

M.R. CITI PUBLIC SCHOOL

BHADDI ROAD, BALACHAUR, DISTT. SBS NAGAR - 144521

SYLLABUS

2023-24

Class: IX



Name : _____

Class: _____ Sec. _____

Roll No. _____ Adm. No. _____



CLASS - IX
SESSION - 2023-24

ENGLISH

April : Ch-1 : The fun they had (Beehive)
Poem- The Road not Taken (Beehive)
Ch-2 : The Sound of Music-I,II (Beehive)
Practice of writing Diary Entry, Descriptive Paragraph.
Grammar- Modals, Tenses

May : Ch-1 : The Lost Child (Moments)
Ch-2 : The Adventures of Toto (Moments)
Ch-3 : Iswaran the story teller (Moments)

Revision of Unit I Syllabus

Ch : The Lost Child (Moments)
Ch : The Adventures of Toto (Moments)
Ch : The fun they had (Beehive)
Poem- The Road not Taken (Beehive)

Section A - Reading - Comprehension (2 passages) - 10 marks
Section B - Writing - Diary Entry / Descriptive Paragraph - 10 marks
Section C - Literature (Extract based question) - 1x5=5 marks
Short answer type question - 3x3=9 marks
Long answer type question - 1x6=6 marks

July : Ch-3 : The Little Girl (Beehive)
Poem : Rain on the Roof (Beehive)
Ch-4 : A Truly Beautiful Mind (Beehive)
Poem : The Lake Isle of Innisfree (Beehive)
Practice of Reading, Writing story, Descriptive Paragraph
Grammar (Sub Verb Concord)

August: Ch-4 : In the kingdom of Fools (Moments)
Ch-5 : The Happy Prince (Moments)
Revision - Mid Term Exam





Mid Term Syllabus

Ch- : The fun they had

Ch- : The Sound of Music-I,II

Poem- The Road not Taken

Ch- : The Lost Child

Ch : The Adventures of Toto

Ch- : Iswaran the story teller

Poem : Wind

Ch- : The Little Girl

Poem : Rain on the Roof

Ch- : A Truly Beautiful Mind

Poem : The Lake Isle of Innisfree

Ch- : In the kingdom of Fools

Ch- : The Happy Prince

Weightage (Mid Term) 80 marks + 20 marks (Internal ASL)

Section A - Reading (Comprehension) = $2 \times 10 = 20$ marks

Section B - Writing - Diary Entry, Story, Descriptive Para = $5 + 5 = 10$ marks

Literature - 40 marks

Stanza, Extract - $5 + 5 = 10$ marks

Short questions - $6 \times 3 = 18$ marks

Long questions - $2 \times 6 = 12$ marks

Grammar - 10 marks

Modals, Tenses, Gap Filling, Editing, Transformation Exercise - 10 M

Sept. : Ch-5 : The Snake and the Mirror (Beehive)

Poem : A Legend of the Northland (Beehive)

Grammar (Reported Speech) Writing - Descriptive

Oct. : Ch-6 : My Childhood (Beehive)

Ch-7 : The Last Leaf (Moments)

Ch-8 : A House is not a Home (Moments)

Integrated Grammar

Nov. Ch-8 : Reach for the Top (Beehive)

Poem : On Killing a Tree (Beehive)





Dec. : Ch - Kathmandu (Beehive)
Poem : A Slumber Did My Spirit Seal (Beehive)

Revision of 2nd Unit Test - December (50 marks)

Syllabus

Ch : The Snake and the Mirror
Poem : A Legend of the Northland
Ch : The Last Leaf
Ch : A House is not a Home
Reading - Writing - Letter
Grammar - Editing, Gap filling, Narration, Paragraph Completion
Weightage (Unit-II) 50 marks

Section A - Reading (Comprehension passage) = $5 \times 2 = 20$ marks
Section B - Writing - Descriptive Para, Short Story = $5 + 5 = 10$ marks
Grammar - (Editing, Gap filling, Narration, Paragraph Completion - 10 M
Section C - Literature - Extract, Stanza - $1 \times 5 = 5$ marks
Short questions - $3 \times 3 = 9$ marks
Short questions - $1 \times 6 = 6$ marks

Jan. : Ch-11 : If I were you (Beehive)
Ch-10 : The Beggar (Moments)

Revision - Final Term Exam (Full Syllabus)

Ch : The fun they had
Ch : The Sound of Music-I,II
Ch : The Lost Child
Ch : The Adventures of Toto
Ch : Iswaran the story teller
Ch : The Little Girl
Ch : A Truly Beautiful Mind
Ch : In the kingdom of Fools
Ch : The Happy Prince
Ch : The Snake and the Mirror
Ch : My Childhood
Ch : The Last Leaf
Ch : A House is not a Home





Ch : Kathmandu
Poem : The Road not Taken
Poem : Wind
Poem : Rain on the Roof
Poem : A Legend of the Northland
Poem : No Men are Foreign
Poem : On Killing a Tree
Poem : A Slumber Did My Spirit Seal

Weightage (Final Term) 80 marks + 20 marks
Section A - Reading (Comprehension) = $2 \times 10 = 20$ marks
Section B - Writing = 10 marks
Diary Entry, Descriptive Para, Story = 10 marks
Grammar - Tenses, Modals, Determiners, Gap Filling, Editing, Sentence
Literature - 40 Marks
Stanza Extract - $5 + 5 = 10$ Marks
Short Questions - $6 \times 3 = 18$ Marks
Long Questions - $6 \times 2 = 12$ Marks



कक्षा : नौवीं

विषय : हिंदी

पाठ्यक्रम : 2023-24

निर्धारित पाठ्य पुस्तकें : स्पर्श भाग-1

संचयन भाग -2

व्याकरण

अप्रैल

स्पर्श भाग-1 दुख का अधिकार

अब कैसे छूटे राम.....

ऐसी लाल तुम बिन.....

मई

व्याकरण : शब्द और पद

अनुस्वार, अनुनासिक, उपसर्ग, प्रत्यय

संचयन भाग-1 गिल्लू

+ दोहराई प्रथम यूनिट टैस्ट

अंक विभाजन यूनिट परीक्षा

अपठित गद्यांश : 5

अपठित पद्यांश : 5

व्याकरण : अनुस्वार 22

अनुनासिक 2

उपसर्ग : 2

प्रत्यय : 2

शब्द और पद : 2

स्पर्श कविता भाग : 6 (3x2=6)

स्पर्श कहानी भाग : 6 (3x2=6)

संचयन : 6 (3x2=6)





अनुच्छेद : 6

पत्र : 6

अधिकतम अंक – 50

जून : ग्रीष्मकालीन अवकाश

जुलाई: स्पर्श भाग 1 एवरेस्ट: मेरी शिखर यात्रा
तुम कब आओगे, अतिथि
व्याकरण : स्वर संधि
विराम चिह्न
अर्थ की दृष्टि से वाक्य भेद
संवाद वर्णन

अगस्त: स्पर्श : दोहे (रहीम)
वैज्ञानिक चेतना के बाहक सर चन्द्रशेखर वेंकट रमन
संचयन : स्मृति
दोहराई अर्ध-वार्षिक परीक्षा

सितंबर अर्ध-वार्षिक परीक्षा

अंक विभाजन (80 अंक)

अपठित गद्यांश	5+5	= 10
शब्द और पद		= 2
अनुस्वार, अनुनासिक		= 2
उपसर्ग, प्रत्यय		= 4
संधि		= 3
विराम चिह्न		= 3
अर्थ की दृष्टि से वाक्य भेद		= 2
स्पर्श : पठित पद्यांश के M.C.Q.		= 2
कहानियों के दो M.C.Q.		= 2
स्पर्श कविता भाग प्र./उ.		= 6



स्पर्श कहानी भाग प्र./उ.	= 6
संचयन कहानी भाग	= 6
अनुच्छेद	= 6
पत्र	= 6
चित्र वर्णन	= 5
संवाद वर्णन	= 5

अक्तूबर	स्पर्श कविता – आदमीनामा – एक फूल की चाह संचयन भाग 1 – कल्लू कुम्हार की उनाकोटी – मेरा छोटा सा निजी पुस्तकालय
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नवंबर	स्पर्श कहानी भाग – धर्म की आड़ – शुक्रतारे के समान कविता भाग – गती अगीत – अग्निपथ – नए इलाके में..... – खुशबू रचते हैं हाथ.....
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दिसंबर	संचयन – हामिद खाँ – दीप जल उठे दोहराई ॥ यूनिट परीक्षा
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अंक विभाजन

अपठित गद्यांश	– 5
अपठित पद्यांश	– 5
अनुस्वार	– 2
अनुनासिक	– 2
उपसर्ग	– 2
प्रत्यय	– 2



शब्द और पद	— 2
स्पर्श कविता	— 6 (3x2=6)
स्पर्श कहानी	— 6 (3x2=6)
संचयन	— 6 (3x2=6)
अनुच्छेद	— 6
पत्र	— 6
अधिकतम अंक	50

जनवरी दोहराई वार्षिक परीक्षा

फरवरी दोहराई वार्षिक परीक्षा

मार्च वार्षिक परीक्षा

अंक विभाजन (पूर्णांक=80)

अपठित गद्यांश	5+5	= 10
शब्द और पद		= 2
अनुस्वार, अनुनासिक		= 2
उपसर्ग, प्रत्यय		= 4
संधि		= 3
विराम चिह्न		= 3
अर्थ की दृष्टि से वाक्य भेद		= 2
स्पर्श : पठित पद्यांश के M.C.Q.		= 5
कविताओं के दो M.C.Q.		= 2
स्पर्श : पठित पद्यांश के M.C.Q.		= 5
कहानियों के दो M.C.Q.		= 2
स्पर्श कविता भाग प्र./उ. (3x2=6)		= 6
स्पर्श कहानी भाग प्र./उ. (3x2=6)		= 6
संचयन कहानी भाग प्र./उ. (3x2=6)		= 6
अनुच्छेद		= 6



ପତ୍ର = 6

ଚିତ୍ର वर्णन = 5

संवाद वर्णन = 5

अधिकतम अंक = 80

आंतरिक मूल्यांकन (Internal Assessment)

Note Book = 5M

Subject Enrichment = 5M

10% of Unit Test = 10M

20



MATHEMATICS

Books Prescribed : NCERT, R. D. Sharma & Exam Idea,
Devjyoti Practical File

Chapterwise Weightage

No.	Unit Name	Marks	Internal Assessment	Marks
1.	Number Systems	06	Periodic Test	10
2.	Algebra	20	Lab Practical (Devjyoti)	05
3.	Coordinate Geometry	06	Notebook Marks	05
4.	Geometry	22	Total	20
5.	Mensuration	16		
6.	Statistics	10		
	Total	80		
	Internal Assessment	20		
	Total	100		

April Ch-1 Number Systems
Ch-2 Polynomials

May Ch-3 Coordinate Geometry
Ch-4 Linear Equation in Two Variables

REVISION OF UNIT I SYLLABUS

Ch-1 Number Systems

Ch-2 Polynomials

Ch-3 Coordinate Geometry

Blue Print

Section A	MCQs	10M	$1 \times 10 = 10$
Section B	Very Short Ans	10M	$2 \times 5 = 10$
Section C	Short Ans	15 M	$3 \times 5 = 15$
Section D	Long Ans	10M	$5 \times 2 = 10$
Section E	Case Study Based Ques	<u>05 M</u>	$5 \times 1 = 5$

Total Marks 50M





June/July Ch-5 Introduction To Euclid's Geometry
Ch-6 Lines & Angles
Ch-7 Triangles
Practical File will be completed upto 20 July 2023

Aug. Ch-8 Quadrilaterals

60% Syllabus covered

Revision of Mid-Term Exams:

Ch-3 Coordinate Geometry
Ch-4 Linear Equation in Two Variables
Ch-5 Introduction To Euclid's Geometry
Ch-6 Lines & Angles
Ch-7 Triangles
Ch-8 Quadrilaterals

Blue Print

Section A	MCQs	10M	20M	1x20=20
Section B	Very Short Q/A		10M	2x5 = 10
Section C	Short Q/A		18M	3x6=18
Section D	Long Q/A		20M	5x4=20
Section E	Case Study based Ques		12M	3x4=12

TOTAL 80 M

Internal Assessment = 20M (5 Notebook + 5 Subject Enrichment + 10 Periodic) Total = 80+20=100M

Sep. Exams

Ch-10 Circles

Oct. Ch-12 Heron's Formula

Nov. Ch-13 Surface Area & Volumes
Ch-14 Statistics

Dec. **Revision of Unit II**
Practical File will be completed till 20 Nov., 2023

Syllabus

Ch-10 Circles
Ch-2 Polynomials
Ch-12 Heron's Formula
Ch-14 Statistics

**Blue Print**

Section A	MCQs	10M	1x10 =10
Section B	Very Short Ans	10M	2x5 =10
Section C	Short Ans	15 M	3x5=15
Section D	Long Ans	10M	5x2=10
Section E	Case Study Based Ques	<u>05 M</u>	5x1=5

Total Marks 50M

Jan. Revision of Full Syllabus

Feb. Revision of Full Syllabus

March Annual Examination

Full Syllabus

Chapter - 1, 2, 3, 4, 5, 6, 7, 8, 10, 12, 13, 14

Ch-1 Number Systems

Ch-2 Polynomials

Ch-3 Coordinate Geometry

Ch-4 Linear Equation in Two Variables

Ch-5 Introduction To Euclid's Geometry

Ch-6 Lines & Angles

Ch-7 Triangles

Ch-8 Quadrilaterals

Ch-10 Circles

Ch-12 Heron's Formula

Ch-13 Surface Area & Volumes

Ch-14 Statistics

Blue Print

Section A	MCQs / Assertion Reasoning	1x20=20
Section B	Very Short Q/A	2x5 = 10
Section C	Short Q/A	3x6=18
Section D	Long Q/A	5x4=20
Section E	Case Study Bases Questions	3x4=12

TOTAL 80 M

Internal Assessment = 20M

(5 Notebook + 5 Practical + 10 Periodic Test)

Total = 80+20=100M





Nov. Physics Ch-10 Gravitation and flotation
Ch-11 Work and Energy

Revision of Unit-II Exam (M.M. = 50M)

Syllabus of Unit-II Exam

Chemistry	Ch-3 Atoms & Molecules	} 30 Marks
	Ch-4 Structure of Atom	
Physics	Ch-10 Gravitation and flotation	<u>20 Marks</u>
		<u>50 Marks</u>

January **Biology** Ch-15 Improvement in Food Resources
Physics Ch-12 Sound

February **Revision of Whole Syllabus**

Chemistry	Ch-1 Matter in our surroundings	} 25 M
	Ch-2 Is Matter Around us Pure	
	Ch-3 Atoms and Molecules	
	Ch-4 Structure of an Atom	
Biology	Ch-5 Cell - The Fundamental Unit of Life	} 30 M
	Ch-6 Tissues	
	Ch-15 Improvement in Food Resources	
Physics	Ch-8 Motion	} 25 M
	Ch-9 Force and Law of Motion	
	Ch-10 Gravitation and Flotation	
	Ch-11 Work and Energy	
	Ch-12 Sound	

Blue Print (Unit I)

Section A	Very Word Answers / MCQ's	10M	1x10=10
Section B	Very Short Answer Type Ques.	10M	2x5=10
Section C	Short Answer Type Ques.	15M	3x5=15
Section D	Long Answer Type Ques.	<u>15M</u>	5x3= <u>15</u>
		<u>50M</u>	<u>50</u>



Blue Print for Mid Term Exams

Section A	One word answer/MCQs	20M	1x20=20
Section B	Very Short Answer Type ques.	12M	2x6=12
Section C	Short Answer Type ques.	21M	3x7=21
Section D	Long Answer Type ques.	15M	5x3=15
Section E	Case Study Based Ques.	12M	4x3= <u>12</u>
			<u>80</u>

Internal Assessment - 20M

Notebook - 5M

Practical File - 5M

Periodic Test - 10 M

Total - 80 M + 20M = 100 M

Blue Print (Unit II)

Section A	Very Word Answers / MCQ's	10M	1x10=10
Section B	Very Short Answer Type Ques.	10M	2x5=10
Section C	Short Answer Type Ques.	15M	3x5=15
Section D	Long Answer Type Ques.	<u>15M</u>	5x3= <u>15</u>
			<u>50M</u>
			<u>50</u>

Blue Print for Final Exams

Section A	One word answer/MCQs	20M	1x20=20
Section B	Very Short Answer Type ques.	12M	2x6=12
Section C	Short Answer Type ques.	21M	3x7=21
Section D	Long Answer Type ques.	15M	5x3=15
Section E	Case Study Based Ques.	12M	4x3= <u>12</u>
			<u>80</u>

Internal Assessment - 20M

Notebook - 5M

Practical File - 5M

Periodic Test - 10 M

20 M

Total : 80 M + 20M = 100 M





PRACTICALS (MM - 05 Marks)

Practical Manual / File : JBD or Devjyoti

April Chem. : 1) Preparation of

- a) True solution of common salt, sugar & Alum.
 - b) A suspension of soil, chalk powder & fine sand in water.
 - c) A colloidal solution of starch in water and egg albumin in water and distinguish C/u these on the basis of
 - i) Transparency
 - ii) Stability
- 2) Preparation of :

- a) A mixture
- b) A compound using iron fillings and sulphur powder.

Bio : 3) Preparation of temporary mount of (a) onion peel (b) human cheek cells and to record observations & draw their labelled diagrams.

May Chem. : 4) Determination of meeting point of ice and boiling point of water.

- 5) Perform various reactions and classify them as :
Physical or chemical changes.

Jun/Jul Phy. : 6) Determination of speed of pulse propagated through a stretched string.

- 7) Verification of laws of reflection of sound.
8) Establishing the relation between loss in weight of solid when fully immersed in (a) tap water (b) strongly salt water.

August Bio : 9) Identification of Parenchyma, colleannchy sclarenchyma tissues in plants ; smooth and cardiac muscle fibres and Nerve cell in Animals from prepared slides. Draw diagrams also.





- 10) Observe the given pictures of earthworm, cockroach, Bony fish and Bird for each organism. Draw their picture.

October Chem. 11) Verification of law of conservation of mass in a chemical reaction.

Bio 12) Study the external features of root, stem, leaf and flower of Monocot & Dicot plants.

Nov. Phy. : 13) Determination of density of solid by using spring balance and a measuring cylinder.

Chem. 14) Separation of components of mixture of sand, common salt and ammonium chloride.



SOCIAL SCIENCE

Books Prescribed : NCERT

Geography - 20M
Economics - 20M
History - 20M
Pol. Sci. - 20M

April	Geo	Ch-1	India Size and Location
	Geo	Ch-2	Physical Features of India
	Pol. Science	Ch-1	What is Democracy? Why Democracy?

May	His.	Ch-1	The French Revolution
	Eco	Ch-1	The Story of Village Palampur

Revision of Unit-I Syllabus [M.M. : 50]

Geo	Ch-1	India Size and Location
His.	Ch-1	The French Revolution
Pol. Science	Ch-1	What is Democracy? Why Democracy?
Eco	Ch-1	The Story of Village Palampur

Blue Print

MM : 50

Sections	Type of Questions	Marks	Marks Distribution
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A	One word / MCQs	1x10=10	His - 12 marks
B	Very Short Questions	2x4=8	Geo - 14 marks
C	Short Questions	3x4=12	Pol. Sci - 12 marks
D	Long Questions	5x2=10	Eco - 12 marks
E	Case Study Based	1x7=7	
F	Map Based	3	

June	Geo	Ch-3	Drainage
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July	P. Sci	Ch-2	Constitutional Design
	Eco	Ch-2	People as a Resource
	His	Ch-2	Socialism in Europe and Russian Revolution

Aug.	P. Sci	Ch-3	Electoral Politics
	Pol. Sci.	Ch-4	Working of Institution
	Eco.	Ch-3	Poverty as a challenge





Sep Revision for Mid Term

Syllabus for Mid Term

History	Ch-1 The French Revolution Ch-2 Socialism in Europe and Russian Revolution
Geography	Ch-1 India - Size and Climate Ch-2 Physical features of India Ch-3 Drainage
Pol. Sci.	Ch-1 What is Democracy? Why Democracy? Ch-2 Constitutional Design Ch-3 Electoral Politics
Economics	Ch-1 The Story of Village Palampur Ch-2 People as Resource

Blue Print

MM : 80

Sections	Type of Questions	Marks	Marks Distribution
A	One word / MCQs	1x20=20	His - 20 marks
B	Very Short Questions	2x4=8	Geo - 20 marks
C	Short Questions	3x5=15	Pol. Sci - 20 marks
D	Long Questions	5x4=20	Eco - 20 marks
E	Case Study Based	3x4=12	
F	Map Based	5	

Internal Assessment - 20M

- Note Book - 5M
- Subject Enrichment - 5M
- Periodic Test - 10M

Total 80+20 = 100M

Oct.	His. Ch-3 Nazism and the Rise of Hitler Geo Ch-4 Climate Geo Ch-5 Natural Vegetation and wildlife
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Nov.	Geo Ch-6 Population Pol. Sci. Ch-5 Democratic Rights Eco. Ch-4 Food Security in India
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December	Revision of Unit II Syllabus
	History Ch-3 Nazism and the Rise of Hitler
	Geo. Ch-4 Climate
	Pol. Sci. Ch-4 Working of Institutions
	Eco Ch-3 Poverty as a challenge

Blue Print **MM : 50**

Sections	Type of Questions	Marks	Marks Distribution
A	One word / MCQs	1x10=10	His - 12 marks
B	Very Short Questions	2x4=8	Geo - 14 marks
C	Short Questions	3x4=12	Pol. Sci - 12 marks
D	Long Questions	5x2=10	Eco - 12 marks
E	Case Study Based	1x7=7	
F	Map Based	3	

Jan.	His	Ch-4	Forest Society and Colonialism
	His	Ch-5	Pastoralists in the Modern World
			Revision of Full Syllabus

Feb. **REVISION**
FINAL EXAM

Syllabus for Final Term

History	Ch-1 The French Revolution Ch-2 Socialism in Europe and Russian Revolution Ch-3 Nazism and the Rise of Hitler Ch-4 Forest Society and Colonialism Ch-5 Pastoralists in the Modern World
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Geography	Ch-1 India - Size and Climate Ch-2 Physical Features of India Ch-3 Drainage Ch-4 Climate Ch-5 Natural Vegetation Ch-6 Population
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Pol Sci.	Ch-1 What is Democracy? Why Democracy? Ch-2 Constitutional Design
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Ch-3 Electoral Politics
Ch-4 Working of Institution
Ch-5 Democratic Rights

Economics Ch-1 The Story of Village Palampur
Ch-2 People as Resource
Ch-3 Poverty as a challenge
Ch-4 Food Security in India

Blue Print

MM : 80

Sections	Type of Questions	Marks	Marks Distribution
A	One word / MCQs	1x20=20	His - 20 marks
B	Very Short Questions	2x4=8	Geo - 20 marks
C	Short Questions	3x5=15	Pol. Sci - 20 marks
D	Long Questions	5x4=20	Eco - 20 marks
E	Case Study Based	3x4=12	
F	Map Based	5	

Internal Assessment - 20M

Note Book - 5M

Subject Enrichment - 5M

Periodic Test - 10M

Total 80+20 = 100M

List of Map Items

History

Ch-1 : Bordeaux, Nantes, Paris, Marseilles

Ch-2 : Central Powers and Allied Powers

Ch-3 : Axis Powers, Allied Powers, Territories under German expansion.

Geography

Ch-1 : India - states with capitals, Tropic of cancer, standard Meridian.

Ch-2 : Mountain ranges, Mountain Peaks, Plateau, Coastal Plains.

Ch-3 : Rivers * The Himalayan River System

* The Peninsular Rivers

* Lakes





Ch-4 : Areas receiving rainfall less than 20cm and over 400cm

Ch-5 : Vegetation type, National Parks, Bird Sanctuaries, Wild Life Sanctuaries

Ch-6 : The state having highest and lowest density of population.



COMPUTER

April	Ch-1	Computer System
	Ch-2	Input & Output Devices
	Ch-3	Software and its types
May	Ch-4	Operating System
	Ch-5	Working with Operating System
		+
		Practical work started (Practical of Ch-5)
		+
		Revision of Unit Exam (Ch - 1 to 5)
		Blue Print - Unit I
		Very short type - $2 \times 5 = 10$
		Short tpe - $3 \times 5 = 15$
		Long type - $5 \times 3 = 15$
June		Practical file written work started
July	Ch-6	Computer Networking
	Ch-7	Cyber Ethics
	Ch-8	Microsoft word - I
		+
		Practice in Lab of Chapter - 8 (MS Word)
August	Ch-9	Microsoft word-II
	Ch-10	Microsoft word-III
		+
		Revision of Mid Term Exam
		+
		Syllabus (Ch. 1-8)
Sept.	Ch-11	: MS Powerpoint - I
	Ch-12	: MS Powerpoint - II
Oct.	Ch-13	: Microsoft Excel - I
		+
		Practical work based on Ch-11, 12, 13





Nov. Ch-14 : Microsoft Excel - II

+

Practical work related to Excel, Powerpoint & MS Word and accordingly practical file.

Dec. Revision of covered chapters

+

Unit Test II

Syllabus : Ch - 9 to 14

Blue Print Unit I - II

One word Answer = $1 \times 10 = 10$

Very short type = $2 \times 5 = 10$

Short type = $3 \times 5 = 15$

Long type = $5 \times 3 = 15$

Jan. Revision of Topics

+

Practical in Lab

Feb. Revision + Sample Papers Solutions

Blue Print for Final Term

Syllabus - 1 to 14

MM 50

Sec. A One word answer - $1 \times 10 = 10$

Sec. B Very short type - $2 \times 5 = 10$

Sec C Short Type answer - $3 \times 5 = 15$

Sec D Long type answer - $5 \times 3 = 15$



HEALTH AND PHYSICAL EDUCATION

Month	Key concepts	Resources	Activities/ processes
April	<p>File formation (in twos, in threes, in fours, in fives)</p> <p>Knowledge about providing first-aid- in case of snakebite, animal attacks, dog-</p> <p>Introduction of athletic and swimming</p> <p>Enlisting and knowledge about communicable diseases. Also information on reproductive health including rti's/sti's, risk factors, myths and misconception of hiv/aids, responsible sexual behaviour</p> <p>Project: dignity of labour</p>	<p>Demonstration and media resources</p> <p>Use of first aid materials to tackle the problems</p> <p>Track and field, swimming pool</p> <p>Reference books, charts, websites dealing with the knowledge, models</p> <p>Book reference</p>	<p>Attention and stand at ease (right turn, left turn, about turn, make a circle, make a semi circle, forward march, backward march, march past)</p> <p>Demonstration Preparing practical file mentioning steps to tackle animal attack</p> <p>Track and field event,</p> <p>Discussion, demonstration & explanation</p> <p>Discussion</p>
May	<p>Introduction of invasion games basket ball, Hockey, kabaddi, football,</p> <p>Bites Hospitals, phcs</p> <p>Explaining the objectives of physical education like physical, mental, social and emotional development</p> <p>Keeping clean water and food resources optimum use of natural resources</p> <p>Communication and developing community awareness of health care</p> <p>Project: empathy care for homeless children.</p>	<p>Games and sports equipment and grounds</p> <p>Material First-aid box</p> <p>Reference books, class lectures</p> <p>Chart material</p> <p>Reading material chart poster</p> <p>Book reference</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Along with providing first-aid, role play Practical classes of first-aid, bandaging. Pricer – prevention, rest, ice, compressor, elevation and rehabilitation Discussion</p> <p>Demonstration/visit to find the importance of natural resources agricultural resource water reserved</p> <p>Performing the art of communication. Demonstration and presentation of knowledge for healthy living</p> <p>Discussion</p>
July	<p>Project: swachha vidyalaya swachha bharat</p>	<p>Resource material, media material</p>	<p>Conditioning and fundamental moments and basic skills</p>





	<p>Listening to others, doing negotiations, making decisions, solving problems, being confident, caring for nature, doing activities for relaxation, caring of the aged and developing leadership skills</p> <p>Concept about physical fitness components of physical fitness</p> <p>Knowledge about organizations/ associations/ federations and international federations</p> <p>Impacts of social customs on health care, age at marriage breast feeding, practices, family size, son performance substance abuse and effect on the family & community learning self-discipline and guiding others</p>	<p>Resource material, media material</p> <p>Reference books. Stopwatch, measuring tape</p> <p>Classroom teaching, lectures websites of various organizations</p> <p>Reference books reading materials</p>	<p>Discussion experience-sharing (peer group) guidance and counseling</p> <p>Conducting physical fitness tests likeshort runs, distance runs, situps, pull-ups, pushups, vertical and standing broad jumps. Recording the performance of each child and documenting the same Visit to nearest associations or by participating in various levels of competitions assignments</p> <p>Discussion, essay writing, debate case study to record</p>
Aug.	<p>Introduction of inning games cricket, kho-kho</p> <p>Aim, characteristics and principles of sports training</p> <p>Knowledge about providing first-aid in case of drowning, water, fire injuries, injuries on the playfield, burns and the persons to contact after giving first-aid. Coping with accidents different dimensions of sexual harassment, gender sensitization to sexual harassment, sexual abuse. Gender equality and changing perception of role stereo types of male and female</p>	<p>Games and sports equipment and grounds</p> <p>Reference books</p> <p>Playfield, classroom, use of dummies. Materials needed for first-aid to meet immediate requirement for certain ailments like cuts, abrasions, sprain, strain etc. Care studies, materials related to sexual harassment</p> <p>Playfield, stopwatches, measuring tape, textbooks / reference books</p> <p>Resource material, media material</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Interactive session practical use of principles of sports training in playfield with the help of various sports</p> <p>Use of sports field and laboratory of health and physical education. Asking students to assimilate materials required to make a first-aid box like bandage, gauge, and crepe bandage, few medicines, gentianbiolet antiseptic liquid etc. - case studies - role play - discussion</p>



	<p>Factors affecting the training of an athlete physical, physiological, psychological environmental factors</p> <p>Project: being safe and responsible, environment conscious citizens as part of eco clubs.</p>		<p>Demonstration and participation in games and sports</p> <p>Discussion</p>
Sep.	<p>Introduction of target games archery bocce ball</p> <p>Heredity, environment, socio-personal factors, psychological security, suicides and its prevention, mental illnesses, emotional relationships, self Concept and self esteem Concept of fatigue causes & symptoms of fatigue. Remedial measures to overcome fatigue</p> <p>Project: reduce, reuse, recycle (3 rs) and now respect</p>	<p>Games and sports equipment and grounds</p> <p>Reference books, charts, websites dealing with the knowledge, models,</p> <p>Reference books</p> <p>Resource material, media material</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Discussion, & explanation</p> <p>Practical demonstration of fatigue factors on playfield using various physical activity</p> <p>Discussion</p>
Oct.	<p>Introduction of individual games gymnastic, wrestling, adventure sports</p> <p>Need and importance of physical education</p> <p>Relationship of load and adaptation components of load and its importance in training, fitness and health development, sign and symptoms of overload</p> <p>Nutritional needs, nutritional needs of girls</p> <p>Project: participation in the community health program through door to door contact program, managing sports events</p>	<p>Games and sports equipment and grounds</p> <p>Reference books, study materials</p> <p>Reference books</p> <p>Information and photographs relation to mal nutrition</p> <p>Book reference</p>	<p>Demonstration participation interactive sessions</p> <p>Discussion</p> <p>Project work, interactive session use of physical activity and various sports along with other training methods on the playfield practical counting of the pulse after physical activity and recording it in the practical record book for further analysis</p> <p>Discussion workbook</p> <p>Discussion</p>



<p>Nov.</p>	<p>Introduction of health and fitness yoga and aerobics</p> <p>Role and importance of warming-up need for limbering down after physical activity</p> <p>Meditation and its advantages. Relaxation through yoga and various recreational activities</p> <p>Knowledge about special dietary requirements in different age groups and professions, pregnant and lactating mothers age and work nature appropriate dietary requirements</p> <p>Project: Plantation of shade/fuel/ornamental/avenue trees, acquaintance with common fertilizers and pesticide and their application with appropriate equipment</p>	<p>Music system</p> <p>Playground</p> <p>Playground, hall or classroom</p> <p>Charts, posters and recommended dietary requirements for varied nature of work</p> <p>Book reference</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Playing games after warming-up measuring of pulse rate</p> <p>Selected yogic asanas, meditation and use of various recreational games</p> <p>Preparing dietary requirement as per nature of work and documenting in record book dietary requirements with special reference to sports participation sports diet information bulletins preparing check-list for various sports and games</p> <p>Discussion</p>
<p>Dec.</p>	<p>Introduction of net games badminton, volleyball</p> <p>Assessment of growth</p> <p>Meaning and types of competitions. Types of tournament avenues and levels of competitions</p> <p>Degradable and nondegradable, waste</p> <p>Project: preparation of family budget and maintenance of daily household accounts, helping school authorities in organizing, picnic, tours, excursions, function, exhibitions</p>	<p>Games and sports equipment and grounds</p> <p>Stadiometer, weighing machine, measuring tape age appropriate index</p> <p>Playground, classroom reading materials</p> <p>Laboratory of the school compost pits</p> <p>Book reference</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Practical demonstration of measuring the body parts and weight and recording the data in the practical File</p> <p>Drawing of fixtures for competitions namely, single knock-out and single league assignments</p> <p>Observing compost pit. Laboratory experiments in school health and physical education visits to recycling units</p> <p>Discussion</p>



YEARLY PLANNER 2023-24
Scholastic/ Co-scholastic Activities

DATE	DAY	CLASS	THEME OF ACTIVITY OR COMPETITION/ASSESSMENT PLANNED
4 April 2023	Tuesday		Mahavir Jyanti
6 April 2023	Thursday		New Session Begins
7 April 2023	Friday		Good Friday
8 April 2023	Saturday		Birthday of Sri Guru Nabha Dass Ji /Second Saturday
11 April 2023	Tuesday	III-V	Be right to write - English Calligraphy
13 April 2023	Thursday	Nur & II	Hope my yellow dress brighten up your day - Yellow Day
		VI-VIII	Back to the roots of our Culture - Folk Song inter House Competition
14 April 2023	Friday		Vaisakhi & Birthday of Dr. B.R. Ambedkar
17 April 2023	Monday	V	Game of Flexibility - Boys Yoga activity
18 April 2023	Tuesday	V	Yoga is a skill in action/ Yoga is 99% practice & 1% theory - Girls Yoga activity
19 April 2023	Wednesday		Weekly Test
20 April 2023	Thursday	I-II	Clean hands are Safe hands - Hand wash Activity
21 April 2023	Friday	III-XII	Life is possible only on earth, protect it - Save Earth, Save Life Poster Making
22 April 2023	Saturday		Id-UI- Fitr / Bhagwan Parshuram Jayanti
24 April 2023	Monday	Nur-UKG	Show your Thumb skills - Thumb painting activity
25 April 2023	Tuesday	III-V	ਪੰਜਾਬੀ ਅੱਖਰਕਾਰੀ - Punjabi Calligraphy
26 April 2023	Wednesday		Weekly Test



YEARLY PLANNER 2023-24

Scholastic/ Co-scholastic Activities

DATE	DAY	CLASS	THEME OF ACTIVITY OR COMPETITION/ASSESSMENT PLANNED
27 April 2023	Thursday	VI-VIII	Your diet is bank account: Good food choices are good investments - Healthy Diet for mind, Yoga Competition
28 April 2023	Friday	Nur–UKG	For Fun - Big/Small Activity
29 April 2023	Saturday	IX-XII	The game of RUN and CHASE - House Wise Kho – Kho Match
3 May 2023	Wednesday		Weekly Test
5 May 2023	Friday		Budha Purnima
8 May 2023	Monday	III	Mindfulness - Guided Meditation Activity
9 May 2023	Tuesday	IV	Attention! - Guided Meditation Activity
10 May 2023	Wednesday		Weekly Test
11 May 2023	Thursday	VI-VIII	Human Race - G.K Quiz (Knowing your surrounding) Current Affair
12 May 2023	Friday	Nur - XII	Ancestor - Mother Day Card making and Writing letter to Mother. Paying gratitude to mother's
13 May 2023	Saturday		Second Saturday
15 May 2023	Monday	III-V	You only fail when you stop trying - Calligraphy Hindi
16 May 2023	Tuesday	Nur - II	Catchy Symbols- National Symbols activity
17 May 2023	Wednesday		Weekly Test
19 May 2023	Friday		Weekly Test
20 May 2023	Saturday	LKG-UKG	Long shoelace, better result - Tying shoe laces activity
		IX - XII	Your only limit is you - Calligraphy Eng, Pbi, Hdi Topics - Current Affair or Story writing LEARN ART OF WRITING



YEARLY PLANNER 2023-24
Scholastic/ Co-scholastic Activities

DATE	DAY	CLASS	THEME OF ACTIVITY OR COMPETITION/ASSESSMENT PLANNED
23 May 2023	Tuesday		Shaheedi Diwas Sri Guru Arjun Dev Ji
24 May 2023	Wednesday		I-Unit Exams Commence
27 May 2023	Saturday		Fourth Saturday
1 June 2023	Thursday	Nur. - XII	Sow a seed today, Harvest TOMORROW - Planting and seedling activity, Nur to XII on World Environment Day
4 June 2023	Sunday		Kabir Jayanti
5 June 2023	Monday		World Environment Day
17 June 2023	Saturday	Nur - XII	When my father didn't have my hand, he had my back - Father's Day Activity
21 June 2023	Wednesday	Nur - XII	Keep fit's YOG - Yoga Day Activity
29 June 2023	Thursday		Id-UI-Zuha (Bakrid)
1 July 2023	Saturday	IX-XII	God gives life, Doctor saves life !! - Doctor's Day - Speech on Boost Immunity and Hand wash
3 July 2023	Monday		School Reopens
6 July 2023	Thursday	NUR-UKG	Puppet activity - Stick making activity
8 July 2023	Saturday		PTM I-Unit Exams / Second Saturday
10 July 2023	Monday	NUR-UKG	Keep clean, Keep Safe - Hygiene activity
		I-II	Plastic free day activity
11 July 2023	Tuesday	III-V	It rhymes and connects - English Poem Recitation
13 July 2023	Thursday	VI-VIII	Make Learning Fun, Ban Mobiles & Run - Debate on Banning Mobile in School
18 July 2023	Tuesday	III-V	Spell it-Right with the fight-Spell bee English
19 July 2023	Wednesday		Weekly Test



YEARLY PLANNER 2023-24
Scholastic/ Co-scholastic Activities

DATE	DAY	CLASS	THEME OF ACTIVITY OR COMPETITION/ASSESSMENT PLANNED
20 July 2023	Thursday	Nur-II	Grow more trees day -Greenish day activity
22 July 2023	Saturday		Fourth Saturday
25 July 2023	Tuesday	III-V	Great grown up -Spell bee Hindi
26 July 2023	Wednesday		Weekly Test
27 July 2023	Thursday	VI-VIII	The ultimate battle of Brain power - Science Quiz Inter House Competition
28 July 2023	Friday	Nur.-II	Paper Canoe - Paper boat activity
29 July 2023	Saturday	IX-XII	Be alive, Be healthy -Yoga activity Yoga heals the Soul
31 July 2023	Monday		Shaheed Udham Singh Martyrdom Day
1 Aug 2023	Tuesday	LKG - UKG III - V	Come join the FUN - Word Power with flash card Spell bee Punjabi
2 Aug 2023	Wednesday		Weekly Test
4 Aug 2023	Friday	Nur. - UKG	Nutrition Guidance -Salad Making Activity
5 Aug 2023	Saturday	XI-XII	Society lives by faith & develop by science - S.St. Quiz
7 Aug 2023	Monday		Weekly Test
8 Aug 2023	Tuesday	III-IV	Express yourself - Show and Tell
9 Aug 2023	Wednesday		Weekly Test
10 Aug 2023	Thursday	VI-VII	Mera Bharat Mahan - Inter House Patriotic Song Competition
11 Aug 2023	Friday	Nur.-UKG IX-XII	Jai Hind - Flag making Activity on Independence day Math-O-Mania
12 Aug 2023	Saturday		Second Saturday
14 Aug 2023	Monday	Nur.-XII	Show your love for nation: VANDE MATARAM - Patriotic Role play in Special Assembly on Independence day
15 Aug 2023	Tuesday		Independence Day





YEARLY PLANNER 2023-24
Scholastic/ Co-scholastic Activities

DATE	DAY	CLASS	THEME OF ACTIVITY OR COMPETITION/ASSESSMENT PLANNED
17 Aug.2023	Thursday		Weekly Test
21 Aug. 2023	Monday		Mid-Term Exams (Oral/Practical) Commence
23 Aug. 2023	Wednesday		Weekly Test
26 Aug. 2023	Saturday		PTM Before Mid-Term Exam/ Fourth Saturday
29 Aug. 2023	Tuesday	Nur.-XII	A Bond of love and protection - Rakhi Making
30 Aug. 2023	Wednesday		Raksha Bandhan
1 Sept. 2023	Friday	Nur.-II	Show & Tell activity
4 Sept. 2023	Monday	Nur.-II	Nand ke anand Bhaeo Handi divas - Janmashtami Celebration
		III-V	Hindi Poem Recitation
5 Sept. 2023	Tuesday	Nur.-XII	Teachers: Our Beacons of hope! - Gratitude towards Guru's Teacher's Day
7 Sept. 2023	Thursday		Janamashtmi
9 Sept. 2023	Saturday		Second Saturday
13 Sept. 2023	Wednesday		Mid-Term Exams Commence
23 Sept. 2023	Saturday		Fourth Saturday
28 Sept. 2023	Thursday		Id-E-Milad / Birthday of Bhagat Singh
2 Oct. 2023	Monday		Gandhi Jyanti
3 Oct. 2023	Tuesday		School Reopens
9 Oct. 2023	Monday	Nur.-UKG	Speed is unmatched - Poem recitation
		III	Circle Race
10 Oct. 2023	Tuesday	III-V	Keeping your mind sharp - Inter House Science Quiz
11 Oct. 2023	Wednesday	VI to VIII	Math is the love of my life - Inter House Math Quiz





YEARLY PLANNER 2023-24
Scholastic/ Co-scholastic Activities

DATE	DAY	CLASS	THEME OF ACTIVITY OR COMPETITION/ASSESSMENT PLANNED
14 Oct. 2023	Saturday		PTM Mid-Term Exam / Second Saturday
15 Oct. 2023	Sunday		Maharaj Agarsen Jyanti
17 Oct. 2023	Tuesday	III-V	Focus on gear - Inter Section (Race Competition)
18 Oct. 2023	Wednesday		Weekly Test
19 Oct. 2023	Thursday	VI-VIII	Interhouse Volleyball Match
21 Oct. 2023	Saturday	IX-XIII	Dream Big & Train Hard! - Interhouse Volleyball Match
23 Oct. 2023	Monday	Nur - II	Mythology tales - Fancy dress competition, Dussehra Coloring activity & Special Assembly
24 Oct. 2023	Tuesday		Dussehra
25 Oct. 2023	Wednesday		Weekly Test
26 Oct. 2023	Thursday	Nur - II	Ground Picnic -
27 Oct. 2023	Friday	XI-XIII	The fun is in the fresh air - Science Quiz
28 Oct. 2023	Saturday		Birthday of Maharishi Valmiki
30 Oct. 2023	Monday	IV	Duck Walk Race
1 Nov. 2023	Wednesday		Karva Chauth
2 Nov. 2023	Thursday	IX -XII	Theatre field trip watching movie to add learning
3 Nov. 2023	Friday		Weekly Test
4 Nov. 2023	Saturday	IX - X XI - XII	Essay writing (Extempore essay) Visit botanical Gardens & Short trip
6 Nov. 2023	Monday	Nur - II	Dream, Big, Little One - Role Plays
8 Nov. 2023	Wednesday		Weekly Test
9 Nov. 2023	Thursday	NUR- VIII	This 'Diwali' burst your Ego / Crackers - Card Making Activity (Diwali)





YEARLY PLANNER 2023-24

Scholastic/ Co-scholastic Activities

DATE	DAY	CLASS	THEME OF ACTIVITY OR COMPETITION/ASSESSMENT PLANNED
10 Nov. 2023	Friday	IX – XII	Rangoli enhance beauty of occasion - Rangoli/Diya Decoration, Class Cleanliness highlight
11 Nov. 2023	Saturday		Second Saturday
12 Nov. 2023	Sunday		Diwali
13 Nov. 2023	Monday		Vishvakarma Day/ Goverdhan Puja
14 Nov. 2023	Tuesday		Diwali Break
15 Nov. 2023	Wednesday		Bhai Duj
17 Nov. 2023	Friday		Weekly Test
18 Nov. 2023	Saturday	IX – XII	I am possible & determined - Sports - Tracks & Field events
20 Nov. 2023	Monday	Nur. - II	Play then say - Sharing Activity
22 Nov. 2023	Wednesday		Weekly Test
23 Nov. 2023	Thursday	Nur - II	Sport Fest - (Opening Ceremony)
24 Nov. 2023	Thursday	Nur - II	Sport Fest - (Closing Ceremony)
25 Nov. 2023	Saturday		Fourth Saturday
27 Nov. 2023	Monday		Birthday of Guru Nanak Dev Ji
29 Nov. 2023	Wednesday		Weekly Test
5 Dec. 2023	Tuesday	III - V	Numbers Never Lie- Inter House Math Quiz
6 Dec. 2023	Wednesday		Weekly Test
7 Dec. 2023	Thursday	VI - VIII	Diversity - Inter House S.St. Quiz
9 Dec. 2023	Saturday		Second Saturday
13 Dec. 2023	Wednesday		Weekly Test
16 Dec. 2023	Saturday		II-Unit/I-Pre-Board Exams Commence
17 Dec. 2023	Sunday		Guru Teg Bahadur Ji's Martyrdom Day
23 Dec. 2023	Saturday	Nur-UKG	May your days be Merry & Bright! Christmas activity
		Nur - XII	Special Assembly on Shaheedi Diwas and Christmas



YEARLY PLANNER 2023-24
Scholastic/ Co-scholastic Activities

DATE	DAY	CLASS	THEME OF ACTIVITY OR COMPETITION/ASSESSMENT PLANNED
25 Dec. 2023	Monday		Christmas Day
4 Jan. 2024	Thursday		School Reopens
11 Jan. 2024	Thursday	Nur – II	Punjabi Folk Dance
12 Jan. 2024	Friday	Nur – XII	Activity and Lohri Celebrations
13 Jan. 2024	Saturday		PTM II-Unit /I Pre- Board Exams
14 Jan. 2024	Sunday		Makar Sankranti
16 Jan. 2024	Tuesday		II-Pre-Board
23 Jan. 2024	Tuesday	III - V	Freedom is not free - Inter House Patriotic Song Competition
24 Jan. 2024	Wednesday	VI - VIII	East or West, India is west/ One identity, one vision, one nation - Nationalism Inter House Speech Competition
25 Jan. 2024	Thursday	Nur–UKG	Kite Coloring Activity
26 Jan. 2024	Friday		Republic Day
27 Jan. 2024	Saturday		Fourth Saturday
3 Feb. 2024	Saturday		PTM for Pre-Board Exams
10 Feb. 2024	Saturday		Second Saturday
13 Feb. 2024	Tuesday	III - VIII	Win the sky with kite - Kite Flying Making
14 Feb. 2024	Wednesday	Nur-XII	Basant Panchami Celebration of Spring season - Special Assembly
15 Feb. 2024	Thursday		Final Exams (Oral/Practical) Commence
24 Feb. 2024	Saturday		Fourth Saturday
4 Mar. 2024	Monday		Final Exams Commence
8 Mar. 2024	Friday		Maha Shivratri
25 Mar. 2024	Monday		Holi
27 Mar. 2024	Wednesday		PTM Final Term Exams



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