



CLASS - VII
SESSION - 2025-26

ENGLISH

Books Recommended:

1. The English Dale Course book - 7
2. English Plus - 7

EXAM PATTERN

Modules	Weightage (Pre-Post Mid Term)	Weightage (Mid-Final Term)
1 Reading (Unseen passages, poem)	10	20
2 Writing (Acc. to Syllabus)	10	20
3 Grammar (Acc. to Syllabus)	10	20
4 Literature (Word Meanings, Make Sentences, Ques/Ans, MCQ)	10	20

April Literature

Poem1 - The Road Not Taken

Story1 - Big Brother

Life Skill - Problem Solving

Story2 - The Lion Whisperer

Life Skill - Empathy

Writing - Notice, Dairy Entry

Grammar - Determiners, Adjectives

Activity 1. Group discussion on how decision can shape or affect our life.

Activity 2. Write some positive and negative qualities of your brother / sister

May Literature

Poem2 - The Cherry Tree

Life Skill - Self Awareness

Activity 3. Plant a tree and express your feelings about it





Writing - Informal Letter

Grammar - Adverbs

Revision of Pre - Mid Term

Syllabus for Pre - Mid Term

Reading - Unseen Passage, Poem 10M

Writing - Notice, Diary Entry, Informal Letter 10M

Grammar - Determiners, Adjectives, Adverbs 10M

Literature - Poem - The Road Not Taken 10M

Story - Big Brother, The Lion Whisperer

July

Literature

Story 3 The Spark Neglected Burns the House

Drama 4 Neel Darpan

Poem 3 - If

Life Skill - Decision Making

Writing - E-mail, Formal Letter(Principal)

Grammar - Verbs, Tenses

Activity 4. Draw a Flowchart / Table of Tenses

Activity 5. Group discussion on various revolts held during the British Regime

Aug.

Literature

Story5 - Hitch - Hiker

Life Skill - Problem Solving

Writing - Formal Letter (Editor)

Grammar - Integrated Grammar Practice

(Idioms, Sentence Re-ordering, Antonyms, Synonyms)

Activity 6 - Study and discuss various professions in the class

Revision of Mid - Term

Sept. Syllabus for Mid-Term

Reading - Unseen Passages, poem 20 M

Writing - Notice, Diary Entry, Informal Letter, 20 M

E-mail, Formal Letter (Principal)

Grammar - Determiners, Adjectives, Adverbs, 20M

Verbs, Tenses, Integrated Grammar

Practice (Synonyms, Antonyms, Sentence Re-ordering)

Literature - Story - Big Brother 20 M

Story - The Lion Whisperer





Story - A Spark Neglected Burns the House
 Story - Hitch Hiker
 Poem - The Cherry Tree
 Poem - The Road Not Taken
 Drama - Neel Darpan

Oct. Literature

Story6 - The Aged Mother
 Story7 - Uncle Podger hangs a Frame
Life Skill - Problem Solving
 Poem4 - The Pied Piper of Hamelin
Life Skill - Decision Making
Writing - Speech, Article
Grammar - Preposition, Conjunctions
 Activity 7. A Play of Uncle Podger Hangs a Frame
 Activity 8. Make a Card for your Grandparents and express your feelings

Nov. Literature

Poem5 - A Psalm of Life
Story8 - The Story of Ali Cogia
Story11 - The Legend of Arachne
Life Skill - Interpersonal Relationship
Writing - Debate
Grammar - Modals, Voice
 Activity 9 - Make a table of 'Voice'
 Activity10 - Study and discuss the achievements of a renowned Personality

Dec. Literature

Story10 - Mangalyaan - India's Mars Orbiter Mission
Life Skill - Thinking and Creativity
 Activity11 - Group Discussion of the achievements of India
Revision of Post Mid-Term
Syllabus for Post Mid-Term
Reading - Unseen Passage, Poem 10M
Writing - Formal Letter (Principal + Editor), Article, Speech 10M
Grammar - Prepositions, Conjunctions, Voice 10M
Literature - Story - The Aged Mother 10M



Story - Uncle Podge Hangs a Frame

Story - The Story of Ali Cogia

Poem - The Pied piper of Hamelin

Jan. Literature

Story9 - I'll Met by Moonlight

Grammar - Reported Speech

Integrated Grammar Practice (Phrases, Homonyms,
Homophones, One Word Substitution, Sentence Re-ordering)

Feb. Revision of Final Term

Mar. Syllabus for Final Term

Reading - Unseen Passages, Poem 20M

Writing - Informal Letter, E-mail, Article, Speech, Debate 20M

Grammar - Reported Speech, Prepositions, Conjunctions, 20M
Modals, Voice, Tenses, Integrated Grammar (Homonyms,
Homophones, One Word Substitution, Sentence Re-ordering)

Literature

Story - Hitch Hiker 20M

Story - Uncle Podge Hangs a Frame

Story - The story of Ali Cogia

Story - The Aged Mother

Story - The Legend of Arachne.

Poem - The Pied piper of Hamelin

Poem - A Psalm of Life



ਪੰਜਾਬੀ

ਪੁਸਤਕ: ਪੰਜਾਬੀ ਪੁਸਤਕ (ਦੂਜੀ ਭਾਸ਼ਾ)

ਸੰਪਾਦਕ: ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਅਤੇ ਲੇਖ ਰਚਨਾ-8 (ਐਵਰਗਰੀਨ) 20 ਅੰਕ

ਅਪ੍ਰੈਲ

ਪਾਠ ਪੁਸਤਕ ਪਾਠ -1 ਇਹ ਮੇਰਾ ਪੰਜਾਬ

ਰਚਨਾਤਮਕ ਕਾਰਜ: ਪੰਜਾਬ ਨਾਲ ਸੰਬੰਧਿਤ ਜਾਣਕਾਰੀ ਲਿਖੋ।

ਕੌਸ਼ਲ ਵਿਕਾਸ: ਪਰਸਪਰ ਸੰਬੰਧ, ਹਮਦਰਦੀ

ਪਾਠ-2 ਜੰਗਲਾਂ ਦੇ ਲਾਭ

ਰਚਨਾਤਮਕ ਕਾਰਜ :ਜੰਗਲਾਂ ਦੇ ਲਾਭ ਲਿਖੋ |

ਕੌਸ਼ਲ ਵਿਕਾਸ: ਜਾਗ੍ਰਿਤੀ, ਨਿਰਣਾਤਮਕ

ਪਾਠ3 ਰਾਣੀ ਸਾਹਿਬ ਕੌਰ

ਕੌਸ਼ਲ ਵਿਕਾਸ: ਸਮੱਸਿਆ ਦਾ ਹੱਲ, ਹਮਦਰਦੀ ।

ਰਚਨਾਤਮਕ ਕੰਮ: ਇਸ ਪਾਠ ਵਿੱਚ ਤੁਹਾਨੂੰ ਕੀ ਚੰਗਾ ਲੱਗਾ |

ਵਿਆਕਰਨ

ਪਾਠ-1 ਬੋਲੀ ਜਾਂ ਭਾਸ਼ਾ

ਪਾਠ-2 ਵਿਆਕਰਨ ਅਤੇ ਲਿਪੀ

ਪਾਠ3 ਅੱਖਰ ਬੋਧ

ਰਚਨਾਤਮਕ ਕਾਰਜ : ਬੋਲੀ ਜਾਂ ਭਾਸ਼ਾ ਨਾਲ ਸੰਬੰਧਿਤ ਚਾਰਟ ਬਣਾਓ ।

ਲਿਖਤੀ ਕੌਸ਼ਲ: ਬਿਨੈ ਪੱਤਰ

ਮਈ

ਪਾਠ -4 ਲਾਇਬ੍ਰੇਰੀ

ਕੌਸ਼ਲ ਵਿਕਾਸ: ਨਿਰਣਾਤਮਕ ਤਣਾਅ ਨਾਲ ਨਜਿੱਠਣਾ

ਰਚਨਾਤਮਕ ਕੰਮ: ਆਪਣੇ ਸਕੂਲ ਦੀ ਲਾਇਬ੍ਰੇਰੀ ਬਾਰੇ ਕੁਝ ਸਤਰਾਂ ਲਿਖੋ।

ਪਾਠ - 5 : ਕਾਬਲੀਵਾਲਾ





ਕੌਸ਼ਲ ਵਿਕਾਸ: ਹਮਦਰਦੀ ਪ੍ਰਭਾਵਿਤ ਗੱਲ-ਬਾਤ

ਰਚਨਾਤਮਕ ਕੰਮ: ਪਾਠ ਨਾਲ ਸੰਬੰਧਤ ਇੱਕ ਚਿੱਤਰ ਬਣਾਓ

ਲਿਖਤੀ ਕੌਸ਼ਲ : ਲੇਖ

ਵਿਆਕਰਨ

ਪਾਠ-4 ਲਗਾਂ ਮਾਤਰਾਂਵਾਂ ਤੇ ਲਗਾਖਰ

ਪਾਠ- 5 ਸ਼ਬਦ ਬੋਧ (ਲਿਖਤੀ ਕੌਸ਼ਲ ਅਭਿਆਸ)

ਰਚਨਾਤਮਕ ਕਾਰਜ: ਲਗਾਂ ਮਾਤਰਾਂਵਾਂ ਅਤੇ ਲਗਾਖਰਾਂ ਦੀ ਮੁਹਾਰਨੀ ਬਾਰੇ ਵਿਚਾਰ ਵਟਾਂਦਰਾ

ਸਿਲੇਬਸ (ਪੂਰਵ ਛਿਮਾਹੀ ਪ੍ਰੀਖਿਆ)

1. ਪੜਨ ਕੌਸ਼ਲ : ਅਣਡਿੱਠਾ ਪੈਰਾਂ, ਕਾਵਿ ਪੈਰਾਂ (ਅੰਕ-10)
2. ਲਿਖਣ ਕੌਸ਼ਲ: ਲੇਖ ਜਾਂ ਬਿਨੈ ਪੱਤਰ ਪੈਰਾਂ (ਅੰਕ-10)
3. ਵਿਆਕਰਨ: ਪਾਠ 1 ਤੋਂ 3 ਤੱਕ (ਅੰਕ-10)
4. ਪਾਠ ਪੁਸਤਕ: ਪਾਠ 1 ਤੋਂ 4 ਤੱਕ (ਅੰਕ-10)

ਜੁਲਾਈ

ਪਾਠ ਪੁਸਤਕ

ਪਾਠ-6 ਯਾਤਰਾ ਸ਼੍ਰੀ ਹੇਮਕੁੰਟ ਸਾਹਿਬ

ਕੌਸ਼ਲ ਵਿਕਾਸ: ਪਰਸਪਰ ਸੰਬੰਧ, ਹਮਦਰਦੀ ਜਾਗ੍ਰਿਤੀ

ਰਚਨਾਤਮਕ ਕੰਮ: ਧਾਰਮਿਕ ਸਥਾਨ ਬਾਰੇ ਵਿਚਾਰ ਵਟਾਂਦਰਾ

ਪਾਠ-7 ਅਣਖੀਲਾ ਯੋਧਾ - ਸ਼ਹੀਦ ਊਧਮ ਸਿੰਘ

ਕੌਸ਼ਲ ਵਿਕਾਸ: ਜਾਗ੍ਰਿਤੀ, ਨਿਰਣਾਤਮਕ ਹਮਦਰਦੀ

ਰਚਨਾਤਮਕ ਕੰਮ: ਸ਼ਹੀਦ ਊਧਮ ਸਿੰਘ ਦੇ ਜੀਵਨ ਬਾਰੇ ਕੁਝ ਸਤਰਾਂ ਲਿਖੋ।

ਪਾਠ-8 ਹੋਲੀ ਦਾ ਗੀਤ

ਕੌਸ਼ਲ ਵਿਕਾਸ: ਜਾਗ੍ਰਿਤੀ, ਰਚਨਾਤਮਕ ਸੋਚ

ਰਚਨਾਤਮਕ ਕੰਮ: ਤੁਸੀਂ ਹੋਲੀ ਦਾ ਤਿਉਹਾਰ ਕਿਵੇਂ ਮਨਾਉਂਦੇ ਹੋ, ਆਪਣੀ ਕਾਪੀ ਤੇ ਲਿਖੋ।

ਪਾਠ-9 ਰੁੱਤ-ਰੁੱਤ ਦੇ ਰੰਗ

ਕੌਸ਼ਲ ਵਿਕਾਸ: ਪਰਸਪਰ ਸੰਬੰਧ

ਰਚਨਾਤਮਕ ਕਾਰਜ: ਵੱਖ -ਵੱਖ ਰੁੱਤਾਂ ਬਾਰੇ ਜਮਾਤ ਵਿੱਚ ਵਿਚਾਰ ਵਟਾਂਦਰਾ ਕਰੋ ।





ਪਾਠ-10 ਕੀ ਤੁਸੀਂ ਪੜ੍ਹੇ ਲਿਖੇ ਹੋ ?

ਕੌਸ਼ਲ ਵਿਕਾਸ: ਤੁਲਨਾਤਮਕ ਸੋਚ

ਰਚਨਾਤਮਕ ਕਾਰਜ: ਪੜ੍ਹੇ ਲਿਖੇ ਹੋਣ ਦੇ ਕੀ ਲਾਭ ਹਨ ਚਰਚਾ ਕਰੋ |

ਵਿਆਕਰਨ

ਪਾਠ-6 ਨਾਂਵ

ਪਾਠ-7 ਲਿੰਗ

ਪਾਠ-8 ਵਚਨ

ਰਚਨਾਤਮਕ ਕੰਮ: ਨਾਂਵ ਨਾਲ ਸੰਬੰਧਿਤ A4 ਸ਼ੀਟ ਬਣਾਓ

ਅਗਸਤ

ਪਾਠ ਪੁਸਤਕ

ਪਾਠ 11 : ਉਲੰਪੀਅਨ ਜਰਨੈਲ ਸਿੰਘ

ਕੌਸ਼ਲ ਵਿਕਾਸ: ਜਾਗ੍ਰਿਤੀ, ਨਿਰਣਾਤਮਕ ਸੋਚ

ਰਚਨਾਤਮਕ ਕਾਰਜ: ਤੁਹਾਨੂੰ ਕਿਹੜੀ ਖੇਡ ਪਸੰਦ ਹੈ, ਜਮਾਤ ਵਿੱਚ ਚਰਚਾ ਕਰੋ।

ਪਾਠ 12 : ਸਮਾਂ ਨਾ ਗੁਆ ਬੇਲੀਆ

ਕੌਸ਼ਲ ਵਿਕਾਸ: ਸ਼੍ਰੇਣੀ - ਜਾਗ੍ਰਿਤੀ

ਰਚਨਾਤਮਕ ਕਾਰਜ- ਕਵਿਤਾ ਨੂੰ ਯਾਦ ਕਰੋ ਅਤੇ ਜਮਾਤ ਵਿੱਚ ਸੁਣਾਓ ।

ਵਿਆਕਰਨ:

ਪਾਠ 10 : ਪੜਨਾਂਵ

ਪਾਠ 11 : ਵਿਸ਼ੇਸ਼ਣ

ਮੁਹਾਵਰੇ - (ਆ' ਭਾਗ)

ਰਚਨਾਤਮਕ ਕਾਰਜ: ਪੜਨਾਂਵ ਨਾਲ ਸੰਬੰਧਿਤ A4 ਸ਼ੀਟ ਤਿਆਰ ਕਰੋ |

ਦੁਹਰਾਈ

ਸਤੰਬਰ

ਛਿਮਾਹੀ ਪ੍ਰੀਖਿਆ + ਮੌਖਿਕ ਪ੍ਰੀਖਿਆ

ਸਿਲੇਬਸ: ਛਿਮਾਹੀ ਪ੍ਰੀਖਿਆ (ਕੁੱਲ ਅੰਕ 80)

ਪੜ੍ਹਨ ਕੌਸ਼ਲ: ਅਣਡਿੱਠਾ ਪੈਰਾ + ਕਾਵਿ ਪੈਰਾ 20 ਅੰਕ

(7+7+6)



ਲਿਖਣ ਕੋਸ਼ਲ: ਲੇਖ, ਬਿਨੈ ਪੱਤਰ, ਪੱਤਰ ਅਤੇ ਚਿੱਤਰ ਵਰਨਣ ਆਦਿ
(8+7+5=20)

ਪਾਠ-ਪੁਸਤਕ - ਪਾਠ 4, 5, 6, 7, 8, 9, 10, 12

ਵਿਆਕਰਨ: ਪਾਠ 4 ਤੋਂ 11 ਤੱਕ

ਅਕਤੂਬਰ

ਪਾਠ ਪੁਸਤਕ

ਪਾਠ-13: ਦਲੇਰੀ ਦੀ ਮਿਸਾਲ ਮਾਈ ਭਾਗੋ

ਕੋਸ਼ਲ ਵਿਕਾਸ: ਮਾਨਸਿਕ ਵਿਕਾਸ, ਜਾਗ੍ਰਿਤੀ

ਰਚਨਾਤਮਕ ਕਾਰਜ: ਮਈ ਭਾਗੋ ਦੇ ਜੀਵਨ ਬਾਰੇ ਕੁੱਲ ਸਤਰਾਂ ਲਿਖੋ |

ਪਾਠ-14: ਮਹਾਨ ਧੀਆਂ

ਕੋਸ਼ਲ ਵਿਕਾਸ: ਸ਼੍ਰੈ - ਜਾਗ੍ਰਿਤੀ, ਹਮਦਰਦੀ

ਰਚਨਾਤਮਕ ਕਾਰਜ: ਅੱਜ ਕੱਲ ਧੀਆਂ ਪੁੱਤਰਾਂ ਨਾਲੋਂ ਘੱਟ ਨਹੀਂ, ਆਪਣੇ ਵਿਚਾਰ ਆਪਣੀ ਕਾਪੀ ਤੇ ਲਿਖੋ |

ਪਾਠ-15: ਫੈਸਲਾ

ਕੋਸ਼ਲ ਵਿਕਾਸ: ਨਿਰਣਾਤਮਕ ਕੋਸ਼ਲ

ਰਚਨਾਤਮਕ ਕਾਰਜ: ਫੈਸਲਾ ਕਹਾਣੀ ਵਿੱਚ ਤੁਹਾਨੂੰ ਕਿਹੜੀ ਗੱਲ ਚੰਗੀ ਲੱਗੀ, ਆਪਣੀ ਕਾਪੀ ਤੇ ਲਿਖੋ।

ਵਿਆਕਰਨ

ਪਾਠ-12 ਕਿਰਿਆ, ਕਾਲ

ਪਾਠ-13 ਕਿਰਿਆ ਵਿਸ਼ੇਸ਼ਣ

ਰਚਨਾਤਮਕ ਕਾਰਜ: ਆਪਣੀ ਕਾਪੀ 'ਤੇ ਕਿਰਿਆ ਵਿਸ਼ੇਸ਼ਣ ਦੀਆਂ ਕਿਸਮਾਂ ਸੁੰਦਰ ਤਰੀਕੇ ਨਾਲ ਰੰਗਾਂ ਨਾਲ ਰਜਾ ਕੇ ਲਿਖੋ |

ਲਿਖਤੀ ਕੋਸ਼ਲ: ਨਿੱਜੀ ਪੱਤਰ

ਨਵੰਬਰ

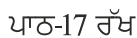
ਪਾਠ ਪੁਸਤਕ:

ਪਾਠ-16 ਦੁਨੀਆਂ ਦੁੱਖਾਂ ਦੀ ਨਗਰੀ ਨਹੀਂ

ਕੋਸ਼ਲ ਵਿਕਾਸ: ਜਾਗ੍ਰਿਤਕ ਵਿਕਾਸ

ਰਚਨਾਤਮਕ ਕਾਰਜ: ਤੁਹਾਡੇ ਅਨੁਸਾਰ ਦੁਨੀਆਂ ਕਿਸ ਤਰ੍ਹਾਂ ਦੀ ਹੈ ਕੁਝ ਸਤਰਾਂ ਲਿਖੋ |





ਰਚਨਾਤਮਕ ਕਾਰਜ: ਰੱਖ ਦੀ ਤਸਵੀਰ ਬਣਾ ਕੇ ਇਸ ਦੇ ਲਾਭ ਲਿਖੋ।

ਪਾਠ 18 - ਜਦੋਂ ਦੰਦ ਬੋਲ ਪਿਆ ।

ਕੌਸ਼ਲ ਵਿਕਾਸ: ਸੈ - ਜਾਗ੍ਰਿਤੀ

ਰਚਨਾਤਮਕ ਕਾਰਜ: ਦੰਦਾਂ ਦੀ ਸਾਂਭ ਸੰਭਾਲ ਬਾਰੇ ਕੁਝ ਸਤਰਾਂ ਜਮਾਤ ਵਿੱਚ ਬੋਲੋ।

ਪਾਠ-19- ਸ਼ਹੀਦ ਬਾਬਾ ਦੀਪ ਸਿੰਘ ਜੀ

ਕੌਸ਼ਲ ਵਿਕਾਸ: ਨਿਰਣਾਤਮਕ ਕੌਸ਼ਲ

ਰਚਨਾਤਮਕ ਕਾਰਜ: ਬਾਬਾ ਦੀਪ ਸਿੰਘ ਜੀ ਦੇ ਜੀਵਨ ਬਾਰੇ ਲਿਖੋ।

ਵਿਆਕਰਨ

ਪਾਠ-14 ਸੰਬੰਧਕ, ਯੋਜਕ

ਰਚਨਾਤਮਕ ਕਾਰਜ: ਵਿਸਮਿਕ ਦੀਆਂ ਕਿਸਮਾਂ A4 ਸੀਟ ਤੇ ਸੁੰਦਰ ਤਰੀਕੇ ਨਾਲ ਲਿਖੋ |

ਲਿਖਤੀ ਕੌਸ਼ਲ: ਲੇਖ

ਪਾਠ - 20: ਕੌਣ ਕਦੇ ਰਕਿਆ ਹੈ

ਕੌਸ਼ਲ ਵਿਕਾਸ: ਸੈ - ਜਾਗ੍ਰਿਤੀ

ਦਸੰਬਰ ਦੁਹਰਾਈ + ਪੋਸਟ ਛਿਮਾਹੀ ਪ੍ਰੀਖਿਆ

ਸਿਲੇਬਸ : ਪੋਸਟ ਛਿਮਾਹੀ ਪ੍ਰੀਖਿਆ

ਪੜਨ ਕੌਸ਼ਲ: ਅਣਡਿੱਠਾ ਪੈਰਾਂ, ਕਾਵਿ ਪੈਰਾਂ 10 ਅੰਕ

ਲਿਖਣ ਕੌਸ਼ਲ: ਲੇਖ, ਬਿਨੈ-ਪੱਤਰ 10 ਅੰਕ

ਪਾਠ-ਪਸਤਰ: 14 ਤੋਂ 17 ਤੱਕ 10 ਅੰਕ

ਵਿਆਕਰਨ 11, 12, 13 10 ਅੰਕ

ਜਨਵਰੀ

ਪਾਠ ਪਸਤਕ

ਪਾਠ - 21 ਨਿੱਕੀਆਂ ਜਿੰਦਾ ਵੱਡਾ ਸਾਕਾ

ਕੌਸ਼ਲ ਵਿਕਾਸ: ਆਤਮ ਜਾਗ੍ਰਿਤੀ

ਰਚਨਾਤਮਕ ਕਾਰਜ: ਗਰ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਦੇ ਜੀਵਨ ਬਾਰੇ ਲਿਖੋ।

ਪਾਠ-22: ਗਰੀਬ ਨਵਾਜ

ਕੌਸ਼ਲ ਵਿਕਾਸ: ਹਮਦਰਦੀ ਦੀ ਭਾਵਨਾ



ਵਿਆਕਰਨ :

ਪਾਠ-ਵਿਸਰਾਮ ਚਿੰਨ੍ਹ

ਅਖਾਣ : 1 ਤੋਂ 10 ਤੱਕ

ਮੁਹਾਵਰੇ : 'ਏ' 'ਸ' ਭਾਗ

ਪਾਠ-16 : ਸ਼ਬਦ ਰਚਨਾ

ਰਚਨਾਤਮਕ ਕਾਰਜ: ਵਿਸਰਾਮ ਚਿੰਨ੍ਹ ਦੀਆਂ ਕਿਸਮਾਂ ਨਾਲ ਸੰਬੰਧਿਤ A4 ਸ਼ੀਟ ਤਿਆਰ ਕਰੋ |

ਲਿਖਤੀ ਕੌਸ਼ਲ: ਬਿਨੈ-ਪੱਤਰ, ਚਿੱਤਰ ਵਰਨਣ

ਫਰਵਰੀ

ਦੁਹਰਾਈ + ਮੌਖਿਕ ਪ੍ਰੀਖਿਆ

ਸਿਲੇਬਸ : ਸਲਾਨਾ ਪ੍ਰੀਖਿਆ (ਕੁੱਲ ਅੰਕ 80)

ਪੜਨ ਕੌਸ਼ਲ: ਅਣਡਿੱਠਾ ਪੈਰ੍ਹਾ, ਕਾਵਿ ਪੈਰ੍ਹਾ 20 ਅੰਕ

ਲਿਖਣ ਕੌਸ਼ਲ: ਲੇਖ, ਪੱਤਰ, ਬਿਨੈ ਪੱਤਰ ਅਤੇ ਚਿੱਤਰ ਵਰਨਣ 20 ਅੰਕ

ਪਾਠ-ਪੁਸਤਕ : ਪਾਠ 6, 13, 17, 19, 20, 21, 22 20 ਅੰਕ

ਵਿਆਕਰਣ: ਪਾਠ 5, 6, 11, 12, 13, 15 20 ਅੰਕ

ਮੁਹਾਵਰੇ - ਏ, ਗ

Blue Print (ਅੰਕਾਂ ਦੀ ਤਰਤੀਬ ਵੰਡ)

ਪੂਰਵ ਅਤੇ ਪੋਸਟ ਛਿਮਾਹੀ ਪ੍ਰੀਖਿਆ(ਅੰਕ 40)

1. ਪੜਨ ਕੌਸ਼ਲ 10 ਅੰਕ

ੳ) ਅਣਡਿੱਠਾ ਪੈਰ੍ਹਾ 5 ਅੰਕ

ਅ) ਕਾਵਿ ਪੈਰ੍ਹਾ 5 ਅੰਕ

2. ਲਿਖਣ ਕੌਸ਼ਲ 10 ਅੰਕ

ੳ) ਲੇਖ, ਬਿਨੈ ਪੱਤਰ 6 ਅੰਕ

ਅ) ਚਿੱਤਰ ਵਰਨਣ 4 ਅੰਕ



हिंदी

पाठ्य - पुस्तक - मल्हार
व्याकरण - सरस हिंदी व्याकरण

अप्रैल: पाठ - 1: माँ कहकर एक कहानी [कविता]
पाठ - 2: तीन बुद्धिमान [लोककथा]
व्याकरण: भाषा, लिपि और व्याकरण, वर्ण विचार

मई: पाठ - 3: फूल और काँटा [कविता]
व्याकरण - शब्द विचार
पूर्व मध्य परीक्षा पाठ्यक्रम
मल्हार: पाठ - 1, 2
व्याकरण - भाषा, लिपि और व्याकरण, वर्ण-विचार, शब्द-विचार
अनुच्छेद, पत्र लेखन
गद्यांश + पद्यांश

जून: ग्रीष्मावकाश कार्य

जुलाई: पाठ - 4: पानी रे पानी [निबंध]
पाठ - 5: नहीं होना बीमार [कहानी]
व्याकरण - पर्यायवाची शब्द (21-40)
विलोम शब्द [31-60]
अनेक शब्दों के लिए एक शब्द [21-45]
श्रुतिसमभिन्नार्थक शब्द [16-35]
सर्वनाम

अगस्त: पाठ - 6: गिरिधर कविराय की कुंडलिया (कविता)
व्याकरण - विशेषण, क्रिया

सितंबर: दोहराई व अर्द्ध वार्षिक परीक्षा
पाठ्य पुस्तक (मल्हार) पाठ - 2,3,4,5,6
व्याकरण :- पर्यायवाची शब्द, विलोम शब्द, अनेक शब्दों के लिए एक शब्द, श्रुतिसमभिन्नार्थक शब्द, सर्वनाम,



विशेषण, क्रिया, शब्द - विचार
अनुच्छेद, पत्र - लेखन
गद्यांश + पद्यांश

अक्टूबर: पाठ - 7: वर्षा बहार (कविता)
पाठ - 8: बिरजू महाराज से साक्षात्कार
व्याकरण - क्रिया - काल, क्रियाविशेषण, संबंधबोधक

नवंबर: पाठ - 9: चिड़िया (कविता)
व्याकरण - वाक्य - विचार (अर्थ के आधार पर भेद), विराम चिह्न

दिसंबर मुहावरे (31-60)
पोस्ट मध्य परीक्षा
पाठ्यक्रम
मल्हार - पाठ - 7, 8, 9
व्याकरण - क्रिया, काल, क्रिया-विशेषण, संबंधबोधक, वाक्य विचार,
विराम चिह्न
अनुच्छेद, पत्र-लेखन, गद्यांश + पद्यांश

जनवरी पाठ - 10 मीरा के पद
व्याकरण - लोकोक्तियाँ [1-15]

फरवरी दोहराई व वार्षिक परीक्षा
पाठ्यक्रम
मल्हार पाठ्यपुस्तक - पाठ - 2, 4, 7, 8, 9, 10
व्याकरण - क्रिया-काल, क्रिया-विशेषण, संबंधबोधक, विराम-चिह्न,
वाक्य-विचार, मुहावरे, लोकोक्तियाँ
अनुच्छेद, पत्र-लेखन, संवाद, सूचना-लेखन, गद्यांश + पद्यांश



MATHEMATICS

Book Recommended : Learning Composite Mathematic

Author's Name : S. Chand

April Ch-1: Integers

Life Skill - Problem Solving

Ch-2: Fractions and Decimals

Life Skill - Critical Thinking

May Ch-16: Probability

Life Skill - Decision Making

Activity - Draw a chart to verify properties of integers by taking examples of 3 numbers

June **Summer Vacation**

July Ch-3: Rational Numbers

Life Skill - Logical Reasoning

Ch-5: Algebraic Expression

Life Skill - Problem Solving

Ch-15: Data Handling

Life Skill - Data Interpretation

Activity - Make a Bar graph to compare the marks obtained by any 8 students of your class.

Aug. Ch-10: Properties of Triangle

Life Skill - Critical Thinking

Sept. **Mid Term Exam**

Activity - Draw a triangle on your drawing sheet cut the angles and verify angle sum property of triangle.

Oct. Ch-4: Powers and Exponents

Life Skill - Critical Thinking

Ch-7: Ratio and Proportion and Unitary Method

Life Skill - Problem Solving

Ch-9 : Pairs of Angles

Activity - Find the Prime Factorization of 500000 by using of exponents.



Nov. Ch-6 Linear Equation in One Variable
Life Skill - Problem Solving
 Ch-11 Congruence of Triangle
Life Skill - Logical Reasoning
 Ch-13: Visualising Solid Shapes
Life Skill - Spatial Awareness
Activity - Make the net diagram of cube, cylinder and triangular pyramid.

Dec. Ch-12: Reflection and Rotation Symmetry
Life Skill - Spatial Awareness
Activity - Draw lines of Symmetry in Regular Pentagon

Jan. Ch-8: Percentage and its Application
Life Skill - Critical Thinking
 Ch-14 Perimeter and Area
Activity - Find Percentage increase/ decrease of your marks in unit II as compare to Mid Term Exam

Feb. Revision of Final Exam

Syllabus of Unit Exam -1 & Weightage

Ch-1 Integers	14 marks
Ch-2 Fraction and Decimals	14 marks
Ch-16 Probability	12 marks

Syllabus of Mid Term and Weightage

Ch-1 Integers	12 marks
Ch-2 Fractions and Decemals	12 marks
Ch-3 Rational Numbers	10 marks
Ch-5 Algebraic Expression	12 marks
Ch-15 Data Handling	12 marks
Ch-10 Properties of Triangles	12 marks
Ch-16 Probability	10 marks

Syllabus for Post Mid Exam and Weightage

Ch-4 Power and Exponents	10 marks
Ch-7 Ration and Proportion	8 marks
Ch-9 Pairs of Angles	8 marks
Ch-13 Visualising Solid Shapes	6 marks
Ch-11 Congruence of Triangles	8 marks

**Syllabus for Final Exam****Weightage**

Ch-4 Powers and Exponents	12 marks
Ch-6 Linear Equations in one variable	12 marks
Ch-7 Ratio and Proportion and Unitary Method	10 marks
Ch-8 Percentage and its Applications	10 marks
Ch-12 Reflection and Rotational Symmetry	8 marks
Ch-14 Perimeter and Area	10 marks
Ch-15 Data Handling	10 marks
Ch-16 Probability	8 marks

Blue Print of Pre and Post Mid Term

10 MCQ's x 1 marks	10 marks
4 Questions x 2 marks	8 marks
3 Questions x 3 marks	9 marks
1 Questions x 5 marks	5 marks
2 Questions x 4 marks	8 marks

Blue Print of Pre and Post Mid Term

20 MCQ's x 1 marks	20 marks
5 Questions x 2 marks	10 marks
6 Questions x 3 marks	18 marks
4 Questions x 5 marks	20 marks
3 Questions x 4 marks	12 marks



SCIENCE

Book Recommended: Candid New Trends in Science

Publisher : Evergreen

April Ch-1 Nutrition in Plants
Life Skill - Observation, Thinking, Questioning
Ch-2 Nutrition in Animals
Life skill - Decision Making, Thinking, Observation.
Lab. Activity - To Study the effect of saliva 'on food'

May Ch-4 Acids, Bases & Salts
Life Skill - Critical Thinking, Observation, Problem Solving.
Lab. Activity - 1. Reaction of Acids & Bases with litmus Paper.
2. What happens when a curry stain is rubbed with soap ?
Pre-Mid Term Exam
Syllabus : Ch- 1, 2, 4

Chapters	Weightage	Types of Questions
Ch-1	12 marks	Multiple Choice Questions, Internal
Ch-2	14 marks	Three, Four Marks Questions
Ch-4	14 marks	Case Study

July Ch-3 Heat
Life Skill - Thinking, Observation & Problem Solving
Activity - Reading a Thermometer
Ch-10 Electric Current and its effect
Life Skill - Critical Thinking, Observation, decision making
Ch-8 Reproduction in Plants
Life Skill - Critical Thinking, Classifying, Observation
Lab Activity:- To make an electric circuit.

Aug. Ch-5 Physical & chemical changes
Life Skill - Observation, Thinking, Performing Experiment

Sept. Revision of Mid-Term Exams

Syllabus for Mid-Term Exams

Chapters	Weightage
Ch-1 Nutrition in Plants	10 marks
Ch-2 Nutrition in Animals	10 marks
Ch-3 Heat - A form of energy	12 marks





Ch-4 Acids, Bases & Salts	12 marks
Ch-5 Physical & chemical changes	12 marks
Ch-8 Reproduction in Plants	12 marks
Ch-10 Electric Current and its effect	12 marks

Oct.	Ch-11 Light Life Skill - Critical Thinking, Observation, Performing Experiments Lab Activity I. To Observe the image formation in different Surfaces II. To study the impact of sodium-bicarbonate on acid Ch-6 - Respiration in organisms Life Skill - Critical Thinking, Observation and performing Experiments Lab Activity To make a model of lungs and study the mechanism of breathing.
-------------	---

Nov.	Ch-7 Transportation in Plants and Animals Life Skill - Critical Thinking, Observation, performing Experiments Lab Activity To make a model of stethoscope. Ch-9 Motion and Time Life Skill -Critical Thinking, Observation, performing Experiments Activity To Observe and analyse the motion (Slow / Fast) of Common objects on land. Ch-12 Forests - Our Lifeline Life Skill - Observation, classifying thinking Activity - Make a colorful poster on topic "Conservation of forest"
-------------	--

Dec. Revision for Post- Mid Term Exam

Syllabus - Ch. 6, 7, 9, 11

Chapter	Weightage
Ch-6 Respiration in organisms	10 marks
Ch-7 Transportation in Plants and Animals	10 marks
Ch-9 Motion and Time	10 marks
Ch-11 Light	10 marks



Jan. Ch-13 Wastewater Management
Life Skill - Observation, Critical Thinking, Creative.

Feb. Revision Final Term Exam

March Final Term Exam

Syllabus :- Ch-4, 6, 7, 8, 9, 10, 11, 12, 13

Chapters	Weights
Ch-4 Acids, Bases & Salts	10 marks
Ch-6 Respiration in organisms	10 marks
Ch-7 Transportation in Plants and Animals	8 marks
Ch-8 Reproduction in Plants	10 marks
Ch-9 Motion and Time	8 marks
Ch-10 Electric Current and its effect	8 marks
Ch-11 Light	10 marks
Ch-12 Forests - Our Lifeline	8 marks
Ch-13 Wastewater Management	8 marks

Paper Pattern (Blue Print)

Pre-Mid Term & Post-Mid Term Exam

Sec. A (Q.1-10)	Multiple Choice Questions	10x1=10
Sec. B (Q.11-14)	Very short Ans. type Question	4x2=8
Sec. C (Q.15-18)	Short Ans. Type Question	4x3=12
Sec. D (Q.19)	Long Ans. Type Question	5x1=5
Sec. E (Q.20)	Case- Based Questions	5x1=5

Mid Term & Final Term Exam

Sec. A (Q.1-20)	Multiple Choice Questions	20x1=20
Sec. B (Q.21-26)	Very short Ans. type Question	6x2=12
Sec. C (Q.27-33)	Short Ans. Type Question	7x3=21
Sec. D (Q.34-36)	Long Ans. Type Question	3x5=15
Sec. E (Q.37-39)	Case- Based Questions	3x4=12



SOCIAL STUDIES

Books Recommended: India and the World

Publisher : K. S. Randhawa

April

- Geo** L-1 Environment
Activity - Brain Storming Session on Environment
Skill - Self Awareness, Creative Thinking
- His** L-1 Tracing Changes through a Thousand Years
Activity - Collect Pictures of archeological sources of India
Skill - Critical Thinking
- Civ** L-1 Equality in Indian Democracy
Activity - Make a poster to campaign for gender or caste Equality in our society
Skill - Creative Thinking, Self Awareness, Emotional Skill.
- His** L-2(a) New Kings and Kingdoms
Activity - Map Activity- Locate regional powers of medieval periods
Skill - Decision Making

May

- Geo** L-2 Inside the Earth
Activity - Make Diagram of Layers of Earth
Skill - Empathy, Creative Thinking

Syllabus for Pre-Mid Term Exam

Lesson	Type of Questions	Weightage
Geo	L-1 Environment	10 marks
	L-2 Inside the Earth	10 marks
His	L-1 Tracing Changes through a Thousand Years	10 marks
Civ	L-1 Equality in Indian Democracy	10 marks
June	L-3 Holiday Project Civics - Understanding the Media	



July

- Geo.** L-4 The Atmosphere and its temperature
Activity - Collect information about temperature of your area for one week
Skill - Critical Thinking and Self Awareness
- His** L-2 (b) New Kings and Kingdom
 Act-(A case study of cholas)
Skill - Empathy and social skill
- Civ** L-2 How the state Government works?
Activity - Mock Election
Skill - Self Awareness
- Geo** L-3 Our Changing Earth
Activity - Prepare a Project on various course of river and features formed by it
Skill - Thinking skill and effective communication.

- Aug.** L-3 The Delhi Sultans
Activity - Map- Empire of Ala-ud-Din Khilji
Skill - Empathy, Critical Thinking

Sept. Mid - Term Examination

SYLLABUS FOR MID-TERM EXAMINATION

Lesson	Weightage
Geo L-2 Inside the Earth	10 marks
L-3 Our Changing Earth	10 marks
L-4 The Atmosphere and its temperature	10 marks
His L-2(a) New Kings and Kingdom	10 marks
L-2(b) New Kings and Kingdom	10 marks
L-3 The Delhi Sultans	10 marks
CIV L-1 Equality in Indian Democracy	10 marks
L-2 How the state Government works?	10 marks

Oct.

- Geo** L-5 Atmospheric Pressure and Wind
Activity - Make Pressure Belt Diagram
Skill - Self-Awareness
- His** L-4 The Mughal Empire
Activity - Map of Empire of Akbar
Skill - Critical Thinking





Civ L-4 Gender and Gender Inequality
Activity - Hold a Debate in the Class on 'Gender Roles in India'
Skill - Creative Thinking

Nov.

Geo. L-6 Moisture in the Air
Activity - Make diagram of water cycle
Skill - Critical Thinking

His L-5 Tribes, Nomads and Settled Communities
Activity - Map:- Location of some important tribe
Skill - Interpersonal Relationship

Civ. L-5 The Markets Around Us
Activity - Make a flow chart showing market chain
Skill - Self - Awareness

Dec.

His. L-6 The Devotional Path to the Divine (OBT)
Skill - Emotional Skill

Syllabus for Post - Mid Term

	Lesson	Lesson Name	Marks
Geo.	L-5	Atmospheric Pressure & Wind	10 marks
His.	L-4	The Mughal Empire	10 marks
	L-5	Tribes, Nomads and Settled Communities	10 marks
Civ.	L-4	Gender and Gender Inequality	10 marks
Blue Print of Pre & Post Mid Term			

Section	Marks	No. of Question	Total Marks
Sec. A MCQ	1 marks	10	10
Sec. B Small Ans.	2 marks	2	4
Sec. C	3 marks	2	6
Sec. D	5 marks	2	10
Sec. E Case Skill	3 marks	2	6
Map	1	4	4



Jan.

Geo. L-7 Water

Activity - Show major cold and warm current on world map

Skill - Critical Thinking

His. L-7 The making of regional culture (OBT)

Skill - Self Awareness

His. L-8 Eighteen Century - Political Formation

Activity - on the outline map of India locate and label the area of regional kingdoms

Skill - Interpersonal Relationship

Geo. L-8 Human - Environment Interactions

Activity - Map:- Show Ganga - Brahmaputra Basin on map

Skill - Self-Awareness and Critical Thinking

Feb. Revision of Final Exams

March Syllabus for Final Examination

	Lesson	Weightage
Geo	L-6 Moisture in Air	10 Marks
	L-7 Water	10 Marks
	L-8 Human - Environment Interactions	10 Marks
His	L-3 Delhi Sultans	6 Marks
	L-4 The Mugal Empire	10 Marks
	L-5 Tribes, Nomads and Settled Communities	10 Marks
	L-8 18th Century- Political Formation	8 Marks
CIV	L-4 Gender and Gender Inequality	8 Marks
	L-5 The Markets Around Us	8 Marks

Blue Print of Pre & Post Mid Term

Section	Marks	No. of Question	Total Marks
Sec. A	1 marks	20 (MCQ, fill in blanks)	20
Sec. B	2 marks	4	8
Sec. C	3 marks	5	15
Sec. D	5 marks	4	20
Sec. E	4 marks	3 case skill	12
Sec. F	1 marks	5 map	5
Total : 80 marks			



COMPUTER

Book Introduced : Byte code

Publication : Kips Learning Pvt. Ltd.

April	Ch-1 Number System												
May	Ch-2 Browsing Safely Activity Make a presentation on different types of cyber crime & cyber security												
June	Summer Vacations												
July	Ch-3 Cloud Computing Activity Use of Cloud Computing like Docs, Sheets - Storing and Sharing Data												
Aug.	Ch-4 Formulas and Functions Activity Use of different types of functions												
Sept.	Revision + Mid Term Examination Syllabus for Mid Term (Ch-1, 2, 3, 4)												
Oct.	Ch-5 Advanced Features of Excel Activity Use of Chart, Filtering Data and Sorting Data												
Nov.	Ch-6 Control Statements in Python Activity Use of Operators & Conditional Statements												
Dec.	Ch-7 Introduction to HTML5 Activity Use of different types of HTML tags Creating a web page using CSS												
Jan.	Ch-8 Natural Language Processing												
Feb.	Revision of all Syllabus Ch- 5, 6, 7, 8												
Mar.	FINAL TERM EXAMINATION Blue Print for Examination <table><thead><tr><th>Paper Pattern</th><th>Marks</th></tr></thead><tbody><tr><td>Multiple Choice Question</td><td>5 x 1 = 5</td></tr><tr><td>Fill ups</td><td>5 x 1 = 5</td></tr><tr><td>True/False</td><td>5 x 1 = 5</td></tr><tr><td>One Marks Questions</td><td>5 x 1 = 5</td></tr><tr><td>Application Based Question</td><td>4 x 2 = 8</td></tr></tbody></table>	Paper Pattern	Marks	Multiple Choice Question	5 x 1 = 5	Fill ups	5 x 1 = 5	True/False	5 x 1 = 5	One Marks Questions	5 x 1 = 5	Application Based Question	4 x 2 = 8
Paper Pattern	Marks												
Multiple Choice Question	5 x 1 = 5												
Fill ups	5 x 1 = 5												
True/False	5 x 1 = 5												
One Marks Questions	5 x 1 = 5												
Application Based Question	4 x 2 = 8												



Three Marks Questions

4 x 3 = 12

Five Marks Questions

5 x 2 = 10

Marks Distribution for Practical

Practical

30 marks

Viva

20 marks





Drawing

April to August/September

'Happy Baisakhi Poster!', Ambedkar's Portrait, Earth Day Poster

Knowledge about Colours

Colour Charts

Primary Colours, Secondary Colours

Warm Colours, Cool Colours, Neutral Colours

Fruits, Flower Basket

Landscape with Pencil Shading

Basic of Drawing :- Shapes, 2D, 3D Picture, Landscape
Alphabets A to Z in 3x5 Cm

Slogan Writing :- DO WORK HARD, GROW TREE, SAVE
EARTH, DO GOOD, HAVE GOOD

Activity:- Rakhi Making, Independence Day, Teacher's Day
Poster on Environment, Drug, Girl Child

Oct to Feb

ਗੁਰਮੁਖੀ ਲਿਖਣ ਦੀ ਵਿਧੀ - ਉ ਤੋਂ ਤ ਤੱਕ

ਪੰਜਾਬੀ ਸਲੋਗਨ - ਮਿਹਰਤ ਕਰੋ, ਸਦਾ ਸੋਚ ਬੋਲੋ, ਇਮਾਨਦਾਰ ਬਣੋ,

ਕਰਮ ਹੀ ਪੂਜਾ ਹੈ|, ਪ੍ਰਮਾਤਮਾ ਇੱਕ ਹੈ | ਰੁੱਖ ਲਗਾਓ

Landscape with Colours

Still Life Objects Drawing

Poster Making for Green Diwali, Dussehra, Gandhi Jayanti

Children's day, Guru Nanak Dev ji Portraits Making

Rangoli Design, Mehendi Design, Mandala Art

Activity -

Merry Christmas, Happy New Year Card

Lohri Poster 26 January Republic Day





Life Skills & Moral Science

Book Reference : My Seventh Safety Workbook
(By: Project CACA)

April	Chapter 1: Say Hello! Chapter 2: Children, Children Everywhere Chapter 3: Children Dare and Children Fair Chapter 4: VN - Vasudhaiva Kutumbakam
May	Chapter 5: A Boy Named Sandy Chapter 6: Tabassum Needs Glasses Chapter 7: Kartik is Courageous
July	Chapter 8: Secrets, Gifts and Surprises Chapter 9: The Newspaper Bill Chapter 10: Riya and Rescue
Aug.	Chapter 11: Woes and Nose Chapter 12: A Letter from Doctor Auntie (Part 1) Chapter 13: A Letter from Doctor Auntie (Part 2) Mid-Term Exam: Chapters 1 to 12
Oct.	Chapter 13: Crossing the lines Chapter 14: War and Peace Chapter 15: A Mother's Dilemma Chapter 16: The Virtual World
Nov.	Chapter 17: Pictures Don't lie, Oh really Chapter 18: Pinku plays dumb Charades Chapter 19: Nisha is Courageous
Dec.	Chapter 20: A Spooky House Chapter 21: Johnny-Johny yes papa Chapter 22: Cheating is fun, Oh really
Jan.	Chapter 23: Twinkle-Twinkle Little Star Chapter 24: 7-step Safety Rule Chapter 25: Water and Water Everywhere but...
Feb.	Chapter 26: Earth our Only home in the Universe Revision of Final Exam Final Exam Syllabus: Chapters 13 to 26





MUSIC

April	Introduction of music with different definitions. Practice of School prayers
May	First 5 sargams on harmonium Introducing Octave & rhythm
July	Introducing Guitar with Beginning lesson
August	Poem & song related to 15 August
September	Introducing congo & tabla with beginning lesson.
October	First 7 sargams on harmonium
November	Introducing drum beat with basic beats.
December	Advance beats on drum beat, Christmas (cards)
January	P.K. Testing, Song related to 26 January.
February	Introducing Keyboard.



HEALTH AND PHYSICAL EDUCATION

Month	Key concepts	Resources	Activities/ processes
April	<p>File formation (in twos, in threes, in fours, in fives)</p> <p>Opportunities to play games and sports</p> <p>Introduction of athletics</p> <p>Difference between boys and girls during growing-up puberty menstruation common menstrual problems emotional changes sexual health, hygiene and genital hygiene need for cleanliness during menstruation</p>	<p>Demonstration and media resources</p> <p>Play ground gymnastic beams & benches mattresses</p> <p>Track and field</p> <p>Study material, drawings and figures models of reproductive system films work book</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>Fundamentals of track & fields events - 100 m, Run, 600 m. Run/walk basic gymnastic balance on one leg, jumps, turn 360 degree</p> <p>Track and field events</p> <p>Interaction discussion life skills focused activities - question box</p>
May	<p>Introduction of football</p> <p>Environmental pollution & health</p> <p>Developing ability of naturally responding to : command, limited space, group-work, formations</p> <p>Body consciousness attraction towards opposite sex socio-cultural norms parent adolescent relationship common myths and misconception regarding growing up and</p>	<p>Football, cones,</p> <p>Charts and models</p> <p>Microphone/ pa system Markers drum</p> <p>Menstruation drawings and figures reading material</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Listing different sources of environment pollution</p> <p>Marching on command marching formations Exercising with apparatus : lezium, dumbbells, hoops, ropes, balls, ribbons aerobics and other group- activities</p> <p>Interactive session discussion life skills focused activities</p>
July	<p>Introduction of badminton</p> <p>For healthful living Postures</p> <p>Sexual abuse touch including unwanted touch sexual abuse prevention of sexual abuse life skills</p>	<p>Badminton racket and shuttles Yoga charts</p> <p>Posters of yogic practices</p> <p>Study material, stories, poster, newspaper clippings.</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Orientation to yoga gomukhasana, yoga-mudra, viparitarani, sarvangasana, matsyasana, halasasana ujjayi (without kumbhaka), shavasana</p>



			Discussion story telling role play life skills focused activities
Aug.	<p>Introduction of Tennis</p> <p>Peer and social pressure peer pressure ability to say 'no' health hazards of smoking, alcohol & drugs abuse</p> <p>Concept of beauty, body image misconception about body image etc</p>	<p>Tennis racket and balls</p> <p>Advertisement , wrapping papers, warnings, packets of relative items</p> <p>Advertisements about cosmetics, clothes etc. Stories and life experiences</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Discussion and role play</p> <p>Information sharing experiences of great personalities examples of famous players, actors/actresses</p>
Sept.	<p>Introduction of Basket ball</p> <p>Simple common injuries identification & treatment</p> <p>Vector's life cycle life cycles for prevention & treatment for illness.</p>	<p>Basketball, court</p> <p>First-aid box</p> <p>Charts, models, experiments real life situations observations watch and write about mosquito behaviour</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Practical & role play</p> <p>Watch different mosquitoes under a microscope Visit a microbiology lab and see slides of plasmodia etc</p>
Oct.	<p>Introduction of kho-kho</p> <p>Availability of scholarships at school / zonal / Inter-zonal / district / state / national / international level</p> <p>Concept of good environment different sources of environmental pollution & its effects on health. Steps for prevention of pollution</p> <p>Creative leisure -</p>	<p>Kho-kho ground</p> <p>Information bulletins, brochures News clippings etc.</p> <p>Charts, models-pictures -reading material</p> <p>Material - chart, poster - film</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Preparing list of the scholarships and / or awards available (specifying name, amount, eligibility, duration etc.)</p> <p>Listing of different sources of environment pollution -interaction - discussion</p> <p>Play, exercise, reading books, poetry, singing, dancing, play-models identifying individual potentials through observation. Guidance to find ways for utilizing time</p>



Nov.	<p>Introduction of kabaddi</p> <p>Structure and function of different levels of health care. Role of advertisement on health</p> <p>Preparing foods for celebration - festival / special occasion and its food value for health.</p>	<p>Kabaddi court</p> <p>Literature – information bulletins, circulars, brochures, newsletters etc. -newspapers, films, radio, electronic & print media</p> <p>Meals prepared by students. Study material.</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Meeting with government health functionaries Visit to local sub-centre/ dispensary -self assessment- creating healthy promoting advertisement</p> <p>Listing of festival foods organizing a small community meal or class meal (pre/post any festival)</p>
Dec.	<p>Introduction of volleyball</p> <p>Concept of mental health and mental illness.</p> <p>Simple common injuries identification & treatment</p> <p>Social responsibility our role as a change agent</p> <p>Peer pressures ability to say 'no' health hazards of smoking, alcohol and drugs abuse</p>	<p>Volleyball, court</p> <p>Charts, posters Materials</p> <p>First-aid box</p> <p>Work book on health and habits checklist of responsibilities and selfassessment proforma</p> <p>Advertisements, wrapping papers, warnings, packets etc. Of related items informative material</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Observation of behaviour of people around (home, neighbour, society, school etc.)</p> <p>Practicals & role play</p> <p>Community based projects</p> <p>Discussion role play</p>
Jan.	<p>Introduction of table tennis</p> <p>Recreation through physical activities</p> <p>Changes occurring during growing-up</p> <p>Role models in relation to different games and sports.</p>	<p>Table, racket and ball</p> <p>Reading material depending upon the nature of recreational activity</p> <p>Material observation of self and others</p> <p>Role models biographies, movies, posters, t.v., radio, magazines, newspapers highlighting local/ panchayat level achievers etc.</p>	<p>Conditioning and fundamental moments and basic skills</p> <p>Activities recreational games – badminton, table-tennis etc., Party games Modified games</p> <p>Discussion followed by guidance</p> <p>Story-telling life-experiences discussion about the local heroes, outstanding students in the school or currently popular personality in any field</p>



YEARLY PLANNER 2025-26

SCHOLASTIC / CO-SCHOLASTIC ACTIVITIES

Date	Day	Class	THEME OF ACTIVITY OR COMPETITION /ASSESSMENT PLANNED
03 April,25	Thursday	LKG-IX	Commencement of Session 2025-26
06 April,25	Sunday		Ram Navami
08 April,25	Tuesday		Birthday of Guru Nabha Dass Ji
10 April,25	Thursday		Mahavir Jayanti
11 April,25	Friday	III & IV	Vaisakhi Celebration Paper Craft Activity
12 April,25	Saturday		Second Saturday
13 April,25	Sunday		Vaisakhi
14 April,25	Monday		Birthday of Dr.B.R. Ambedkar
16 April,25	Wednesday		Weekly Test
17 April,25	Thursday	I to IV	Bubble Buddies:- "Clean Hands, Happy Hearts" Activity
18 April,25	Friday		Good Friday
19 April,25	Saturday	XI-XII	<u>One Earth One Chance:-</u> Poster Presentation on "SAVE ENVIRONMENT"
22 April,25	Tuesday	I-IV	Save Earth Save Life:- Earth Day Activity
23 April,25	Wednesday		Weekly Test
25 April,25	Friday	I-XII	Yoga: a Graceful Journey inward (Yoga session camp)
26 April,25	Saturday		Fourth Saturday
28 April,25	Monday	IX-X	<u>One Earth One Chance:-</u> Poster Presentation on "SAVE ENVIRONMENT"
29 April,25	Tuesday		Birthday of Lord Parshuram Ji
30 April,25	Wednesday		Weekly Test
01 May,25	Thursday		May Day
02 May,25	Friday	Nur. I-IV	"From First strokes to Endless Stories-the journey of Akshar begins!" :- Akshar Arambh ceremony Punjabi Calligraphy
03 May,25	Saturday	I -IV V-VI	G.K Quiz Recharge Your Mind: Suryanamaskar
06 May,25	Tuesday	IX-X	<u>Its Never too Late to Start a New :-</u> Speech Competition on "Drug Free Earth"
07 May,25	Wednesday		Weekly Test
08 May,25	Thursday	IX-XII	"We do not chase victory-we build it, one pass, one set, one slam at the time." Volleyball Match



09 May,25	Friday	I-XII Nur.-UKG Nur.-XII	Celebration of Tagore Jayanti By Tagore House Amateur Showcase Event :Talent Show Mother's Day Activity Weekly Test
10 May,25	Saturday		Second Saturday
12 May,25	Monday		Buddha Purnima
13 May,25	Tuesday	LKG-UKG XI	Dexterity Skills Activity Protect Honesty:- Debate Competition on "Freedom of Press"
14 May,25	Wednesday		Weekly Test
16 May,25	Friday	I - XII	Weekly Test "Our planet is our responsibility":- Environmental Day - Plantation Activity
19 May, 25	Monday		Weekly Test
20 May,25	Tuesday	Nur-UKG XI-XII	Table etiquette: "Where Respect Meets the Plate" Activity "Words of Change, A future without drugs!" :- Speech Competition on "Drug Free Earth"
21 May, 25	Wednesday		Weekly Test
23 May, 25	Friday		Weekly Test
24 May,25	Saturday		Fourth Saturday
26 May, 25	Monday		Weekly Test
28 May, 25	Wednesday		Weekly Test
30 May,25	Friday		Martyrdom Day of Sri Guru Arjun Dev Ji
7 June,25	Saturday		Id-ul-Juha (Bakrid)
11 June,25	Wednesday		Kabir Jayanti
15 June,25	Sunday		Father's Day Activity- Hero of Life
21 June,25	Saturday		Yoga is the golden Key -International Yoga Day Celebration
3 July,25	Thursday		School Reopen
7 July, 25	Monday		Unit test Commence
12 July,25	Saturday		Second Saturday
18 July,25	Friday	V	"Step into past, understand present"- History role play-freedom fighter
19 July,25	Saturday	I-IV	Learn art of writing- Punjabi Calligraphy
22 July,25	Tuesday	Nur.-UKG XI-XII	Be the change you wish to see in the world (Green Day) Inter House Sci Quiz



23 July,25	Wednesday	IX-X	Weekly Test
24 July,25	Thursday	LKG	Be a Quiz Champ :- Inter House Sci Quiz
25 July,25	Friday	UKG	Cinema Symphony: Movie Day
26 July,25	Saturday		PTM
28 July,25	Monday	I -IV	Split-Splash: Boat Making Activity
29 July,25	Tuesday	IX-XII	A Visit to Planetarium (Field Trip)
30 July,25	Wednesday	Nur.-UKG	Splashy Bash (Pool Party)
31 July,25	Thursday		Weekly Test
01 August,25	Friday	Nur.-UKG	Martyrdom Day of Shaheed Udham Singh Ji
			Care & Core Relation of true love :Rakhi Making
			Weekly Test
02 August,25	Saturday	I – IV	Enhancing Vocabulary: Making New Words Activity
05 August,25	Tuesday	IX-X	Inter House Maths Quiz
06 August,25	Wednesday		Weekly Test
08 August,25	Friday	Nur.-UKG I - XII VII-VIII	Color Symphony: Colouring Competition Care & Core Relation of true love Rakhi Making, Card making & palette decoration activity Science Quiz Weekly Test
09 August,25	Saturday		Rakhsha Bandhan & Second Saturday
11 August, 25	Monday		Weekly Test
12 August,25	Tuesday	IX-XII Girls	Level up your Fun: Inter House Badminton Match
13 August,25	Wednesday	Nur.-UKG	Patriotism (Craft Activity)
15 August,25	Friday	Nur.-XII I-IV	Weekly Test
16 August,25	Saturday		Special Assembly
18 August,25	Monday		My India My Pride: Flag Making Activity
23 August,25	Saturday		Janam Ashtami
			Oral Exam Commence
			Fourth Saturday & PTM Before Mid-Term
26 August,25	Tuesday	XI-XII I-IV	Maths poetry of logical ideas: Inter House Maths Quiz
01September,25	Monday		Be a Quiz Champ :- Math Quiz
05September,25	Friday		Mid Term Exam
20September,25	Saturday		"From Chalk to change-Thank you Teachers" :- Teachers Day Celebrations
			PTM for Mid-Term



22September,25	Monday		Maharaj Agarsain Jayanti
23September,25	Tuesday		School Reopen
25September,25	Thursday	LKG-UKG	Lets Put on a show (Community Helpers How Supportive we are)
27September,25	Saturday	I -IV Nur.	"In their shoes, through their struggles-Honouring our Legends": Role Play Activity for Freedom Fighters Puppetry (Story-Telling)
28September,25	Sunday		Birthday of S. Bhagat Singh Ji
30September,25	Tuesday	IX-XII Boys	If you have a dream make a Goal: Inter House Football Match
02 October,25	Thursday		Birthday of Mahatma Gandhi Ji & Dussehra
04 October	Saturday	VI-VIII	Ready set calculate: Math Quiz Interhouse Competition
07 October,25	Tuesday		Birthday of Maharishi Valmiki Ji
08 October,25	Wednesday		Birthday of Sri Guru Ram Das s Ji
10 October,25	Friday		Karwa Chauth
11 October,25	Saturday		Second Saturday
13 October,25	Monday	Nur.-UKG	"Sharing Bites spreading smiles":- Community Lunch Programme
15 October,25	Wednesday		Weekly Test
16 October,25	Thursday	III - IV	Unlocking the secrets of Universe: Science Quiz Competition
18 October,25	Saturday	Nur.-XII	"Sparkles of Tradition, Rays of Unity" Special Assembly on Diwali Diya & Card making Activity Rangoli Making Competition
20 October,25	Monday		Diwali
22 October,25	Wednesday		Vishwakarma Day
23 October,25	Thursday		Bhai Dooj
24 October,25	Friday		School Reopen
25 October,25	Saturday		Fourth Saturday
29 October,25	Wednesday		Weekly Test
30 October,25	Thursday	Nur.-UKG	"Tiny feet, Wild Treats" A Day to remember:-Jungle Safari / Visit to a farm
31 October,25	Friday	VII-VIII	"One Vote can Rock the Boat"-Mock Election Activity
01November,25	Saturday	I – IV	Hindi Calligraphy
03November,25	Monday	X & XII	Commencing Pre-Board I
04 Nov,25	Tuesday	IX-X	It's time to learn our society & social behaviour: Sst. Quiz (Inter House)
5 Nov,25	Wednesday		Birthday of Sri Guru Nanak Dev Ji



06 Nov,25	Thursday		Weekly Test
07 Nov,25	Friday	V-VI	Elevate your game, elevate your glory”-Badminton Match
08 Nov,25	Saturday		Second Saturday
11 Nov,25	Tuesday	Nur.-UKG	" Play with Passion, Win with grace!" : - Sporto Fest
12 Nov,25	Wednesday		Weekly Test
14 Nov,25	Friday	I-XII Nur.-UKG	"Lets celebrate celebration the magic of being a child" Special Assembly & Children Day Activiy No Bag Day
16 Nov,25	Sunday		Martyrdom Day of S. Kartar Singh Sarabha Ji
18 Nov,25	Tuesday	XI-XII	Inter House G.K Quiz
19 Nov,25	Wednesday		Weekly Test
21 Nov,25	Friday	VII & VIII	“Spike your way to the Top” Interhouse Volleyball Competition
22 Nov,25	Saturday		Fourth Saturday
25 Nov,25	Tuesday		Martyrdom Day of Sri Guru Teg Bahadur Ji
26 Nov,25	Wednesday		Weekly Test
28 Nov,25	Friday	Nur.-UKG I-IV	Kindergarten Carnival "Together we eat, together we grow": - Community Lunch
29 Nov,25	Saturday	X & XII	PTM for Pre-Board I
01 Dec,25	Monday	I - IV	Challenge Your Mind ()
02 Dec,25	Tuesday	XI-XII (Girls)	Inter House Kho-Kho Match
03 Dec,25	Wednesday		Weekly Test
05 Dec,25	Friday		Weekly Test
10 Dec,25	Wednesday		Weekly Test
12 Dec,25	Friday	Nur.-UKG	"Bask in the Outdoors, Cherish the Moments!" Ground Picnic
13 Dec,25	Saturday		Second Saturday
15 Dec,25	Monday	Nur.-IX & XI X & XII	Post Mid-Term Exam & Commencing Pre-Board II
24 Dec,25	Wednesday	Nur.-XII Nur.-UKG	Special Assembly on Shaheedi Diwas & Christmas Role Play Activity On Good Touch
25 Dec,25	Thursday		Christmas
27 Dec,25	Saturday		Fourth Saturday
3 Jan,26	Saturday	X & XII	PTM for Pre-Board II



5 Jan,26	Monday		School Reopen
10 Jan,26	Saturday		PTM for Post Mid-Term
12 Jan,26	Monday	X & XII	Commencing Pre-Board III
13 Jan,26	Tuesday	Nur.-XII	"Lohri: Where every flame brings joy, peace and prosperity!" Lohri Celebrations in Special Assembly
14 Jan,26	Wednesday		Makar Sakranti
16 Jan,26	Friday	Nur.-UKG	"Where every stroke tells a story!":- Chirography (Calligraphy)
17 Jan,26	Saturday	IX-XII	"Volley for Glory-Battle of the Best House!" Inter-House Volleyball Match (Boys)
21 Jan,26	Wednesday		Weekly Test
22 Jan,26	Thursday	III-VI	" From Paper to sky-Lets' fly one creation!":- Kite Making Activity
23 Jan,26	Friday	Nur.-UKG V-VIII	Turn Signals Save Accidents (Traffic Rules Activity) I am Proud to be an Indian (Poster Making Activity)
24 Jan,26	Saturday		Fourth Saturday
26 Jan,26	Monday		"Saluting the spirit of India-Republic Day 2026!":- Republic Day Celebrations
27 Jan,26	Tuesday		Republic Day Off
28 Jan,26	Wednesday		Weekly Test
30 Jan,26	Friday	V-VIII	Punjabi Poem Recitation Competition
31 Jan,26	Saturday	X & XII	PTM for Pre-Board III
01 Feb,26	Sunday		Guru Ravidas Jayanti
04 Feb,26	Wednesday		Weekly Test
09 Feb,26	Monday		Oral Exam/Practicals Final Term Commence
11 Feb,26	Wednesday		Weekly Test
15 Feb,26	Sunday		Maha Shivaratri
18 Feb,26	Wednesday		Weekly Test
25 Feb,26	Wednesday		Weekly Test
02 March,26	Monday		Final Term Exam
03 March,26	Tuesday		Holi
21 March,26	Saturday		Idul Fitr
24 March,26	Tuesday		PTM for Final Term

