

Affiliated to CBSE, New Delhi, Aff. No.730203

SYLLABUS FOR 2024-25 Class:- V

CLASS	V	BOOKS	Pearls
SUBJECT	ENGLISH	PUBLISHERS	Ratna sagar

Month	LESSON	GRAMMAR PORTION	No.	Weightage
A '1		TI	of Periods	,
April	Lesson no 1 Reena, the Magician	The sentences Kinds of sentences Subject and Predicate	10	4
	Poem My smart phone isn't very smart	Reading comphrension	9	3
May	Lesson no 2 Mother, tell us a	Parts of speech The nouns		
	story	The noun – number The noun- Gender	10	4
	Asking questions	The noun-possession Paragraph writing	16	3
July	lesson no 3 one Foggy	The pronouns Verbs	6	4
	Morning poem Windy Nights	Verbs: singular and plural Letter writing	7	3
August	Lesson no4 The Rhino Land	The tense Simple present tense	15	4
	Lesson no 5 The song of	Present continuous Present perfect tense	11	2
	songs Poem Eletelephony	paragraph writing		3
September	Revision	Simple past tense Past continuous tense Simple future tense The 'going to form' Future continuous tense		
October	1 st term exam			



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SYLLABUS FOR 2024-25 Class:- V

Month	LESSON	GRAMMAR PORTION	No. of periods	Weightage
November	Lesson no 1 Oliver Finds a	The adverb The adjective	13	4
	Home	Article	12	4 3
	Lesson no 2 How far Is the River? Poem Written in March	Story writing		
December	Lesson no 3 An Earth Day carol Poem	The adjective (Comparison of adjectives)	8 14	5 3
	A fine day	Synonymous and autonomy		
		Preposition		
January	lesson 4 Po Lesson 5	punctuation conjunctions Essay	13	4
	Crusoe finds a friend		7	4 3
February	Revision			
March	Term 2 exam			



CARMEL

CARMEL CONVENT SCHOOL

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SYLLABUS FOR 2024-25 Class:- V

Class:	V	Book:	Pearl
Subject:	Hindi	Publication:	

MONTH	HINDI PATHMALA	HINDI GRAMMAR	ACTIVITY
			परोपकार से संबंधित कोई कहानी
April	4.बीरबल की खिचड़ी	1.भाषा और व्याकरण	इंटरनेट की सहायता से एक चार्ट पर
	8.एक बूँद (कविता)	2.वर्ण-विचार	लिखिए।
	1.श्रेष्ठ कर्म(कविता)	3. वाक्य	
		4.अपठित गद्यांशएवं पद्यांश	
May	7.प्रायश्चित	1.संज्ञा	जल में पाए जाने वाले प्राणी और भूमि
	5.एक बर्फ़ीला पक्षी ऐसा	2.लिंग	पर रहने वाले प्राणियों के चित्र एक चार्ट
	भी	3.ਰਧਜ	पर लगाओ
		4.अनुच्छेद-लेखन	
June/July	16.दशरथ माँझी	1.सर्वनाम	न्यायप्रिय चंद्रगुप्त नाटकका मंच पर
	3.न्यायप्रिय 'चंद्रगुप्त'	2. उपसर्ग तथा प्रत्यय	अभिनय प्रस्तुत किया जाएगा।
		3.शब्द-सागर	
		-पर्यायवाची शब्द	
		-विलोम शब्द	
		-समश्रुति भिन्नार्थक	
		शब्द	
		4.मुहावरे	
		5.औपचारिक पत्र-लेखन	
August	11.हमारे राष्ट्रीय व	1.क्रिया	राष्ट्रीय और धार्मिक त्योहारों का कोलाज
	धार्मिक पर्व	2.कारक	तैयार करें
	9.महात्मा गांधी द्वारा	3.लोकोक्तियाँ	
	लिखा पत्र	4.विज्ञापन लेखन	
September	पुनरावृति	पुनरावृति	
October	प्रथम इकाई परीक्षा	प्रथम इकाई परीक्षा	
November	12.कांटों में राह बनाते	1.काल	अर्जुन की परीक्षा पाठ का नाटक प्रस्तुत
	हैं(कविता)	2. अव्यय	किया जाएगा।



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	14.अपना स्थान स्वयं	3.शब्द-सागर	
	बनाएँ	-अनेक शब्दों के लिए	
	15.अर्जुन की परीक्षा	एक शब्द	
		-अनेकार्थक शब्द	
		4.कहानी लेखन	
December	2.वे दिन भी क्या दिन	1. विशेषण	मशीनी पढ़ाई के फायदे व नुकसान लिखो
	थ	2.अनौपचारिक पत्र लेखन	
	13.गुलिवर की 'लिलिपुट'	3.संवाद लेखन	
	यात्रा		
	17. नीतिपरक दोहे		
January	6.एक मिसाल -हेलन	1.विराम-चिहन	चार्ट पर हेलेन केलर का चित्र चिपक कर
	केलर	2.निबंध लेखन	ब्रेल लिपि के विषय में लिखिए तथा यह
	10.बंसीलाल की विजयी	3.सूचना लेखन	नेत्रहीन लोगों के लिए किस प्रकार
	मुस्कान	4. चित्र वर्णन	उपयोगी है
February	पुनरावृति	पुनरावृति	
March	वार्षिक परीक्षा	वार्षिक परीक्षा	

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SYLLABUS FOR 2024-25 Class:- V

CLASS	V	воок	Pearl
SUBJECT	Math	PUBLISHER	Ratna Sagar

TERM-1

Month	LESSON	TOPIC/SUB-TOPIC	Number of periods	Weightage
April	Lesson no 1	Revision	9	5
	Lesson no 2	Large numbers	10	
				10
May	Lesson no 3	Operation with large numbers	7	10
	Lesson no 4	Tests of divisibility	7	5
	Lesson no 5	HCFand LCM	12	15
July	Lesson no 6	Fractions	13	15
August	Lesson no 7	Perimeter, area	13	10
	Lesson no 8	Decimals	13	10
September	Revision			
October	Term1 exam			

Months	LESSON	TOPIC/SUB-TOPIC	Number of periods	Weightage
November	Lesson no 1	sPercentage and average	8	10
	Lesson no 2	Ratio, proportion and unitary method	8	10
	Lesson no5	Symmetry, pattern	5	5
	Lesson no 7	Simple interest	6	5
December	Lesson no3	Profit and loss	8	5
	Lesson no4	Preparing bills	3	5
	Lesson no8	Time	8	10
	Lesson no 11	Graphs	3	5
January	Lesson no 9	Circles	7	10
	Lesson no10	Lines and angles	7	10
	Lesson no 6	Metrics measures	6	5
February	Revision			
March	Term 2 exam			

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SYLLABUS FOR 2024-25 Class:- V

CLASS	V	воок	Logic and Beyond
SUBJECT	Reasoning and Aptitudes	PUBLISHER	Dr.C.B.Mishra

TERM-1

Month	LESSON	TOPIC/SUB-TOPIC	Number of periods	Weightage
April	Lesson no 1	Alphabet Test		
	Lesson no6	Analogy		
	Lesson 13	Number		
May	Lesson no2	Analogy		
	Lesson no 7	Patterns		
	Lesson no 14	Simple		
		Mathematical operation		
July	Lesson no 3	Classification		
	Lesson no 8	Classification		
	Lesson15	Series		
August	Lesson no 4	Coding-Decoding		
	Lesson no 9	Embedded Figures		
	Lesson 16	Puzzles Test		
September	Revision			
October	Term1 exam			

Months	LESSON	TOPIC/SUB-TOPIC	Number of periods	Weightage
November	Lesson no 10 Lesson no 17	Ranking Completing Figures Age		
December	Lesson no 11 Lesson no 18	Mirror Images Direction Sense		
January	Lesson no 12 Lesson no 19 Lesson no 20	Water Images Fractions Geometry		
February	Revision			
March	Term 2 exam			

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SYLLABUS FOR 2024-25 Class:- V

CLASS	V	воок	IN HARMONY WITH NATURE
SUBJECT	Science	PUBLISHER	FRIENDS PUBLICATION

TERM-1

Month	LESSON	TOPIC/SUB-TOPIC	Number 0f periods	Weightage
April	Lesson no 1	Plants increasing the number	9	10
		Experiment 1	5	
		Experiment 2	5	
May	Lesson no 2	Animals everywhere Food and health	10	15
	Lesson no 3	Activity related	10	15
			6	
July	Lesson no 4	Safety and	10	10
		first aid	3	
August	Lesson no 5	Our skeletal system	12	15
	Lesson no 6	Our nervous system	12	15
		(project work)	2	
		Lab visit (bio lab)		
September	Revision			
October	Term 1 exam			

Months	LESSON	TOPIC/SUB-TOPIC	Number of periods	Weightage
November	Lesson no 1	Rocks and minerals	8	10
	Lesson no 2	Soil erosion and	8	10
	Lesson no 3	conservation	9	
		Our life supports	9	15
December	Lesson no4	Force and energy	6	10
	Lesson no 5	Our earth's natural satellite	6	10
		Natural disaster		
	Lesson no 6	(project work)	8	15
		Model	2	
January	Lesson no 7	Changes in our environment	10	15
		Collage making	10	
February	Revision			
March	Term 2			
	exam			





SYLLABUS FOR 2024-25 Class:- V

CLASS	V	воок	IN HARMONY WITH NATURE
SUBJECT	Social science	PUBLISHER	FRIENDS PUBLICATION

TERM-1

Month	LESSON	TOPIC/SUB-TOPIC	Number of periods	Weightage
April	Lesson no 1	Know your planet Reading Maps	10 9	10
May	Lesson no 2	Parallels and meridians Model	10 3 13	15 15
July	Lesson no 3 Lesson no 4	Major landforms Weather and climate (project work)	6 7	15
August	Lesson no 5 Lesson 6	Towards freedom India wins freedom Role play	10 10 6	10
September	Revision			
October	Term l exam			

Months	LESSON	TOPIC/SUB-TOPIC	Number of periods	Weightage
Nov	Lesson no 1	The land of dense forest The land of snow	8	15
	Lesson no 2	The land of snow	8	10
	Lesson no 3	The land of sand Kind of houses	8	10
			3	
December	Lesson no 4	The treeless grasslands (project work)	9	15
	Lesson no 5	Governing ourselves	9	15
		Collection of photographs	4	
		of grasslands with		
		vegetation and animals		

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SYLLABUS FOR 2024-25 Class:- V

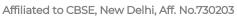
January	Lesson no 6	The United nations Activity on	10	15
		membercountries of UN five different continent	5	
February	Revision			
March	Term2 exam			

CLASS	V	воок	Gulzaar-E-Urdu(2)
SUBJECT	URDU	PUBLISHER	AARSHBOOKS

TERM-1

وزن	أدواركيتعداد	سيقنمبداورسيقكاتام	مہینے	نمبرشمار
•1	٨	البد(نظم) جيسيكرنيوپسيبېرني-	ريل	-1
۵	Ŷ		مئ	-7
• 1	٨	اچرےبچے۔ ناز شکاہو ائجباز ۔	اگست	-٣
۵۱	٨	پریکیکېانی- بار شکاموسم-	ستمبر	-4

وزن	أدواركيتعداد	سيق نميداور سبقكاتنام	مہینے	نمبرشمار
• 1	٨	بيمارىاور	اكتوبر	_ ?
• 1	٨	بوشیلر⊙کسان۔ مسجد۔	نومبر	_Y
۵	۶	بنستےرہو۔	دسمبر	-A
۵	9	ہمادےقومی ⊙نشانات۔	جنور ی	_9
• 1	9	⊖سمئين۔	فرور <i>ی</i>	-•1





SYLLABUS FOR 2024-25 Class:- V

CLASS	V	воок	Pearls
SUBJECT	General knowledge	PUBLISHER	Ratna sagar

TERM-1

Month	LESSON	TOPIC/SUB-TOPIC	Number of periods	Weightage
April	Lesson no 1	Children of the word A flock of birds		5
	Lesson no 2	Hello doctor!		5
	Lesson no 3	Wonders of the world		5
	Lesson no 4			5
May	Lesson no 5	Smart cities		5
	Lesson no6	For the thrill		5
	Lesson no 7	A healthy earth		5 5 5
	Lesson no 8	Mind bogglers		5
	Lesson no 9	Email basics		5
July	Lesson no 10	You vs the clock		
	Lesson no 11	The nature quiz		5 5
August	Lesson no 12	Word power		5
	Lesson no13	Bharat darshan		5
	Lesson no 14	Unusual festival		5
	Lesson no 15	We are a team		5
	Lesson no 16	Brain twisters		5
September	Revision			
October	Term1 exam			

Months	LESSON	TOPIC/SUB-TOPIC	Number of periods	Weightage
November	Lesson no 1	So Many flower		5
	Lesson no 2	Be a bookworm		5
	Lesson no 3	A journey into space		5
	Lesson no 4	Lifelines of india		5
	Lesson no 5	Marvels of the world		5



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December	Lesson no 6	Football legend	5
	Lesson no 7	Green days	
	Lesson no 8	Test your IQ	5
	Lesson no 9	Safety first	5
	Lesson no 10	A good citizen	5
	Lesson no 11	The animal kingdom	5
			5
January	Lesson no 12	Our beloved rabi	5
		That's How it Began	
	Lesson no 13	The winners takes it all	5
	Lesson no 14	Say no to pollution	5
		Treat me as an equal	
	Lesson no 15		5
	Lesson no 16		5
February	Revision		
March	Exams		



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SYLLABUS FOR 2024-25 Class:- V

CLASS	V	воок	My Fifth Safety workbook
SUBJECT	Value Education	PUBLISHER	SAF

Month	LESSON	TOPIC/SUB-TOPIC	Number of periods	Weight age	Activity
April	Lesson no 1 Lesson no 2	Say Hello	4	5	Lesson-3,
	Lessonno3	The elephant and the six Friends I Like Myself	5	5	I like Myself Role play
May	Lesson no 4	Bamboo and the crooked Tree	4	5	
	Lesson no 5	Feelings Are Our Friends One Day Lunch Break	4	5 5	
	Lesson no 6		5		
July	Lesson no 7	A Morning Assembly to Remember	6 5 5	5 5 5	Lesson -10,11 private parts, Touches and
	Lesson no 8	The wooden Bowl	5	5	looks Mime act
	Lesson no 9	Human Body is Like A			
	Lesson no 10	Machine, but Private part			
August	Lesson no 11	Touches and looks	5 6	5 5	
	Lesson no 12	Jack and Jill	6 5	5 5	
	Lesson 13	A Letter From Grand pa			
	Lesson 14	The Pranksters			
September	Revision				
October	Term1 exam				



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SYLLABUS FOR 2024-25 Class:- V

TERM-2

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Months	LESSON	TOPIC/SUB- TOPIC	Number of periods	Weightage	Activity
November	Lesson no15	The Humble Pencil	5	5	
	Lesson no 16	While Coming Back from School	5	5	
	Lesson no 17	It is okay to be Scared	5		
	Lesson 18	Can you keep secret		5	
December	Lesson no 19 Lesson no 20 Lesson no 21	Arpit's online Friend While Doing	5	5	
	Lesson 22	Homework Tricks to	5	5	
		Remember passwords	5	5	
		A Summer Night Camp	5	5	
January	Lesson no 23	Mosquito- Our Number one Enemy	5	5	Lesson 24 The 7- step safety Rule
	Lesson no 24 Lesson no 25 Lesson 26	The 7-step Safety Rule Sana in School	5	5	Slogan Lesson 28 Nature walks
	Lesson 27	Land When Grandpa	5 5	5	
	Lesson 28	Fell Sick A football match to	5	5	
	Lesson 29	Remember Payal Is a brave		5	
	Lesson 30	Girl A shoe that pinches			
	Lesson 31	Know your Tiger	5	5	
February	Revision				
March	Term 2 exam				

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SYLLABUS FOR 2024-25 Class:- V

CLASS	V	BOOK	CYBER QUEST – 5
SUBJECT	COMPUTER	PUBLISHER	KIPS

MONTH	CHAPTER	LESSON NAME	SUB TOPIC	No. of Periods	Weightage
April	1	Evolution of computers	History of Computers	6	8
			Early Calculating Devices		
			Generations of Computers		
			Characteristics of Computers		
			Limitations of Computers		
May	2	Understanding Windows 10	Windows 10 and its Features	6	9
			Desktop		
			Taskbar		
			Icons		
			Start Menu		
			Universal Apps of Windows 10		
			Customizing the Desktop		
			Using multiple Windows		
			Exploring Pictures		
July	3	Working with Tables in Word	Creating a Table	7	9
			Entering data in a table		
			Modifying a Table		
			Formatting a table		
			Applying Borders and Shading		
			Converting Text to a Table		
			Inserting a Picture in a Table		
			Calculations in a Table		



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SYLLABUS FOR 2024-25 Class:- V

			Updating Calculations in a Table		
August	4	Using Mail Merge	Mail Merge	5	9
			Creating a Mail Merge Document		
			Creating a Recipient List		
			Inserting Merge Fields		
			Viewing the Merged Data		
			Printing the Letters		
September	5	Enhancing a Presentation	Working with Slide Master	6	9
			Inserting a SmartArt Graphic		
			Inserting a Table		
			Inserting a Chart		
			Applying Animation Effects		
			Applying Transitions		
September		Revision			

TERM-2

CARMEL

MONTH	CHAPTER	LESSON NAME	SUB TOPIC	No. of Periods	Weightage
October	6	Programming in Scratch	Using Sensing Blocks	6	9
			Using Mathematical Operators		
			Comparing Values		
			Generating Random Numbers		
			Changing Location Randomly		
			Bouncing the Ball Up and Down		
			Counting Length of a Word		
			Making a Variable		
			Applying Reasoning to Make Decisions		
			Applying Condition in Programming		



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November	7	Introduction to Excel	Features of Excel	6	9
			Starting Excel 2019		
			Workbook and Worksheet		
			Components of a Worksheet		
			Moving Around the Spreadsheet		
			Entering Data		
			Types of Data		
			Performing Calculations		
			Managing Worksheets		
			Saving a Workbook		
December	8	Internet and E-Mail	Internet and its Uses	8	9
			Requirements for Connecting to the Internet		
			Browsing the Internet		
			Search Engines		
			Email		
January	9	Algorithms and Flowcharts	Algorithm	6	9
			Flowchart		
February		Revision			



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SYLLABUS FOR 2024-25 Class:- V

Class:	V	Book:	
Subject:	Music	Publication:	

Theory

No.	Units	Periods (60)	Marks (30)	
Units1		11		
1.1	Definitionof, Sangeet, Dhwani, Nada, Shruti, Swar, Saptak, Alankar,Thaat, Jati, Margi, Desi	07	05	
1.2	Definitionof,Laya,Tala,Matra,Sam,Tali,Khali,Vibhag, Avartan	04	06	
Unit2		08		
2.1	Defineof,Raga,Aroha,Avroha,Pakad,Vadi,Samvadi, Anuvadi, Vivadi.	04	0.5	
2.2	Define of, Bandish, Sthai, Antara, Swarmalika, LakshanGeet,Khayal.	04	06	
Unit3		13		
3.1	Describeand briefthelifesketch of Lata Mangeshkarji	08	06	
3.2	HistoryofanyIndianInstrument	05		
Unit4		14		
4.1	Descriptionof thefollowing Ragas: Alhaiya Bilawal, Yaman, ,Kafi	08		
4.2	DescriptionandabilitytodoTala- Notationofthefollowing Talas:Teentala, Ektala,, Keharwa,Dadra	06	06	
Unit5		14		
5.1	Ability towrite notation of compositions in prescribed Ragas.	10		
5.2	ToldentifyRagasfrom the phrases and elaborate the minswaras	04	06	



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SYLLABUS FOR 2024-25 Class:- V

Practical

S.No	Topics	Periods(160)
1.	Eight Alankarassetto all prescribed Ragas and Talas.	16
2.	One Swarmalikaandone Lakshan Geetineach prescribed	20
	Raga.	
3.	Aaroha, Avroha, Pakadand Drut Khayal with few Alapsand	64
	Tanas in the following Ragas: Alhaiya Bilawal, Yaman,	
	and Kafi.	
4.	Identification of prescribed Ragas from the phrases of	12
	swaras	
	rendered by the examiner.	
5.	i. NationalAnthem	28
	ii. National Song	
	iii. PatrioticSong	
	iv. CommunitySong	
	v. DevotionalSong	
	vi. FolkSong	
	vii. School song	
6.	Recitation of the following Talas with Dugun,	20
	keeping Tala with hand-beats:	
	Dadra, Keharwa, Teentala, Ektala,	

Practical(External Assessment)

Sr.No.	Value Points	Marks
1	Alankarassetto all prescribed Ragas and Talas	4
2	One Swarmalikaandone Lakshan Geet	6
3	Aaroha,Avaroha,Pakad andDrutKhayalwithfewAalapsandTanasin each of the following Ragas 1. AlhaiyaBilawal 2. Yaman 3. Kafi	24
4	Identification of prescribed Ragas from the passages of Swaras rendered by the examiner	4



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5	Anythreeofthefollowing:	
	i. National Anthem	
	ii. NationalSong	
	iii. PatrioticSong	
	iv. CommunitySong	
	v. DevotionalSong	
	vi. FolkSong	
	vii. School Song	
6	Recitation of the Thekas of the prescribed Talas with dugun	6
	i. Dadra	
	ii. Keharwa	
	iii. Ektala	
	iv. Teentala	



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Class:	V	Book:	Juniorartist
Subject:	Art & craft	Publication:	Langers

TERMI				
Month	Art Topic	SubTopic	Craft	Periods
April	Different Pattern making. Hidden picture Linesarefun	Byehotsummer, home sweet home, rainbow.	Paper folding (Shape cutting hangings)	8
May	Mixing of colour Colour Wheel Basic Shapes	Red Indian Teepee, motifs with shapes, peacock, warli art, easter.	Paper plate craft	8
July	Joining dots Drawing Grid drawing Creating Constellations	Rooster, fish, flower, sea animal, Joker.	Clay Medallions	4
August	Pencil stroke Poster design MadhubaniArt	Independence day, rakhi, Flag and symbols	Flower making Recycled Planter	8
September	Vegetables Fruits PosterDesign Nature study	Stop pollution, national sports day ,Juicy fruits, healthy vegetables	Sculpture Techniques Using Paper	8
TERM2	,			
November	Cartoons Compositional drawings My Dream Destinations	Study time,, Hansel and Gretel, reindeer and deer, bear, mickey	Tribal mask	8





SYLLABUS FOR 2024-25 Class:- V

	animals sketches Greeting card	Sea scape, house and bird composition, Christmas, ship of desert	Wall hanging (pulses craft)	8
	Cave Painting Travelfun drawings	Landscape, garden scene, car, ship	Photo frame	8
February	Display of Work			8

CLASS	V
SUBJECT	GAMES

Month	Topic	Sub-Topic	No. of Period	Weight age
April	1. Warm-up and Mass P.T. Exercises.	Free hand exercise, standing exercise and sitting exercise. Warm up exercise, head to toe and	05	10
	Warm up	toe to head stretching, Balancing and jumping exercises, Some Yoga Aasans. Athletics track event:	05	
	Game	100 mt 200 mt and relay races etc	10	05
May	1. Warm-up and Mass P.T. Exercises	Free hand exercise , standing exercise and sitting exercise.	05	
	Team game : Kho kho , football, cricket etc.	History, rules, specification of playfield, basic equipments and fundamental skill of Kho kho, Football and cricket.	15	10
July-August	1. Warm-up and Mass P.T. Exercises.	Free hand exercise, standing exercise and sitting exercise. Developing flexibility and	05	
	Coordination and flexibility, Balance	balance ability with these activities, Forward Roll, Backward Roll, Forward Roll and Leg Split,	05	10
		Backward Roll and Leg Split Cartwheel	10	
September	1. Warm-up and	Free hand exercise , standing	05	



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Mass P.T.	exercise and sitting exercise.		05
Exercises.		05	
Role of Heredity &	Role of Heredity &		
environment	Environment like height, weight, habits, voice temperature etc.		
Game; field events.	Jumping and throwing event : long jump, high jump and shot put.	10	05

TFRM 2

Month	Topic	Sub-Topic	No. of Period	Weight age
October	1. Warm-up and	Free hand exercise , standing	05	05
	Mass P.T.	exercise and sitting exercise.		
	Exercises.	Correct the postures:-	05	05
	Correct the	Sitting, Standing, Walking, Running,		
	postures:-	Lying.		
	Game	Games:- Cricket, , Kabaddi.	10	
November	1. Warm-up and	Free hand exercise , standing	05	05
	Mass P.T.	exercise and sitting exercise.		
	Exercises.	Safety and Security:-	05	
	Safety and	Survival Skills to develop confidence		
	Security:-	in water, fire and natural Calamities.		
	Game	Badminton	10	05
December-	1. Warm-up and	Free hand exercise , standing	05	05
January	Mass P.T.	exercise and sitting exercise.		
	Exercises.	Teach the students about balance	05	05
	Balance Diet	diet like fat, vitamin, minerals, iron		
	Game	Basketball	10	
February	1. Warm-up and	Free hand exercise , standing	05	
	Mass P.T.	exercise and sitting exercise.		
	Exercises.	Developing flexibility and	05	
	Coordinative	balance ability with these activities,		05
	activities	Forward Roll, Backward Roll,		
		Forward Roll and Leg Split,		
		Backward Roll and Leg Split		
		Cartwheel.	10	05
	Game	Volleyball kho kho cricket football		
		etc.		

