

SYLLABUS (2022-2023)
CLASS V
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 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 English Ferry, Reader – 5 (Reader)
2. New English Ferry, Supplementary Reader – 5 (SR)
3. Essentials of English Grammar and Composition – 5

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. 158)

Recitation:

1. This is My Prayer (SR, Pg. 35)
2. We Must Act Now! (Reader, Pg. 86)

Reading Comprehension:

Grammar Book: Passages 1, 2 and 3 (Pgs. 146-148)

Paragraph Writing:

1. What my family does for me...
2. These are my good qualities...

Picture Composition – 2

Creative Writing (Expressions)

1. In the lesson- Rikki-tikki and Nag (Reader, L-2) Rikki-tikki-tavi, a baby mongoose is kept as a pet by Teddy and his parents. He captures everyone's attention with his unique antics. Write a paragraph on any one animal (common or unusual) you would love to have as a pet.
2. Book Review: Read a book of your choice and write its story in your words.

UNIT – I

1. Chandu and Raja Chakor (Reader, L-1)
2. This is My Prayer (SR, Pg. 35)

3. Grammar Book:
 - (i) L-1: Looking Up a Dictionary
 - (ii) L-2: The Sentence
 - (iii) L-3: Subject and Predicate
 - (iv) L-4: Parts of Speech
 - (v) L-11: Articles (A, An, The)

UNIT – II

1. The Clever Donkey (SR, L-1)
2. The Stormy Night (SR, L-2)
3. We Must Act Now! (Reader, Pg. 86)
4. Grammar Book:
 - (i) L-5: Nouns
 - (ii) L-6: Nouns: Singular and Plural
 - (iii) L-8: Nouns: Possession
 - (iv) L-13: Verbs
 - (v) L-14: The Tense

CYCLE - II

Listening Comprehension:

Grammar Book: Ex. F and G (Pg. 159)

Recitation:

1. Don't Give Up (Reader, Pg. 51)
2. The Fieldmouse (SR, Pg. 37)

Reading Comprehension:

Grammar Book: Passages 4, 5 and 6 (Pgs. 149-152)

Paragraph Writing:

1. A Day I will Never Forget
2. Reading is to the Mind what Exercise is to the Body

Creative Writing (Expressions)

1. The play Birbal's Wit (Reader, Pg.112) highlights Birbal's wit and wisdom which is well known to everyone. Collect more information about his childhood, his exceptional qualities, his position in Akbar's court etc., and write a paragraph on him describing him in detail.
2. Book Review: Read a book of your choice and write about your favourite character from the story. Also write why you like it.

UNIT – I

1. A Tiger in the House (SR, L-3)
2. The Cyclone (SR, L-4)
3. The Fieldmouse (SR, Pg. 37)
4. Grammar Book:
 - (i) L-7: Nouns: Gender
 - (ii) L-15: Simple Present Tense
 - (iii) L-16: Present Continuous Tense
 - (iv) L-17: Present Perfect Tense
 - (v) L-31: Punctuation and Capital Letters
 - (vi) L-34: Synonyms

UNIT – II

1. Born Again – Arunima Sinha (Reader, L-3)
2. The Tale of Peter Rabbit (Reader, L-6)
3. Be a Friend (Reader, Pg. 33)
4. Grammar Book:
 - (i) L-9: Adjectives
 - (ii) L-10: Adjectives: Degrees of Comparison
 - (iii) L-18: Simple Past Tense
 - (iv) L-19: Past Continuous Tense

(v) L-23: Can, May, Should, Must

(vi) L-34: Antonyms

CYCLE – III

Listening Comprehension:

Grammar Book: Ex. H and I (Pgs. 159-160)

Recitation:

1. Picture-books in Winter (Reader, Pg. 13)

2. The Crocodile (SR, Pg. 39)

Reading Comprehension:

Grammar Book: Passage 7, 8, 9 and 10 (Pgs. 153-156)

Paragraph Writing:

1. Friends are a Treasure to Cherish

2. A Place I would Like to Visit

Letter Writing (Informal)

Creative Writing (Expressions)

1. Dr. A.P.J. Abdul Kalam was not only the People's President but a great poet too. Refer to the poem Rock Walls (SR, Pg. 42) and write any one incident from his childhood that inspires you. Also write any five of his motivational quotes.

2. Book Review: Read a book of your choice and write its story in your own words. Be innovative and give your story a different ending.

UNIT – I

1. Birbal and the Wicked Barber (SR, L-5)

2. The Tale of Jemima Puddle Duck (SR, L-6)

3. Picture-books in Winter (Reader, Pg. 13)

4. Grammar Book:

(i) L-12: Pronouns

(ii) L-20: Simple Future Tense

(iii) L-21: The 'Going to' Form

(iv) L-22: Future Continuous Tense

(v) L-29: Prepositions

UNIT – II

1. The Story of Dandi March (Reader, L-4)

2. The Unshakeable Bhungas (Reader, L-5)

3. When I'm an Old Lady (Reader, Pg. 105)

4. Grammar Book:

(i) L-24: Negative Sentences

(ii) L-25: Interrogative Sentences

(iii) L-27: Subject-Verb Agreement

(iv) L-28: Adverbs

(v) L-30: Conjunctions

(vi) L-33: Words That May Often Be Confused

Note: L-26: Active and Passive Voice and

L-32: Direct and Indirect Speech will be introduced.

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 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)

नोटः

1. प्रत्येक पाठ से नए शब्द, शब्दार्थ, वाक्य प्रयोग, लघु प्रश्न, प्रश्नोत्तर, अतिरिक्त प्रश्न और श्रुतलेख करवाए जाएँगे।
2. परीक्षा में पाठ के मध्य से प्रश्न पूछे जाएँगे। 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) खिलौनेवाला (पाठ-3, रिमझिम)
(ख) एक माँ की बेबसी (पाठ - 9, रिमझिम)
5. रचनात्मक लेखन -पानी रे पानी (पाठ - 16, रिमझिम)
6. प्रयोज्य पाठ - (क) स्वामी की दादी (पाठ -13, रिमझिम)
(ख) नहले पर दहला (गड़बड़झाला)
7. अनुच्छेद लेखन - (क) पुस्तकें -ज्ञान का भंडार
(ख) वृक्ष बचाएँ, जीवन बचाएँ

पहली इकाई

- रिमझिम** -1. राख की रस्सी (पाठ-1)
2. खिलौनेवाला (पाठ-3, कविता)

गड़बड़झाला - गड़बड़झाला (कहानी)

भाषा संजीवनी व्याकरण माला

1. भाषा, बोली, लिपि और व्याकरण
2. वर्ण एवं शब्द, संयुक्त व्यंजन
3. विराम चिह्न
4. समूहवाची शब्द (1 से 8 तक)
5. वर्तनी की सामान्य अशुद्धियाँ (पृष्ठ - 108)

दूसरी इकाई

- रिमझिम** - 1. चावल की रोटियाँ (पाठ - 11)
2. एक माँ की बेबसी (पाठ - 9, कविता)

गड़बड़झाला -निरर्थक जोखिम (कहानी)

भाषा संजीवनी व्याकरण माला

1. संज्ञा
2. लिंग
3. विलोम शब्द (उत्तर से आय तक)
4. पर्यायवाची शब्द (आँख से इंद्र तक)
5. मुहावरे (1 से 8 तक) (अँगूठा दिखाना - से लेकर - दंग रह जाना)

द्वितीय सत्र

1. श्रवण मूल्यांकन
2. चित्र वर्णन-1
3. गतिविधि कार्य (अभिव्यक्ति में)
4. कविता वाचन - (क) बाघ आया उस रात (पाठ - 14, रिमझिम)
(ख) हम क्या उगाते हैं? (पृष्ठ- 147, रिमझिम)
5. रचनात्मक लेखन - (क) डाकिए की कहानी, कँवरसिंह की जुबानी (पाठ-7, रिमझिम)
(ख) ईदगाह (पृष्ठ-24, रिमझिम)
6. प्रयोज्य पाठ - (क) बिना जड़ का पेड़ (पृष्ठ 101, रिमझिम)
(ख) मेरा कमरा कहाँ है? (कहानी, गड़बड़झाला)
7. अनुच्छेद लेखन - (क) बिजली की बचत, बिजली की बढ़त
(ख) मेरे जीवन के आदर्श

पहली इकाई

- रिमझिम-** 1. जहाँ चाह वहाँ राह (पाठ - 5)
2. बाघ आया उस रात (पाठ - 14, कविता)

गड़बड़झाला- तूफानी रात (कहानी)

भाषा संजीवनी व्याकरण माला

- (1) वचन
- (2) कारक
- (3) विलोम शब्द (सौभाग्य से उचित तक)
- (4) वाक्यांश के लिए एक शब्द (1 से 12 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- सच्ची ईद (कहानी)

भाषा संजीवनी व्याकरण माला

- (1) सर्वनाम
- (2) विलोम शब्द (कठोर से कोमल तक)
- (3) पर्यायवाची शब्द (शत्रु से मुख तक)
- (4) वाक्यांश के लिए एक शब्द (13 से 23 तक)
- (5) समूहवाची शब्द (9 से 16 तक)

तृतीय सत्र

1. श्रवण मूल्यांकन
2. अपठित गद्यांश- (क) चुनौती हिमालय की (पाठ-18, रिमझिम)
(ख) चिट्ठी का सफ़र (पाठ - 6, रिमझिम)
3. गतिविधि कार्य (अभिव्यक्ति में)
4. कविता वाचन - (क) गुरु और चेला (पाठ -12, रिमझिम)
(ख) छोटी - सी हमारी नदी (पाठ -17, रिमझिम)
5. रचनात्मक लेखन - फ़सलों के त्योहार (पाठ- 2, रिमझिम)
6. प्रयोज्य पाठ - (क) वे दिन भी क्या दिन थे (पाठ - 8, रिमझिम)
(ख) दलनायक की सूझबूझ (गड़बड़झाला)
7. अनुच्छेद लेखन - (क) मेरा देश, मेरी शान
(ख) मेहनत करते जाइए, जीवन में सफलता पाइए

पहली इकाई

- रिमझिम** - (1) बिशन की दिलेरी (पाठ - 15)
(2) गुरु और चेला (पाठ - 12, कविता)

गड़बड़झाला - नया टेलीफ़ोन (कहानी)

भाषा संजीवनी व्याकरण माला

- (1) विशेषण
- (2) मुहावरे (9 से 17 तक) (मुँह में पानी आना - से लेकर -पानी पानी होना)
- (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)
- (6) अनेकार्थक शब्द (1 से 12 तक)

दूसरी इकाई

- रिमझिम** - (1) नन्हा फ़नकार (पाठ -4)
(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)
- (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, 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-5
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 Numerals 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 11: Time and Temperature

Ex. 11.1 to 11.3 (Delete Ex 11.4)

Mental Maths: Ex. 3, 4, 5, 36, 37

Activities:

1. Indian Place Value Chart
2. Magic Square
3. Representation of Roman numerals using toothpicks

CYCLE - II

UNIT - I

Chapter 3: Factors and Multiples

Ex 3.1 to 3.4

Chapter 7: Patterns and Symmetry

Ex. 7.1 to 7.4

Chapter 14: Data Handling

Ex. 14.1, 14.2 (Delete Ex. 14.3)

Mental Maths: Ex. 11 to 16, 56 to 59

UNIT - II

Chapter 4: Fractions

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

Chapter 12: Life Mathematics

Ex 12.1 to 12.4

Chapter 13: Mapping Skills

Ex. 13.1

Mental Maths: Ex. 17 to 19, 20 (Q1, 2), 21 (Q1), 23 (Q1, 2, 3), 39, 40, 41

Activities:

1. Drawing a bar graph to represent the data
2. Finding L.C.M using a 10 x 10 number grid
3. Making symmetrical figures by paper folding

CYCLE – III

UNIT – I

Chapter 5: Decimals

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

Chapter 9: Perimeter and Area

Ex. 9.1 to 9.4

Mental Maths: Ex 25, 26, 27, 28, 30, 31(Q1,2,3), 51, 52

UNIT – II

Chapter 6: Basic Geometry

Ex. 6.1 to 6.4

Chapter 8: Metric Measures

Ex 8.1 to 8.4

Chapter 10: Volume and Nets

Ex. 10.1 to 10.3

Mental Maths: Ex. 34, 35, 44, 45, 46, 53, 54

Activities:

1. On finding area
2. Making angles by paper folding
3. Drawing nets of cube and cuboid.

Vedic Mathematics

1. Multiplication of
 - (i) one digit number by a one digit number (vertically and crosswise)
 - (ii) 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

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 5)

CYCLE - I

UNIT - I

1. L-1: Growing Plants

2. L-2: Food and Health

3. Diagram:

(i) Structure of Seed

(ii) Stages of Seed Germination

UNIT - II

1. L-3: Safety and First Aid

2. L-4: Solids, Liquids and Gases

3. Diagram:

(i) Arrangement of Molecules in Three States of Matter

4. **Activity:** Germination of Seed

CYCLE - II

UNIT - I

1. L-6: Animals: Habitat and Adaptation

2. L-11: Earth, Sun and Moon

3. Diagram:

- (i) Phases of Moon
- (ii) Solar Eclipse
- (iii) Lunar Eclipse

UNIT - II

- 1. L-9: Force and Energy
- 2. L-12: Light and Shadow

3. Diagram:

- (i) Lever
- (ii) Wheel and Axle
- (iii) Pulley
- (iv) Inclined Plane
- (v) Wedge
- (vi) Screw

- 4. **Activity:** Make a model of the three layers of the earth using clay of different colours or wheat flour dough with food colour added to it.

CYCLE - III

UNIT - I

- 1. L-7: Skeletal System and Nervous System
- 2. L-14: Our Environment

3. Diagram:

- (a) Parts of Brain
- (b) Reflex Action

UNIT - II

- 1. L-5: Rocks and Minerals
- 2. L-8: Measurement
- 3. L-10: Air and Water

4. Diagram:

- (i) Composition of Air
- (ii) Sedimentation and Decantation
- (iii) Filtration

- 5. **Activity:** Make a poster on 'Environment Conservation'.

EVS - 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.

Textbook: My Big Book of EVS-II - 5

CYCLE - I

UNIT - I

- 1. L-1: Know Your Planet
- 2. L-4: Major Landforms
- 3. **Map Work:** World (Physical)

- (i) Oceans
- (ii) Continents

UNIT - II

- 1. L-2: Parallels and Meridians
- 2. L-5: Weather and Climate
- 3. **Map Work:** World (Physical)

- (i) Tropic of Cancer

- (ii) Tropic of Capricorn
 - (iii) Arctic Circle
 - (iv) Antarctic Circle
 - (v) Equator
 - (vi) Prime Meridian
4. **Library Project:** L-13: Let Us Meet

CYCLE - II

UNIT - I

1. L-7: The Land of Snow
2. L-14: The World from 1914 to 1945
3. **Map Work:** World (Political)
 - (i) Greenland
 - (ii) Britain
 - (iii) France
 - (iv) Russia
 - (v) U.S.A.
 - (vi) Germany
 - (vii) Italy
 - (viii) Japan

UNIT - II

1. L-9: The Treeless Grasslands
2. L-11: E for Environment
3. **Map Work:** World (Physical)
Major Grasslands of the World
 - (i) Prairies
 - (ii) Pampas
 - (iii) Velds
 - (iv) Steppes
 - (v) Downs
4. **Library Project:** L-17: Transport and Communication

CYCLE – III

UNIT - I

1. L-12: Natural Disasters
2. L-15: Towards Freedom
3. L-16: India Wins Freedom
4. **Map Work:** India (Political)
Five Centres of the First War of Independence
 - (i) Delhi
 - (ii) Lucknow
 - (iii) Meerut
 - (iv) Barrackpore
 - (v) Vellore

UNIT - II

1. L-8: The Land of Sand
2. L-18: Governing Ourselves
3. L-19: The United Nations
4. **Map Work:** World (Physical)
Hot Deserts of the World
 - (i) Arabian Desert
 - (ii) Thar Desert
 - (iii) Sahara Desert
 - (iv) Kalahari Desert
 - (v) Atacama Desert

(vi) California Desert

(vii) West Australian Desert

5. **Library Project:** L-6: The Land of Dense Forests

COMPUTER SCIENCE

Learning Objectives:

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

Textbook: Coding with Computer-5

CYCLE - I

Chapter 1: Generations and Types of Computer

- Generations of Computer
- Types of Computer
- Future Computers

Chapter 3: Animation in Stykz

- Introduction
- Parts of Stykz Interface
- Creating Geometric Animation with Stykz

Chapter 5: More on Editing and Formatting in Word

- Find and Replace Text
- Header and Footer
- Insert Watermark
- Set Page Orientation
- Hyperlink

CYCLE – II

Chapter 6: Templates and Themes in MS PowerPoint

- Templates
- Themes
- Inserting a Picture
- Rearranging the Slides
- Save the Presentation

Chapter 7: Transition and Animation in MS PowerPoint

- Views in PowerPoint
- Animations
- Transitions
- Hyperlinks

Chapter 9: Exploring Internet

- Introduction
- Tools for Communications
- Email-Advantages and its Uses
- Social Networking

CYCLE - III

Chapter 2: Algorithm and Flowchart

- Definition of Algorithm and Flowchart
- Write an Algorithm

- Symbols Used in Flowcharts
- Solving Problems by Writing Algorithms and Drawing Flowcharts

Chapter 4: Code to Gaming in Scratch

- Introduction
- Project: Creating a Game in Scratch

Chapter 8: Introduction to MS Excel

- Introduction to MS Excel
- Components of Excel Window
- Add the Content in a Worksheet
- Save the Workbook

GENERAL KNOWLEDGE

Textbook: GK Whiz-5

CYCLE - I

Testing -	Page No. 1, 8, 9, 12, 22, 34, 40, 43, 55, 60
Reading for Pleasure -	Page No. 2, 13, 14, 21, 24, 25, 50, 51
Life Skills -	Page No. 26, 63

CYCLE - II

Testing -	Page No. 4, 7, 10, 11, 27, 33, 41, 47, 52, 61
Reading for Pleasure -	Page No. 3, 18, 23, 28, 39, 53, 58, 59
Life Skills -	Page No. 36, 37

CYCLE - III

Testing -	Page No. 6, 15, 20, 35, 38, 46, 48, 49, 56, 57
Reading for Pleasure -	Page No. 5, 19, 32, 42, 44, 45, 54, 62
Life Skills -	Page No. 16, 17, 31

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 life.

Textbook: Aesthetics Art and Activity (Book-5)

Art File

CYCLE-I

Aesthetics Art and Activity: Pages 3 - 16

Art File:

1. Landscape
2. Water World
3. In the Garden
4. My favourite cartoon

CYCLE-II

Aesthetics Art and Activity: Pages 17 - 28

Art File:

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

CYCLE-III

Aesthetics Art and Activity: Pages 29-40

Art File:

1. Christmas Fun
2. New Year Card

3. In the Space
4. Poster on Deforestation

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 (शुद्ध, कोमल, तीव्र)
3. स्थायी -अंतरा
4. आरोह -अवरोह , पकड़
5. 8 अलंकार
6. सप्तक
7. ताल दादरा, ताल कहरवा, ताल तीनताल

Practical

1. 8 अलंकार का अभ्यास
2. सभी उपलिखित ताल का अभ्यास
3. सरगम गीत (राग भूपाली)
4. भजन - राम भजन
5. सरस्वती वन्दना
6. लोकगीत - बंगाली गीत
7. प्रार्थना तथा देशभक्ति गीतों का अभ्यास
8. देशभक्ति गीत - i) इन्साफ की डगर पे
ii) हम सब भारतीय है

English Songs:

1. High and Low Song
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. Do not give up
9. Hall of fame
10. We shall Overcome

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 ...
5. All things bright and beautiful

DANCE

Learning Objectives:

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

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

1. गणेश वंदना
2. सरस्वती वंदना
3. हस्त मुद्राएँ
4. ताल(खाली, ताली, सम)
5. भूमि प्रणाम

लोक नृत्य

1. गरबा (गुजरात)
2. भांगड़ा, गिद्दा (पंजाब)
3. कालबेलिया (राजस्थान)
4. लावणी (महाराष्ट्र)

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.
- Pranayam and its benefits
- Components of Physical Fitness

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. Revision of Basic Steps of Aerobics
 - (i) Marching (Open and Close)
 - (ii) Knocking
 - (iii) Jumping Jack
 - (iv) Heel toe-heel tap
 - (v) Sidestep
 - (vi) Modified Jumping Jack
 - (vii) Side Jogging
 - (viii) Sidestep with Hand
4. Advanced Steps of Aerobics
 - (i) One Step + Double Steps
 - (ii) 'L' Step
 - (iii) 'I' Step
 - (iv) High Knee
 - (v) 'V' Step
 - (vi) '+' Step
 - (vii) Square Step
 - (viii) Forward 4 Steps + 'V' Step
 - (ix) Double Steps + Knee up
 - (x) Butterfly
 - (xi) Diamond Step
 - (xii) Forward/sideward Zigzag
 - (xiii) Grapevine with Side /Forward Step (n) Grapevine with 'L' , 'V', 'I'

5. Fun Steps in Aerobics

6. Co-ordination of Basic and Advanced Aerobic Steps on Songs

- (i) Shape of You
- (ii) King of my Castle
- (iii) Aerobics beats
- (iv) Bhangra beats
- (v) Dance Again
- (vi) Kingston
- (vii) Taki-Taki
- (viii) Fire Burning

7. Cool down Exercises