus
(b) Vasco da Gama
(c) Sarojini Naidu
(d) Sardar Vallabhbhai Patel

CYCLE – III

UNIT – I

1. L-4: The Western Desert
2. L-10: Transport and Communication
3. **Map Work:** India (Political)
(a) Thar Desert, Aravalli Hills
(b) Water bodies around India

UNIT – II

1. L-5: The Southern Plateaus and the Islands
2. L-18: Our Rights and Duties
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
5. **Library Project:** L-15: Emperor Akbar

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, MS PowerPoint.
- to develop logic for problem solving.

Textbook-Coding with Computer-4

CYCLE - I

Chapter 1: History of Computer

- The Abacus

- Pascaline-An Adding Machine
- Leibniz Calculating Machine
- Analytical Engine

Chapter 6: Editing and Formatting in MS Word

- Introduction
- Minimize and Maximize Ribbon
- Selecting and Editing Text using Keyboard and Mouse
- Cut, Copy, Paste the Text
- Change Font and Font Size of the Text
- Font Colour and Highlight the Text
- Undo and Redo
- Save and Print the Document

Chapter 7: Tables and Graphics in MS Word

- Inserting a Table
- Add/Delete Row and Column
- Table Formatting
- Correcting Spelling and Grammar
- Inserting Picture and Resizing an Image

CYCLE - II

Chapter 2: More on Windows 10

- Introduction to Operating System
- Components of Desktop
- Working with Files and Folders
- Create, Open and Manage Files and Folders on the Computer

Chapter 4: Stykz-The Animator

- Parts of Stykz Interface
- Project: Making two Characters Playing the Ball

Chapter 8: Introduction to MS PowerPoint

- Basic Features of PowerPoint
- Working on a Slide
- Design Theme
- Adding New Slides
- Delete Slides
- Save the Presentation

CYCLE – III

Chapter 3: Customizing the Desktop

- Personalizing the Desktop
- Changing the Desktop Background, Window Colour
- Customizing Lock Screen
- Changing the Theme
- Setting Desktop Icons and Icon Picture

- Changing Font Size, Icon Size and Account Picture

Chapter 5: Let's Learn Coding in Scratch

- What is Coding?
- What is Scratch?
- Parts of Scratch Window
- Project: Sprite Dance

Chapter 9: Internet

- Advantages and Disadvantages of the Internet
- Saving Online Images on the Computer
- Skype

GENERAL KNOWLEDGE

Textbook: GK Whiz-4

CYCLE - I

Testing —	Page No. 2, 6, 10, 11, 20, 27, 29, 36, 38, 51
Reading for Pleasure —	Page No. 7, 16, 33, 44
Life Skills —	Page No. 12, 13, 41

CYCLE - II

Testing —	Page No. 1, 3, 9, 22, 23, 26, 40, 48, 49, 52
Reading for Pleasure —	Page No. 8, 14, 15, 21, 45
Life Skills —	Page No. 30, 31, 50

CYCLE - III

Testing —	Page No. 4, 5, 18, 19, 28, 32, 39, 46, 47, 53
Reading for Pleasure —	Page No. 17, 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 community.
- to help students to use artistic and aesthetic sensibility in their daily lives.

Textbook: Aesthetics Art and Activity (Book-4)

Art File

CYCLE-I

Aesthetics Art and Activity: Pages 3 - 16

Art File:

1. Scenery
2. Birds Paradise
3. Hot Air Balloon
4. Vegetable Basket

CYCLE-II

Aesthetics Art and Activity: Pages 17 – 28

Art File:

1. Puppet Show
2. In the Jungle
3. Dussehra Scene
4. Festival of Lights

CYCLE-III

Aesthetics Art and Activity: Pages 29-40

Art File:

1. Christmas Scene
2. New Year Card
3. Pond Scene
4. Poster on Save Trees

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
2. स्वर (शुद्ध और कोमल)
3. स्थायी अंतरा
4. आरोह- अवरोह
5. सप्तक
6. 5 अलंकार
7. तीनताल
8. कहरवा ताल

Practical

1. 5 अलंकारों का अभ्यास
2. तीनताल और कहरवा ताल का हथेली पर अभ्यास
3. सरगम गीत
4. राग यमन (स्थायी - अंतरा)
5. प्रार्थना और देशभक्ति गीतों का अभ्यास
6. भजन
(क) हे राम ! हे राम !
(ख) हे शारदे माँ ! हे शारदे माँ !
7. लोकगीत
8. देशभक्ति गीत
(क) ताकत वतन की हमसे है...

(ख) नन्हा मुन्ना राही हूं देश का सिपाही हूं ।

9. प्रार्थना व देशभक्ति गीतों का अभ्यास

Children's Songs-

1. बच्चे मन के सच्चे
2. स्वच्छता गीत
3. उम्मीद वाली धूप, sunshine वाली आशा...
4. चरवाहे नाचे झूम के...
5. छोटी - छोटी बातों से ही आता है बदलाव...
6. एक बुढ़ा बाबा आया चौराहे के मोड़ पे ।
7. एक चिड़िया अनेक चिड़ियाँ, दाना चुगने आई...
8. दिवाली गीत

WESTERN MUSIC

1. Fooba Wooba Song
2. Just be happy
3. We are so proud of our school
4. Mother Earth, Mother Earth
5. This is our world song
6. It's cleaning time
7. We shall overcome someday
8. Green grass grew all around
9. O, Susanna
10. Teaching peace song
11. We're born to make music
12. Please and thank you song
13. This little light of mine
14. There's a hole in the bucket
15. We see a peaceful world in unity

Prayers

1. Count your blessings
2. Give me oil in my lamp
3. Joy to the world
4. All things bright and beautiful

DANCE

Learning Objectives:

- to develop facial expressions and gestures.
- to dance in proper synchronization with music.
- to develop aesthetic 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

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 and nutrition - Balanced Diet
- Yoga Asanas and their benefits

Practical

1. Athletics
2. Badminton
3. Basketball
4. Cricket
5. Table-Tennis
6. Volleyball
7. Free Hand Exercises
8. Warming-up and Cooling-down Exercises
9. 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
 - (i) Marching
 - (ii) Knocking
 - (iii) Jumping Jack
 - (iv) Heel toe-heel tap
 - (v) Side Step
 - (vi) Modified Jumping Jack
 - (vii) Side Jogging
4. Advanced Steps of Aerobics
 - (i) One Step
 - (ii) Double Steps
 - (iii) High Knee
 - (iv) 'V' Step
 - (v) '+' Step
 - (vi) Square Step
 - (vii) Forward 4 Steps + 'V' Step
 - (viii) Double Steps + Knee up
5. Fun Steps in Aerobics
6. Co-ordination of Basic/Advanced Aerobic Steps on Songs
 - (i) Step-up
 - (ii) Aerobics beats
 - (iii) Bhangra beats
 - (iv) Dance again
 - (v) Kingston
 - (vi) Champion
7. Cool down Exercises