

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

SYLLABUS FOR 2025-26 Class:- IV

Class:	IV	Book:	Learning Nest(Semester 1 and 2)
Subject:	English	Publication:	Chand

TERM -I

Month	Lesson	Topic/sub-topic	No of periods	Weightage of marks
	Lesson-1	The monkey King Noun -common and proper	5 5	
	Lesson no 2	Gender / Invitation A List / Opposite words	3	
April		Sentence / Punctuation Articles	3 3 3	
	Poem	Descriptive paragraph	3	
	Grammar	Too busy / Sentence		
		Vocabulary		
		Reading Comprehension Alphabetic order		
	Lesson-3	Anna's Diary	5	
		Synonyms / Adjectives	_	
N.4-1.4	Grammar	Diary entry	3	
May	Oraninai	Noun(Countable and Uncountable)	5 6	
		Paragraph Writing	1	
		Pronoun	5	
	Lesson-4	Ma Liang and the Magic Paint	3	
	Poem	Brush	3	
	Grammar	Compound words	_	
July		Pronouns / Story writing	3	
		Picture description The Ice Cream Man	4	
		Vocabulary / Letter Writing	4	
	Lesson no.5	The red flower	5	
	Poem	Prefixes / Contraction	3	
August	Grammar	Auxiliary verbs	6	
August		Simple past tense	_	
		Simple future tense	3	
		Informative paragraph		
September	Revision			



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TERM -II

Month	Lesson	Topic/sub-topic	No of periods	Weightage of marks
	Lesson-6	Amazing Plants	5	
October	Grammar	Poster Writing	2	
	Lesson-7	Tenali Raman And The thieved	6	
November	Poem	The fisherman	3	
November	Grammar	Tenses(Simple ,Present,	12	
		Future) Sound words	4	
	Lesson-8	A visit to Mawlynnong	6	
		Preposition(place ,Time	3 3 5	
	Grammar	,Movement)	3	
December		Conjunction (Use of And, because, but ,or,fornor,yet)	5	
		Interconjuntion(simple)	2	
		Idioms (Meaning and Sentences	3	
	Lesson-9 Poem	Reduce reuse recycle	5	
	Grammar	My frog recycles all his Trash	5	
		Adjectives(Types and	4	
January		Comparison)	2	
		Articles(A)	2	
		Punctuation (Capital letters,fullstop,comma) Proverbs	2	
February	Revision			

ENGLISH GRAMMAR

Month	Topic	Sub Topic
April	The sentence	1. Kind of sentences.
	Vocabulary Reading	2. Negative sentences.
	comprehensions.	3. Interrogative sentences.
		4. Subjects and Predicates.
May	The Noun: Naming	1.Kinds of Noun



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	words	2. Countable and Uncountable Nouns.
	Words	3. Singular and Plurals.
	Paragraph writing	4. Noun Genders.
	T diagraph whiling	5. Possessive Nouns.
July	Pronouns	Personal Pronouns.
July	Pronouns	2. Possessive Pronouns
		3. Singular and Plural Pronouns
		4.Interrogative Pronouns.
	Vocabulary	5.Relative Pronouns.
	Vocabalary	Synonyms and Antonyms
	Letter Writing	1. Formal letter.
	Leccel Williams	2. Informal letter
August	The Verb	1. Action Words
, tagast	1116 7512	2. Verb: Singular and Plural
	The Adverbs	1. Kinds of Adverb.
	Notice Writing	2. Kinds of Adverbs.
September	Revision	
October	Term 1 Exams	
November	The Tense	1. Simple Present Tense.
		2. Present Continuous Tense.
		3. Simple Past Tense.
		4. Past Continuous Tense.
	Essay Writing	5. Simple Future Tense.
		6. Future Continuous Tense.
December	The Preposition	1. Preposition of Time.
		2. Preposition of Place.
	The Conjunction	3. Preposition of Movement. And, because,
	The Interjection	but, or,
	Understanding words	both,until,when,so,if,either or
	better	
January	The Adjectives	1. Adjectives.
	Articles	A, An, The
	Punctuations and	1. Capital letters
	capital letters	2. Full Stop (.)
	Story Writing	3. Comma (,)
February	Revision	
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SYLLABUS FOR 2025-26 Class:- IV

CLASS	IV	BOOK	Kesariya Hindi pathmala
SUBJECT	HINDI	PUBLISHER	Sapphire India. Publisherd

MONTH	CHAPTER	LESSON	GRAMMAR PORTION	NO. OF PERIODS	WEIGHTA GE
April	पाठ-१	कवित-एक किरण	-भाषा व्याकरण और लिपि	3	5 5
	ਧਾਠ-3	ईमानदारी का फल	चित्र वर्णन	4	5
			अप2ठत ग4याशंएवं प4यांश	2	
				2 2	
				2	
May	पाठ-४	ग्लाब और	वर्ण शब्द और वाक्य	5	5
	पाठ-१४	नागफनी	-संज्ञा	5 3	5
		-गैलीलियो की	समानार्थी शब्द	3 3 3	
		खोज	(1 to 17)		
		প্রাস	(1 60 17)	1	
June/July	पाठ-५	कविता -इतना तो	-लिंग	4	5
		त्म याद रखो	विलोम शब्द	2	
		3	भिन्नार्थक शब्द	1	
	पाठ -१६	जादुई ढोल	-अनेकश;दके 8लए एकश;द	1	
		3.	-अनेकाथक/ श;द	 	
			-सम<त ८भ=नाथक/ श;द्	i	
			-समूहवाचीश;द	1	
			-औपचा?रक प@-लेखन		
August	पाठ-८	महक और चिड़िया	-वचन	5	5
	पाठ-११	का घोंसला	अनेक के लिए एक शब्द	5 4	5
		-पेड़ का भूत	मुहावरे	2	
		*	औपचारिक पत्र	2 2	
			-मुहावरे	2	
SEPTEMBER		पुनरावतृ			





SYLLABUS FOR 2025-26 Class:- IV

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MONTH	CHAPTER	LESSON	GRAMMAR PORTION	No. OF PERIODS	WEIGHT AGE
October	पाठ-९	कविता-कोशिश	-सर्वनाम	2	5
	पाठ -१०	करने वालों की	-विशेषण	2	
		कभी हार नहीं होती	विलोम शब्द		
		-भागो मत	समानार्थी शब्द		
November	ਧਾਠ –७	लालची मिठाई	-क्रिया	4	
		वाला		4 2	5 5
	ਧਾਰ 13		भिन्नार्थक शब्द	1	3
		-कविता -अपनी	अनेक के लिए एक शब्द	1 2	
		अपनी समझ	-कहानीलेखन	2	
				1 2	
				2	
December	पाठ-२		<u> </u>	5	5
	पाठ- १२	जवाब	मुहावरे	5 4	5
		- भारत के	3.	4	
		विभिन्न त्योहार		2 2	
		विकिन्न स्पिहार		2	
January	पाठ—६	-राधिका की डायरी	विराम चिन्ह	4	5
	पाठ-१५	गर्मी की छुट्टियों के	अनौपचारिक पत्र	4 3	5 5
		बाद	अनुच्छेद लेखन	3 3 3	
		पत्र लेखन -वाघा	चित्र वर्णन	3 3	
		बॉर्डर		_	
February		पुनरावतःृ			
March		Term-2 Examination			



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CLASS	IV	BOOK	Learning Nest(Semester Series (1 and 2)
SUBJECT	Math	PUBLISHER	S Chand

Month	Lesson	Topic/sub-topic	No. Of periods	Weight Age of marks
April	Unit-1	Numeration	3 Days	5 Marks
	Unit-2	Roman Numerals	16 Days	10 Marks
	Unit-3	Addition and subtraction AdditionandSubtraction -Addition 4- digit numbers -Properties of Addition - Subtracting 4- digit numbers - Word Problems	, and the second	
May	Unit- 4	Multiplication -Properties of Multiplication -Multiplication By a 1,2 3 Digit Numbers - Multiplication By 1000,2000,9000 -Word problem Sums	8 Days 8 Days	5 Marks 10 Marks
	Unit- 5	Division -Properties of Division -Division By 1, 2- Digit Numbers - Division By 10,100 and 1000	10 Days	10 Marks
July	Unit – 6	MultiplesandFactors -Properties of Multiples - Even and Odd Numbers -Common Multiples	6 Days	10 Marks



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		- Factors -Common Factors -Prime and Composite Numbers	7 Days	10 Marks
August	Unit-7	Equivalent Fraction Like and unlike fraction Proper and Improper fractions Fraction in lowest term Ascending and Descending order	13 Days	10 Marks
	Unit- 8	Decimals -Decimal numbers in the Place Value Chart -Conversion of Decimals into Fractions - Like and Unlike Decimals -Comparison of Decimals - Addition and Subtraction of Decimals	13 Days	10 Marks
September	Revision Work	-		
October		TERM 1 EXAM		

Month	Lesson	Topic/sub-topic	No.of periods	Weightage of marks
October	Unit-9	Measurement Conversion of Units Addition and Subtraction in Measurement -Word Problems	7 Days	10 Marks
	Unit -10	Time -Conversion of Time -Addition of Time -Calendar - Word Problems		



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November	Unit-11	Geometry Points,Lines, LinesegmentsandRay's -Point, Line,LineSegments,Ray - Measuring and Drawing a Line	10 Days	10 Marks
	Unit-12	Segment Perimeter and Srea	8 Days	10 Marks
		Perimeter and Area -Perimeter of a Rectangle -Word Problems -Area -Area of a Square -Word Problems	8 Days	10 Marks
December	Unit-13	Visuakising3D Shapes	10 Days	10 Marks
	Unit-14	Symmetry and Patterns -Patterns	10 Days 2 Days	10 Marks 5 Marks
January	Unit-15	Data Handling	15 Days 5 Days	10 Marks 5 Marks
February		Revision Work		
March		Term 2 Examination		



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SYLLABUS FOR 2025-26 Class:- IV

CLASS	IV	воок	Learning Nest (Semester 1 and 2Series)
SUBJECT	Science	PUBLISHER	S Chand

Month	Lesson	Topic/sub-topic	No. Of periods	Weightage of marks
April	Lesson no.1 Lesson no.2	Our Food Digesting food Food and Digestion -Nutrients in Food - Process of Digestion - Preparing Food	19 Days	10 Marks
May	Lesson no.3	Teeth and Microbes Teeth and Microbes -Two sets of Teeth -Kinds of Teeth - The structure of a Tooth	13 Days	10 Marks
	Lesson no.4	-Microbes Kinds of Microbe Matter	13 Days	15 Marks
July	Lesson no.5	Our Clothes	13 Days	10 Marks
August	Lesson no. 6 Lesson no.7	- Adaptation in plants How plants make food? How photosynthesis occurs? How to leave get carbon dioxide? How do leaves get energy to make food? How plants use food? Plants and animals depends on each othe r	13 Days	15 Marks 10 Marks
September		Revision		
October		Term 1 Exam		

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Month	LESSON	TOPIC/SUB-TOPIC	No.of Periods	Weightage of Marks
October	Lesson no.8	Adaptations in animal Adaptation of survival Adaptation for food	7 Days	10 Markd
	Lesson no.9	Station for protection Reproduction in animals Animals that give birth to babies Animals that lay eggd		
November	Lesson no.10	Safety and first aid Safety at home On the road , First aid Force ,work and energy	10 Days	10 Marks
	Lesson no.11	What is force? What can a force do? The force of gravity The force of friction / Work Energy / Sources of energy	15 Days	15 Marks
December	Lesson no.12	The universe, The sun The planets and the solar system Some facts about planets How did the solar system form? How the Earth move? How the earth's movement affect us?	10 Days	10 Marks
	Lesson no.13	Air ,water and weather Weather , Seasons Sun causes the wind Sun causes land in sea breezes Sun causes of water cycle Sun causes the season s The earth's water	12 Days	IS Marks
January	Lesson no.14	Talking about the environment -Pollution Types of Pollution	10 Days	10 Marks
		Types of Waste Preventing Pollution	10Days	10 Marks
February		Revision		



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SYLLABUS FOR 2025-26 Class:- IV

CLASS	IV	воок	Learning Nest(Semester land 2)
SUBJECT	Social science	PUBLISHER	S.Chand

MONTH	LESSON	TOPIC/SUB-TOPIC	No of periods	Weight age
April	Lesson-1	India our country Physical features A land of physical diversity Political division , Diversity of lifestyle		
	Lesson no.2	Mountains of India Greater Himalaya , Middle Himalayas Lower Himalayas Importance of the northern mountainous region		
May	Lesson-3	Northern plains Importance of the northern plains Coastal plains of India Importance of the coastal plains		
	Lesson-4	Plateaus and islands The southern plateaus Central highlands , Deccan plateau Islands of India		
July	Lesson-5	Rivers of India Ganga , Yamuna , Brahmaputra Godavari , Krishna Narmada , Mahanadi		
	Lesson no.6	Our neighbours Pakistan , China , Nepal Bhutan, Myanmar Bangladesh, Sri Lanka, Maldi		



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August	Lesson-7	Forest and wildlife Forest, Evergreen forest Deciduous forest Mountain forest, Thorn forest Tidal or man groove forest Conservation of forest	
	Lesson no.8	Wildlife in India Soil and water Soil , Types of soil Soil conservation, Water resources Sources of water Water conservation	
September	Revision		

Month	LESSON	TOPIC/SUB-TOPIC	No of periods	Weight age
October	Lesson-9	Minerals Types of mineral Conservation of mineral		
	Lesson	Agriculture		
	no.10	Food crops , Cash crops Cattle and animal rearing		
November	Lesson-11	Industries Types of industries		
	Lesson no.12	India is my country Constitution , Fundamental right Fundamental duties Directive principles		
December	Lesson-13	Our government Level of government Local self government Village panchayat Municipality, State government		
	Lesson no.14	Central government, Election Celebration time Festivals of India		



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January	Lesson-15	History of India	
		Our history	
		Ancient history	
		Medieval history	
	Lesson-16	Modern history	
		Indian monarchs	
		Raja Raja I	
		Chandragupta Maurya	
		Ashoka	
		Krishna Dev Rai	
		Raja Mansingh 1	
		Akbar	
		Chhatrapati Shivaji Maharaj	
		Shah Jahan	
February	Revision		



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SYLLABUS FOR 2025-26 Class:- IV

CLASS	IV	воок	Learning Nest(Semesterl and 2)
SUBJECT	General knowledge	PUBLISHER	S Chand

MONTH	LESSON	TOPIC/SUB-TOPIC
April	Lesson-1	While the life wonders
	Lesson-2	Plants our friends
	Lesson-3	Natural wonders
	Lesson -4	Synonyms
	Lesson-5	Proverbs
May	Lesson-6	Novels
	Lesson-7	Sports of the
		nation
	Lesson-8	Sports world
July	Lesson-9	Stadiums
	Lesson-10	Indian railways
	Lesson-11	Indian noble minds
	Lesson -12	Art and culture of India
August	Lesson-13	Capitals across continents
	Lesson-14	Wearing the globe
	Lesson-15	End products
	Lesson-16	Instruments
September	Revision	



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MONTH	LESSON	TOPIC/SUB-TOPIC
October	Lesson-17	Animal wonders
	Lesson-18	Medicinal plants
	Lesson- 19	Classic stories and novels
	Lesson- 20	Famous quotes
November	Lesson-21	Tournaments
	Lesson-22	Jargon in the game
	Lesson-23	Popular Indians
	Lesson-24	National Park
	Lesson-25	World music
December	Lesson -26	History of India
	Lesson-27	Pioneers in
		production
	Lesson-28	Devices
	Lesson-29	Mixedback
	Lesson-30	World currency
January	Lesson- 31	Amazing landforms
	Lesson-32	High rise wonders
	Lesson-33	Breeds
	Lesson-35	Lion and cave
February	Revision	



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SYLLABUS FOR 2025-26 Class:- IV

CLASS	IV	воок	MY THIRD SAFETY WORKBOOK-3
SUBJECT	VALUE EDUCATION	PUBLISHER	PROJECT CACA

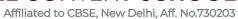
CHAPTER	LESSON	Moral Value/ Life Skill		
1	Say Hello	Moral Value: Diversity		
		Life Skills Interpersonal Relationship		
2	Same Yet Different	Moral Value :Diversity Life		
2		Skill: Empathy		
3	Doing My Homework	Moral Value: Being Responsible		
3		Life Skill: Self Awareness, Self Esteem		
4	The Squirrel and the Fox	Moral Value: Rules		
4		Life Skill: Effective Communication		
5	Toss A Coin	Moral Value: Make good and safe decisions Life		
3		Skill: Critical thinking and decision making		
6	Hand In Hand	Moral Value: Health: Nutrition		
0		Life Skill:		
7	Arm Wrestling	Moral Value: Personal Safety Life		
,		Skills: Self Awareness		
8	Private Parts	Moral Value: Personal Safety: Touches Life		
O		Skills: Self Awareness: Body		
9	It Is Good To Share But	Moral Values: Safety rules Life		
9		Skills: Self Awareness		
10	Taking Help	Moral Value: Being Independent, Helping		
10		and taking help		
11	Kisses	Moral Value: Personal Safety : Kisses Life Skill:		
11		Interpersonal Relationship		
12	Yoga Is Good For Health	Moral Value: Health: Exercise Life		
12		Skill: Communication		
13	Sana Loves To Hug Her Grandma	Moral Value Trust, Love		
15		Life Skill: Interpersonal Relationship		
	Types Of Touches	Moral Value : Personal Safety: Touches,		
14		Health: Germs- Disease- Medicine Touches		
		Life Skill: Critical Thinking		
	What Am I Feeling?	Moral Value: Health & Wellbeing: Emotions &		
15		Feelings		
		Life Skill: Coping with Emotions// Stress		
	A Shoe That Pinches	Moral Value: Emotions/Effective		
16		Communication:		
		Life Skills: Listening to Feelings		



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CHAPTER	LESSON	TOPIC/SUB TOPIC		
		Moral Value: Accept your mistakes/ Effective		
17	Keep Your Hands to Yourself	Communication:		
		Life Skill: Telling / Being Assertive		
18	It is Not Your Fault	Moral Value: Emotional Intelligence Life Skill:		
10	Tels Not rour rudit	Coping with Emotions: It is not your fault		
19	Shadows	Moral Value Emotional Intelligence Life Skill:		
13	Shadows	Coping with Emotions: It is okay to be afraid		
20	Safe and Unsafe Secrets	Moral Value: Personal Safety: Secrets Life Skill:		
20	Safe and Offsafe Secrets	Critical Thinking		
21	Do you Know a Joker?	Moral Value: Personal Safety: Strangers Life Skill:		
21	Boyed Know docker.	Critical Thinking		
22	Crossing the Road	Moral Value: Safety Rules		
22	Crossing the Roda	Life Skill: Effective Communication		
		Moral Value: Personal Safety- Touches, Hugs,		
23	The 5- Step Safety Rule	Kisses		
		Life Skill: Effective Communication: Telling,		
		Being Assertive		
		Moral Value: Helping Laws ,Health and well		
24	A Letter from the Principal	being		
25		Life Skill:		
25	See- Saw	Moral Value: Personal Safety		
26	Muralist Is a Good Swimmer	Moral Value: Bullying, Love for Nature		
20	but	Life Skill: Self Awareness: Skills Aptitudes		
27	Oops!Sana Breaks a Mobile Phone	Moral Value: Being Confident		
21	Cops:Saria breaks a Mobile Priorie	Life Skill: Effective Communication		
28	ABC of Computers	Moral Value: Caring		
20	ADC OF COMPUTERS	Life Skill: Interpersonal Relationship		
	Armpit Loves His Sister, but	Moral Value: Love for Nature		
29		Life Skill: Interpersonal Relationship:		
23		Sibling Rivalry ,Coping with Emotions: Anger		
		Management		
30	United We Stand Divided We Fall	Moral Value: Diversity, Civic Nationalism Life		
50	Officed We Starra Divided We Fall	Skill: Critical thinking		
31	Pinocchio, the Liar	Moral Value: Health & Well Being		
31	Fillocoffio, trie Liai	Life Skill: Critical Thinking: Goal Setting		
32	Sanna's Homework	Moral Value: Emergency		
JZ	Samasmoniework	Life Skill : Critical Thinking Strangers		





SYLLABUS FOR 2025-26 Class:- IV

CLASS	4	ВООК	JUNIOR ARTIST
SUBJECT	ART & CRAFT	PUBLISHER	LANGERS

TERM 1				
Months	Art Topic	Sub topic	Craft	Periods
April	Grid fun drawing Colour balancing S.Zentangles- Tree of life	Castel,ffffun in snow, rangoli, geometric designs and patterns, optical illusion	Flower Basket, Paper collage	8
May	1.Method of pencil shading 2. pattern making, 4.3-D Art	Still life, pitcher,tree, bird scarlet mascaw scenery	Wall hanging, Epoxy putty seals	8
July	1.Animal and bird sketching2. Positive andnegative effect3. Spatial art	Beetel insect, dinosaur, deer, finch bird,giraffe, rooster, duck.	Mask making, CD craft	4
August	1.Cartoons 2. Poster making 3. Eco printing 4. Paper marbling	Save eEarth, save water, peace, independence day	Flower decoration	8
September	1.Calligraphy 2. Nature study, compositional drawing 3. Symmetry and rythem	Villaagescene,Expressive words Scenery, sunset	Bottle craft, Photofram e	8
TERM 2	•			1
November	1.Compositional drawing 2. Silhouthe painting 3.Visual identity 4. Takashi Murakami	Flower and bee composition, bird's nest composition, story composition,Jawaharlal Nehru	Clay Work, OHP sheet painting	8
December	 Stippling drawing Festival composition 3. Soil Mandala 	Fruits, dolphin,cat and bee, Mewar festival, Ugadi festival, christmas scene	Card making	8
January	1.Folk art 2.Portrait	Warli art, Mandala art,portait of leaders	Paper bag	8
February	Exhibition	Ι ΔΒΙΙς ΕΩ D 2024-25		8

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CLASS	IV	воок	
SUBJECT	MUSIC	PUBLISHER	

Month	MUSIC
APRIL	Environmental Songs Alankar Song- Eksoachhaijagi This pretty planet (Song)
MAY	Animal songs Mother day Songs Love and respect for animals If I were a butterfly
July	Plant a tree for your tomorrow (Song) This Old Man (Number Song)
August	The mission pani Anthem (Song) MerapyaraVatan (Hindi Song)
September October	
November	SurajniklamitaAndhera(Song) Swatch Bharat ka I radaKarLiyaHamne
December	Dil jo chahe (Song on right and duties) Song Counting Colours in the Rainbow
January	Republic day – Aisahaideshmera History of Indian music. Song- All Things Bright and Beautiful
February	



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SYLLABUS FOR 2025-26 Class:- IV

CLASS	IV
SUBJECT	GAMES

TERM - 1

Month	Topic	Sub-Topic	No. of Period	Weight age
April	1. Warm-up and Mass P.T.	Free hand exercise , standing exercise and sitting exercise.	05	10
	Exercises.	Warm up foot to head and head to foot,Stretching, Balancing exercises	05	
	Warm-up exercise and	& Sitting exercise, Yoga asana. Sitting, Standing and Breathing Aasan	10	05
	Yoga			
May	1. Warm-up and Mass P.T.	Free hand exercise , standing exercise and sitting exercise. Role	05	05
	Exercises. Role of Heredity &	of Heredity & environment like height, weight, habits, voice	05	05
	enviornment	temperature etc. Badminton & Races	10	
	Games			
July- August	1. Warm-up and Mass P.T.	Free hand exercise , standing exercise and sitting exercise.	05	10
	Exercises. Developing	Developing flexibility and balance ability with these activities, Forward	05	
	flexibility and balancing	Roll, Backward Roll, Forward Roll and Leg Split, Backward Roll and Leg Split Cartwheel.	10	05
September	1. Warm-up and Mass P.T. Exercises.	Free hand exercise, standing exercise and sitting exercise. Safety & Security, Safety measure, Fire, Electricity, Fire cracker, Water &	05	
	Safety Security.	animals.	05	05
	Game	Hurdle race , hop race , one leg race .	10	05



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Class:- IV

Class:- IV TERM - 2

Month	Topic	Sub-Topic	No. of Period	Weight age
October	1. Warm-up and Mass P.T.	Free hand exercise , standing exercise and sitting exercise. Developing Speed and power like	05	10
	Exercises. Developing Speed	Running in variation sprinting, Jumping vertical jump, Standing	05	
	and Power and Game	broad jump, Running long jump, Triple Jump.	10	
November	1. Warm-up and	Free hand exercise , standing exercise and sitting exercise. Teach	05	05
	Mass P.T. Exercises.	the students about balance diet like fat, vitamin, minerals, iron etc. volleyball and cricket.	05	
	Balance Diet Game	volley bull und effektet.	10	05
December- January	1. Warm-up and Mass P.T.	Free hand exercise , standing exercise and sitting exercise.	05	05
	Exercises. Road Safety:-	Road Safety:- Walk-ways, Zebra crossing, Follow the traffic signs.	05	05
	Game	Kho kho and football.	10	
February	Warm-up and Mass P.T.	Free hand exercise , standing exercise and sitting exerise.	05	
	Exercises Coordinative	Coordinative activities, Eyehand, Eye-leg &	05	05
	activities.	neuromuscular coordination & motor fitness like Tossing the coin, ball, shuttle cock, Frisbee.		
	Game	Basketball and netball.	10	05