

M.R. CITI PUBLIC SCHOOL

BHADDI ROAD, BALACHAUR, DISTT. SBS NAGAR - 144521

SYLLABUS

2023-24

Class: X



Name : _____

Class: _____ Sec. _____

Roll No. _____ Adm. No. _____



CLASS - X
SESSION - 2023-24

ENGLISH

Books Prescribed: First Flight, Footprints, Without Feet, BBC

April Ch-1 : A Letter to God (First Flight)
Poem: Dust of Snow, Fire and Ice (First Flight)
Ch-1 : A Triumph of Surgery (Footprint without feet)
Practice of Analytical Paragraph, Letter to Editor, Reading
Grammar : Modals, Determiners

May Ch-2 : The Thief's Story (Foot Prints Without Feet)
Ch. 2 : Nelson Mandela : Long walk to Freedom (First Flight)
Poem : The Trees (First Flight)
Revision of Unit - I Syllabus
Ch-1 : A Letter to God
Poem: Dust of Snow, Fire and Ice
Ch-1 : A Triumph of Surgery
Weightage (Unit-I) 50 marks
Section A - Reading - Comprehension Passage (2 passages) - 10 M
Section B - Writing - Analytical Paragraph, Letter to Editor - 10 M
Grammar - Modals, Determiners (Gap Filling, Editing, Integration)
Section C - Literature (Extract based Questions) - 1x5=5 marks
Short answer type questions - 3x3=9 marks
Long answer type questions - 1x6=6 marks

July Poem : A Tiger in the Zoo (First Flight)
Ch-3 : The Midnight Visitor (Footprints Without Feet)
Ch-3 : Two stories about flying (First Flight)
* His First Flight
* Black Aeroplane
Poems : How to Tell Wild Animals, The Ball Poem (First Flight)
Practice of Reading, Letter to place an order.
Grammar - Subject Verb Concord





Aug. Ch-4 : From the Diary of Anne Frank (First Flight)
Poem : Amanda, Fog (First Flight)
Ch-4 : A Question of Trust (Footprints Without Feet)
Ch-5 : Footprints without Feet (Footprints Without Feet)
Grammar - Tenses
Writing - Enquiry Letters

Revision - Mid Term Exam

First Flight Book - Ch - 1, 2, 3, 4
Poems - Dust of Snow, Fire and Ice, A Tiger in the Zoo, How to Tell Wild Animals, The Ball Poem, Amanda, The Trees, Fog
Footprints without Feet - Ch - 1, 2, 3, 4, 5
Grammar - Modals, Determiners, Subject Verb Concord, Tenses
Writing - Analytical Paragraph, Letter to Editor/Place an order, Enquiry Letters
Weightage (Mid Term) 80 marks + 20 marks (Internal)
Section A - Reading (Comprehension) 2x10=20 marks
Section B - Writing - Analytical Paragraph, Letter to Editor / Letter to Complaint / Letter to place an order - 5+5=10 Marks
Grammar - Modals, Determiners, Subject Verb Concord, Tenses (Gap Filling, Editing, Integration)

Sept. Ch-7 : Glimpses of India (First Flight)
Ch-6 : The Making of a Scientist (Footprints Without Feet)
Grammar - Reported Speech
Practice of Formal Letters

Oct. Ch-7 : The Necklace (Footprints Without Feet)
Poem : For Anne Gregory (First Flight)
Ch-8 : Mijbil the Otter (First Flight)

Nov. Ch-9 : Madam Rides the Bus (First Flight)
Poem : The Tale of Custard the Dragon (First Flight)
Ch-9 : Bholi (Footprints Without Feet)
Ch-10 : The Sermon at Benaras (First Flight)





Dec. Play - The Book that Saved the Earth ((Footprints Without Feet)
Play - The Proposal (First Flight)

Revision of Pre-Board - I, December (80 Marks)

(Syllabus Covered from April till December)

Jan. Revision of Pre Board - II (80 Marks) (Full Syllabus)

Feb. Revision

Mar. Board Exams

Weightage (Pre Board-I, Pre-Board - II, Final Exam) 80 Marks

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

Section B - Writing - Analytical Paragraph, Formal Letter - 10 Marks

Grammar - Tenses, Modals, Determiners, Subject Verb Concord,
Reported Speech (Gap Filling, Editing, Sentence
transformation, Error Correction)

Section C - Literature - 40 marks

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

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

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





कक्षा-दसवीं
विषय : हिन्दी

निर्धारित पाठ्य पुस्तकें : स्पर्श भाग-2
संचयन भाग-2
व्याकरण

अप्रैल : स्पर्श भाग-2 – बड़े भाई साहब (कहानी भाग)
– कबीर दोहावली (कविता भाग)
व्याकरण : – रचना के आधार पर वाक्य भेद
– पदबंध

मई : संचयन – हरिहर काका
स्पर्श – मीरा की पदावली] कविताएँ
– बिहारी दोहे
व्याकरण : – समास
दोहराई 1 यूनिट परीक्षा

अंक विभाजन (50 M)

- | | | |
|-----|---------------------------|-----|
| 1) | अपठित गद्यांश | = 5 |
| 2) | अपठित पद्यांश | = 5 |
| 3) | रचना के आधार पर वाक्य भेद | = 4 |
| 4) | पदबंध | = 4 |
| 5) | समास | = 4 |
| 6) | स्पर्श कविता भाग (3x2) | = 6 |
| 7) | स्पर्श कहानी भाग (3x2) | = 6 |
| 8) | संचयन (3x2) | = 6 |
| 9) | अनुच्छेद | = 5 |
| 10) | प्रार्थना पत्र | = 5 |

50 M





जून : ग्रीष्मावकाश

जुलाई: स्पर्श – डायरी का एक पन्ना
– तंतारा वामीरो कथा
– मनुष्यता (कविता)
व्याकरण – मुहावरे

अगस्त: संचयन – सपनों के से दिन
व्याकरण – सूचना लेखन
– विज्ञापन लेखन
– लघुकथा
स्पर्श – पर्वत प्रदेश में पावस (कविता भाग)

सितंबर: दोहराई + अर्धवार्षिक परीक्षा

अंक विभाजन

दो अपठित गद्यांश	5+5=10M
पदबंध	= 4M
रचना के आधार पर वाक्य भेद	= 4M
समास	= 4M
मुहावरे	= 4M
पठित पद्यांश	= 5M
कविता के MCQ	= 2M
पठित गद्यांश	= 5M
कहानी के MCQ	= 2M
स्पर्श कहानी प्रश्न/उत्तर	= 6M
स्पर्श कविता प्रश्न/उत्तर	= 6M
संचयन प्रश्न/उत्तर	= 6M
अनुच्छेद	= 5M





पत्र	= 5M
सूचना लेखन	= 4M
विज्ञापन	= 3M
लघुकथा लेखन	= <u>5M</u>
	80

अक्तूबर: स्पर्श – मधुर मधुर मेरे दीपक जल
– तोप
– कर चले हम फिदा
– तीसरी कसम के शिल्पकार शैलेंद्र

नवंबर: संचयन – टोपी शुक्ला
स्पर्श – गिरगिट
– अब कहाँ दूसरों के दुख में दुखी होने वाले
– पतझड़ में टूटी पत्तियाँ
व्याकरण – ई-मेल

दिसंबर: स्पर्श – पतझड़ में टूटी पत्तियाँ
– कारतूस
दोहराई ॥ यूनिट टैस्ट

जनवरी दोहराई

फरवरी दोहराई

आंतरिक मूल्यांकन

श्रवण तथा वाचन	= 5+5 = 10
उत्तर पुस्तिका	= 5
विषय संबर्धन (Sub. enrichment)	= <u>5</u>
	<u>20M</u>



MATHEMATICS

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

Chapterwise Weightage			Internal Assessment	
No.	Unit Name	Marks	Components	Marks
1.	Number Systems	06	Pen Paper Test & Multiple Assessment	10
2.	Algebra	20		
3.	Coordinate Geometry	06		
4.	Geometry	15	Portfolio	05
5.	Trigonometry	12	Lab Practical (Devjyoti)	05
5.	Mensuration	10		
6.	Statistics of Probability	11		
Total		80	Total	20

April Ch-1 Real Numbers
Ch-2 Polynomials

May Ch-3 Pair of Linear Equations in two Variables
Ch-4 Quadratic Equations

Revision of Unit - I Syllabus

Ch-1 Real Numbers
Ch-2 Polynomials
Ch-3 Pair of Linear Equations in two Variables

Blue Print

Section A	MCQs	10M	$1 \times 10 = 10$
Section B	Very Short Ans	10M	$2 \times 5 = 10$
Section C	Short Q/A	15M	$3 \times 5 = 15$
Section D	Long Q/A	10M	$5 \times 3 = 10$
Section E	Case Study	<u>05M</u>	<u>$5 \times 1 = 05$</u>
		Total	<u>50</u>



June Ch-5 Arithmetic Progression
Practical File will be completed

July Ch-6 Triangles
Ch-7 Co-ordinate Geometry

Aug. Ch-8 Introduction to Trigonometry
Ch-9 Some application of Trigonometry
60% Syllabus covered

Revision of Mid Term Exams

- Ch-1 Real Numbers
- Ch-4 Quadratic Equations
- Ch-5 Arithmetic Progression
- Ch-6 Triangles
- Ch-7 Co-ordinate Geometry
- Ch-8 Introduction to Trigonometry

Blue Print

Section A	MCQs / Assertion Reasoning	20M	1x20=20
Section B	Very Short Ans	10M	2x5=10
Section C	Short Q/A	18M	3x6=18
Section D	Long Q/A	20M	4x5=20
Section E	Case Study Based Questions	12M	3x4=12
	Total		<u>80</u>

Sept. Ch-10 Circle

Oct. Ch-12 Area Related to Circles + Revision
Ch-13 Surface Area & Volumes (Half)

Nov. Ch-13 Surface Area & Volumes (Half)
Ch-14 Statistics

Dec. Ch-15 Probability



Revision of Unit II

Syllabus

- Ch-9 Some application of Trigonometry
- Ch-15 Probability
- Ch-12 Area Related to Circles + Revision
- Ch-13 Surface Area & Volumes
- Ch-14 Statistics

Blue Print

Section A	MCQs	10M	1x10=10
Section B	Very Short Ans	10M	2x5=10
Section C	Short Q/A	15M	3x5=15
Section D	Long Q/A	10M	5x3=10
Section E	Case Study	<u>05M</u>	<u>5x1=05</u>
		Total	<u>50</u>

Jan. Revision of Full Syllabus

Feb. Revision of Full Syllabus

**Mar. Annual Examination
Full Syllabus (Ch 1 to 15)**

Blue Print

Section A	MCQs / Assertion Reasoning	20M	1x20=20
Section B	Very Short Ans	10M	2x5=10
Section C	Short Q/A	18M	3x6=18
Section D	Long Q/A	20M	4x5=20
Section E	Case Study Based Questions	12M	<u>3x4=12</u>
		Total	<u>80</u>

Internal Assessment - 20M

Notebook - 5M

Subject Enrichment - 5M

Periodic Test - 10M



SCIENCE

Books Prescribed :
NCERT, Pradeep Publication, Self Study,

Physics = 25M
Chemistry = 25M
Biology = 30 M
80M

April	Chem	Ch-1	Chemical Reaction & Equations
	Bio	Ch-6	Life Process
	Phy	Ch-12	Electricity

May	Phy	Ch-13	Magnetic effect of electric current
	Bio	Ch-15	Our Environment

Revision of Unit-I Syllabus [MM = 50]

Syllabus

Ch-1	Chemical Reactions & Equations	10M
Ch-6	Life Processes	20M
Ch-12	Electricity	<u>20M</u>
		<u>50M</u>

June/July	Chem.	Ch-2	Acid, bases and salts
	Phy.	Ch-10	Light (Reflection)

Aug.	Bio	Ch-7	Control and Co-ordination
	Phy	Ch-10	Light (Reflection)

Sept. Revision of Mid-Term Exams (MM=80)

Syllabus

Chem	Ch-1	Chemical Reactions & Equations
	Ch-2	Acid, bases and salts
Bio	Ch-6	Life Processes
	Ch-7	Control and Co-ordination
	Ch-15	Our Environment



Phy Ch-10 Light - Reflection and Refraction
Ch-12 Electricity
Ch-13 Magnetic effect of electric current

Internal Assessment : Notebook = 5
Subject Enrichment (Practical File) = 5M
Periodic Test = 10 M
20M

Total = 80 + 20 = 100 Marks

Oct. Phy: Ch-11 Human eye & colourful world
Chem Ch-3 Metals & Non-metals

Nov. Chem Ch-4 Carbon and its Compounds
Bio Ch-8 How do organisms reproduce?

Dec. Revision of I - Pre Board (Sample Paper practice + NCERT Problems)
Ch-8 Heredity

Syllabus of I - Pre Board

Chemistry Ch-1 Chemical Reaction & Equations }
Ch-2 Acids, Bases and Salts } 25M
Ch-3 Metals and Non-Metals }
Ch-4 Carbon & its Compounds }

Biology Ch-6 Life Processes }
Ch-7 Control and Co-ordination } 30M
Ch-8 How do organisms reproduce }
Ch-9 Heredity and Evolution }
Ch-15 Our Environment }

Physics Ch-10 Light - Reflection and Refraction }
Ch-11 Human Eye and wonderful world. } 25M
Ch-12 Electricity }
Ch-13 Magnetic effect of electric current }

Jan. Revision for Final Exams



Blue Print for Unit - I

Section A	One word answers/MCQs	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.	15M	5x3=15
		50M	80

Blue Print for Mid Term Exam

Section A	MCQs / Assertion Reason	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	Base Study Based ques.	12M	4x3=12
		80M	

Internal Assessment	- 20M
Notebook	- 5M
Practical File	- 5M
Periodic Test	- 10M
	<u>20M</u>

Total - 80 + 20 = 100 M

Blue-Print for Pre-Board I + Pre - Board II + Final Exam will be according to CBSE Sample Paper issued.



PRACTICALS (MM - 05 Marks)

Practical Manual / File : JBD or Devjyoti

April Chem. : 1) Performing and observing the reactions and them into.

- Combination reaction
- Decomposition reaction
- Displacement reaction
- Double displacement reaction

Phy. : 2) Determination of the focal length of (i) concave mirror (ii) Convex lens by obtaining the image of distant object.

May Bio. : 3) Preparing a temporary mount of a leaf peel to show stomata.

4) Experimentally show that CO_2 is given out during respiration.

Jun/Jul Chem. : 5) Finding the pH of various samples by using pH paper or universal indicator.

Phy. : 6) Tracing the path of ray of light passing through rectangular glass slab for different angle of incidence. Measure the angle of incidence, angle of refraction, angle of emergence & interpret the result.

7) Tracing the path of ray of light through glass prism.

August Chem. : 8) Observing the action of Zn, Fe, Cu & Al metals on the following salt solutions.

- $\text{ZnSO}_{4(\text{aq.})}$
- $\text{FeSO}_{4(\text{aq.})}$
- $\text{Cu SO}_{4(\text{aq.})}$
- $\text{Al}_2(\text{SO}_4)_{3(\text{aq.})}$

arranging Zn, Fe, Cu & Al metals in decreasing order of reactivity based on above result.

Oct. Phy. : 9) Studying the dependence of potential difference across a resistor on the current passing through it and



determine its resistance. Also plot a graph between V and I .

10) Determination of equivalent resistance of two resistors when connected in series & parallel.

Bio. : 11) Studying : (a) Binary fission in Amoeba and (b) Budding in Yeast and Hydra with the help of prepared slides.

Nov.

Chem. 12) Study the properties of acetic acid (ethanoic acid).

13) Study of the comparative cleaning capacity of a sample of soap in soft and hard water.

Bio : 14) Identification of different parts of an embryo of a dicot seed. (pea, gram or red kidney bean).



Aug.	Hist	Ch-3 Making of Global world
	Pol. Sci	Ch-4 Gender, Religion and Caste
	Eco	Ch-3 Money and Credit
	Geo	Ch-5 Minerals and Energy Resources

Sept. Revision for Mid Term Exams

Syllabus for Mid Term Exam

Geo	Ch - 1, 2, 3, 4
Hist	Ch - 1, 2
Pol. Sci.	Ch 1, 2, 4
Eco	Ch 1, 2

Blue Print for Mid Term

Sections	Type of questions	Marks	MM : 80
A	One word / MCQs	1x20=20	His - 20 marks
B	Very Short questions	2x4=8	Geo - 20 marks
C	Short questions	3x5=15	Eco - 20 marks
D	Long questions	5x4=20	Pol. Sci. - 20 marks
E	Case Study Based	3x4=12	
F	Map Based	5	

Internal Assessment - 20 M

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

Total 80 + 20 = 100 M

Oct.	Geo	Ch-6	Manufacturing Industries
	Pol. Sci.	Ch-6	Political Parties
	Hist.	Ch-4	Age of Industrialisation
	Pol. Sci.	Ch-7	Outcomes of Democracy

Nov.	Hist.	Ch-5	Print Culture & the modern world
	Geo	Ch-7	Lifelines of Economy
	Eco Ch-4		Globalisation and Indian Economy





**Dec. Pre Board I
Revision**

Syllabus for Pre Board I

Geo	Ch-5, 6, 7
Pol. Sci.	Ch-6, 7
Eco.	Ch-3, 4
History	Ch-3, 4, 5

Blue Print

Sections	Type of questions	Marks	MM : 80
A	One word / MCQs	1x20=20	His - 20 marks
B	Very Short questions	2x4=8	Geo - 20 marks
C	Short questions	3x5=15	Eco - 20 marks
D	Long questions	5x4=20	Pol. Sci. - 20 marks
E	Case Study Based	3x4=12	
F	Map Based	5	

**Jan. Revision of Full Syllabus
Pre Board II**

(Paper pattern will be followed as per CBSE guidelines)

Project Work Consumer Awareness

List of Map Items

History	Ch-3 : 1. Indian National Congress Sessions 2. Important Centres of Indian National Movement
Geo.	Ch-1 : Major Soil types Ch-3 : Dams Ch-4 : a) Major areas of Rice Wheat b) Largest / Major producer states of Sugarcane, Tea, Coffee, Rubber, Cotton and Jute. Ch-5 : Minerals - Iron Ore mines, Coal mines, Oil Fields. Power Plants - Thermal, Nuclear.



COMPUTER

Books Prescribed : Kips Publications

April	Ch-1 : Internet Ch-2 : Internet Services
May	Ch-3 : Basics HTML Elements Practical work started Topics of Lab Session will be from ongoing Syllabus. + Revision of Unit Exam (Ch. 1 to 3) Unit - I Syllabus Ch-1 : Internet (15 M) Ch-2 : Internet Services (15 M) Ch-3 : Basics HTML Elements (15 M)
June-July	Ch-4 : Images, Links and Tables Ch-5 : Forms & Frame + Practical File Written work started Topics will Ch-4 HTML Programs
August	Revision of Covered Syllabus + Mid Term Exam (Syllabus 1 to 5)
September	Ch-6 : Cascading Style Sheets
October	Ch-7 : Cyber Ethics
November	Revision of Chapter 1 to 4 + More emphasis will be on Practical lab sessions for better understanding.
December	Revision of Unit - II Syllabus (Ch. - 5 to 7) Unit - II Exam Syllabus Ch-6 : Cascading Style Sheets (25 M) Ch-7 : Cyber Ethics (25 M)





January/Feb Sample paper will be shared with students and will be solved for better understanding.

+

Practice in Lab

Blue Print (Unit-I)

Section A : One word answers / MCQs - 10 M	1x10=10
Section B : Very short answer type ques - 20 M	2x5=10
Section C : Short answer type questions - 15 M	3x5=15
Section D : Long answer type questions - 15 M	3x5= <u>15</u>
	<u>40</u>

Blue Print for Mid-erm Exams

Section A : One word answers / MCQs	1x10=10
Section B : Very short answer type ques	2x5=10
Section C : Short answer type questions	3x5=15
Section D : Long answer type questions	3x5=15

Practicals in Lab

May

Ch. 3 : HTML

- 1) Describing HTML Document Structure.
- 2) Use of tags Like <HTML>, <HEAD>, <BOOY>
- 3) Create Simple HTML Document

June/July

Practical of Ch-4 : Images, Links & Table

- 1) Create a table in HTML.
- 2) Create links and Insert an Image on Web Page.

August

Practical of Ch-5 : Forms & Frames

- 1) Use of Input Elements and Create a registration form using all element of forms.

Sept/Oct.

Practical of Ch-6 : Cascading Style Sheets

- 1) Make an attractive website using CSS in HTML.

Nov./Dec.

Practical of Ch-8 : Scratch Programming

- 1) How to Start Scratch.
- 2) Components of Scratch.
- 3) Make an attractive animation using Scratch.





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>Knowledge about different types of physical activity inducing changes in our body systems i.e. Effect on muscular, circulatory and respiratory system</p> <p>Process of growing up: hormonal changes, development of secondary sexual characteristic, conception. Pregnancy, sexual development, nocturnal emission.</p> <p>Introduction of athletic and swimming</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>Benches of different heights, stair climbing and playground.</p> <p>Materials</p> <p>Track and field, swimming pool</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>Demonstration of various exercises and making students to work on various standardized tests and record their respective fitness levels in a practical file.</p> <p>Discussion interactive session</p> <p>Track and field event</p> <p>Discussion</p>
May	<p>Introduction of invasion games basket ball. Hockey, kabaddi, football,</p> <p>Bites Hospitals, phcs</p> <p>Basic pharmacology and how does it has impact on the human body and illness, vital statistics knowledge about measuring bp, pulse-rate and mid arm circumference examination of conjunctiva, tongue nail bed etc.</p> <p>Project: empathy care for homeless children.</p>	<p>Games and sports equipment and grounds</p> <p>Material First-aid box</p> <p>Films use of visual aids, sphygmomanometer and stethoscope for measuring blood pressure, tape for measuring circumference</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</p> <p>Demonstration of measuring bp, pulse rate, respiratory rate and mid-arm circumference and students collecting data of their classmates the data collected to be recorded in practical file on quarterly basis</p> <p>Discussion</p>



<p>July</p>	<p>Project: swachha vidyalaya swachha bharat</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 Relationship of physical education with other discipline of knowledge.</p> <p>Knowledge about drawing of fixtures merits and de-merits of each type of</p>	<p>Resource material, media material</p> <p>Resource material, media material</p> <p>Books and various resource materials</p> <p>Fixtures, scheduling of matches. Fixtures of various tournaments</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Discussion experience-sharing (peer group) guidance and counseling</p> <p>Interaction projects depicting use of various disciplines like application of maths, science, sociology and psychology in games and sports/activities</p> <p>Knock-out-single and double; league – single and double combination fixtures: league cum knockout; knock-out cum league</p>
<p>Aug.</p>	<p>Introduction of inning games cricket, kho-kho</p> <p>History of games and sports.</p> <p>Sai, nsnis, institutes of physical education, sports school, cbse, ncert yoga institutions</p> <p>Knowledge about rules needed to understand and play the sport. Awareness about sports terminologies</p> <p>Project: being safe and responsible, environment conscious citizens as part of eco clubs.</p>	<p>Games and sports equipment and grounds Reference books</p> <p>Sports and sports education promoting agencies literature, information institutional profile reading material</p> <p>Use of rules book of various sports</p> <p>Resource material, media material</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Track & field events (any two) sports and games (any two) : badminton, basketball, cricket, football, gymnastics, hockey, kabaddi, khokho, swimming, table-tennis, tennis, volleyball, combative sports : judo, wrestling preparing record book</p> <p>Projects interactive session</p> <p>Playing of above stated games and sports</p> <p>Discussion</p>
<p>Sep.</p>	<p>Introduction of target games archery bocce ball</p> <p>Measurements/ dimensions of various sports</p> <p>Heredity, environment, socio-personal factors, psychological security, suicides and its prevention, mental illnesses, emotional relationships, self Concept and self esteem</p> <p>Information about fundamental skills required to</p> <p>Project: reduce, reuse, recycle (3 rs) and now respect</p>	<p>Games and sports equipment and grounds</p> <p>Use of rules book of various sports. Playground. Knowledge from various websites</p> <p>Reference books, charts, websites dealing with the knowledge, models,</p> <p>Playground outdoor and indoor sports area Resource material, media material</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Visit to various sports stadiums or schools in the vicinity having various sports facilities</p> <p>Discussion, & explanation</p> <p>Demonstration practice</p> <p>Discussion</p>



<p>Oct.</p>	<p>Introduction of individual games gymnastic, wrestling, adventure sports</p> <p>Need and importance of physical education</p> <p>Knowledge about awards in sports. Various sports personalities on whom these awards conferred</p> <p>Stress and factors inducing stress. Role of yoga in stress management</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 and various websites</p> <p>Photographs, posters of yogic practices,</p> <p>Audiovisual aids book reference</p>	<p>Demonstration participation interactive sessions</p> <p>Discussion</p> <p>Collection of photographs of various sports personalities and awards and recording in practical file</p> <p>Demonstration and performing of various asanas: shirshasana, shalabasana, bakasana, mayurasana (for boys), hamsh asana (for girls), uttana kurmasana (for boys), anuloma-viloma</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>Importance of camping; organization of camping; relationship with community; inculcation of values to live together</p>	<p>Music system</p> <p>Playground</p> <p>School premises; camping sites outside the school</p> <p>Books and resource materials</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Playing games after warming-up measuring of pulse rate</p> <p>Trekking; hiking; rafting; community interaction; community involvement; leadership qualities; cultural activities</p>
	<p>Knowledge about nuclear issues and electromagnetic radiation.</p> <p>Economics of health care, health equity, access to health care, health care financing including insurance, careers in health care</p> <p>Project: plantation of shade/fuel/ornamental/ avenue trees, acquaintance with common fertilizers and pesticide and their application with appropriate equipment</p>	<p>Health promoting materials case studies</p> <p>Book reference</p>	<p>Preparing charts depicting effects of nuclear and electromagnetic radiation</p> <p>Discussions; interactive sessions and quiz competition</p> <p>Discussion</p>
<p>Dec.</p>	<p>Introduction of net games badminton, volleyball</p> <p>Assessment of growth</p> <p>Food quality: conservation of food; food for family; meal planning and dietary needs; using food as treatment; food and adulteration.</p>	<p>Games and sports equipment and grounds</p> <p>Stadiometer, weighing machine, measuring tape age appropriate index</p> <p>Reference books and literature depicting dietary needs and calories requirement for various people.</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>Life planning; thinking for future; learning to manage adult interactions; advocacy and health communication; children as change agents; school role in health care.</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>Developing a format for each child reading material</p> <p>Book reference</p>	<p>Preparation of diet chart in practical file for various categories and age groups of people</p> <p>Screening of health by school authorities. Employing the senior students to record the health data of younger children under the supervision of physical education teacher</p> <p>Discussion</p>
Jan.	<p>Introduction of invasion games handball, judo, taekwondo</p> <p>First aid safety while working with machines handling insecticides, electricity, electric gadgets</p> <p>Historical evolution, rules and terminologies of various sports.</p> <p>Knowledge about medicines and its side effects on the body effect of excessive use of medicine commonly abused substance (drugs) ways of</p>	<p>Playfield of various sports, teaching in classroom, availability of various sports equipment.</p> <p>Resource material, media material</p> <p>Biographies about sport personalities</p> <p>Medicines, charts</p> <p>Resource material, media material</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Discussion and sharing the experiences of peer group</p> <p>Sports selection (any two) : Combative sports: judo, wrestling preparing record book discussion</p> <p>Discussions and lectures</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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