



Proposed Rationalised Syllabus (2023-24)

Class - IX

**Name of Book: Beehive
And Moments**

Subject - English

Prescribed Book by CES other than NCERT.....NCERT.

Chapter No.	Name of the chapter	Time duration for the topic (Periods)	Content to be deleted / reshuffled	Reason	Comparison from NCERT book	Remark	Project chapter
Beehive 1	The Fun they Had	5	NA				Elaborate why you would prefer to be taught by both human teacher and a robot.
Beehive Poem 1	The Road not taken	3	NA				Identify the poetic devices from the poem. Which path would you like to prefer - 'More well-travelled path' or the road 'less travelled by', when life will give you a chance to choose? Discussion of the poem with reference to 'M.S.Dhoni, The Untold Story'; Dhoni was a TC and then chose the path to follow his passion.
Grammar	Tenses	5					

Moments 1	The Lost Child	5	NA				<ul style="list-style-type: none"> ● To develop a love for literature in students. ● To introduce the students with literary genius: Mulk Raj Anand(Life and works of the Author Mulk Raj Anand) ● To introduce them with the idea of effective writings in simple language that convey deeper meaning.
Grammar	Tenses continued	4					
Moments 2	The adventures of Toto	5	NA				Share your views on the topic " Travelling can be wonderful and insightful experience.
Writing Skills	Formal letter writing	2					
Beehive 2	The Sound of Music	4	NA				Name the different instruments played in India. Name few famous instrumentalist in their respective fields
Moments 3	Iswaran the Storyteller	5	NA				
Beehive Poem 2	Wind	3	NA				Class Work: *What values do you inculcate from the poem "Wind"?
Grammar	Prepositions	5					
Moments 4	In the kingdom of Fools	5	NA				
Beehive 3	The Little Girl	5	NA				
Writing Skills	Analytical paragraph	4					

Moments 5	The Happy Prince	5	NA				The little swallow says, "It is curious, but I feel quite warm now, although it is so cold." Have you ever had such a feeling? Share your experience with your friend
Beehive Poem 3	Rain on the Roof	3	NA				Identify the figures of speech from the poem.
Beehive 4	A truly beautiful mind	4	NA				Do you agree with the statement stated as "New technology is common, new thinking is rare?"
Grammar	Articles and integrated exercises on gap filling and sentence re ordering.	3					
Moments 6	Weathering the storm in Ersama	5	NA				Design an advertisement for your newly launched restaurant.
Beehive Poem 4	The Lake Isle of Innisfree	3	NA				Make a poster on Save Water.
Beehive 5	The Snake and the Mirror	4	NA				"Unit 5.1. The Snake and the Mirror" turn by turn. After the completion of the reading of the chapter, they will be asked to rewrite the story without its humour, merely as a frightening incident. What parts of the story would you leave out?
Moments 7	The Last Leaf	4	NA				Recall any situation of your life where you supported your friend to come out of his other side of the coin to the realistic world.
Grammar	Direct and	5					

	Indirect speech						
Writing Skills	Formal letter - Letter of complaint and order	4					
Beehive Poem 5	A legend of the Northland	3	NA				
Moments 8	A House is not a Home	5	NA				Depression among teenagers is very common nowadays. Discuss.
Grammar Revision	Re ordering of sentences and Errors/omissions	3					
Beehive 6	My Childhood	5	NA				Narrate two incidents that show how differences can be created, and also how they can be resolved. How can people change their attitudes?
Beehive Poem 6	No men are Foreign	3	NA				Discuss the central theme of the poem. Identify the figures of speech
Moments 9	The Accidental Tourist	4	NA				
Beehive 7	Packing	2	NA				
Beehive Poem 7	The Duck and the Kangaroo	1	NA				
Writing Skills	Diary entry and informal letter writing	3					

Moments 10	The Beggar	4	NA				Speaking Skills: Share your views on the approach of people who took initiative to help the needy during Corona Virus lockdown. Activity (To Support learning): Speaking Skills Debate- People who rise and help these people are no longer interested in helping them, because they know it's in vain. So, poor people can't be helped in INDIA because many of them like living that w
Beehive 8	Reach for the Top	5	NA				There are more examples of women who fought against odds and achieved great heights in their field. Write a paragraph about the personality, who inspired you. You can find such personalities around you.
Beehive Poem 8	On Killing a Tree	-	Poem	Irrelevant content	-	-	-
Beehive 9	The Bond of Love	4	NA				Poster making: Cruelty on Animals.
Grammar	Integrated exercises on Articles and prepositions.	4					
Beehive Poem 9	The Snake Trying	3	NA				Activity (to assess learning): Most of us think of snakes as 'fearsome symbols of death'. But the snake in this poem is itself a victim. Explain.
Beehive	Kathmandu		NA				Write about the condition of Bagmati river

10							described in the chapter.
Beehive Poem 10	A Slumber did my Spirit Seal	2	NA				
Beehive 11	If I were You	4	NA				We all are interesting people with our physical differences and attitudes to life. Write in about 100 words what you are like, your identity and what you enjoy doing and how do you envision yourself in future.

Proposed Rationalised Syllabus (2023-24)

Class - नवी अ और ब Name of Book इतिहास और कृतिका व्याकरण

Subject - हिन्दी कोर्स अ

Chapter No.	Name of the chapter	Time duration for the topic	Content to be deleted / reshuffled	Reason	Comparison from NCERT book	Remark	Project chapter
पाठ 1 कृति ज	दो बैलों की कथा मशी प्रेमचंद	पाँच हदन अप्रैल	-----	-----	-----	-----	-----
कववि 9 कृति जि	रामिया एवु बर्द कबीरदार	रामि हदन अप्रैल	-----	-----	-----	-----	-----
पाठ 1 कृ कृति का	इर् जल प्रलय में फणीश्वर नाथ ' रेणु '	चार हदन अप्रैल	-----	-----	-----	-----	-----
व्याकरण	उपर्स प्रत्यय	ददद अप्रैल	-----	-----	-----	-----	-----
पाठ 2 कृति ज	लिरा कीओर रामिल रकृत्यायन	चार हदन मई	-----	-----	-----	-----	-----
पाठ 3 कृति ज	उपभोक्ता वाद की र्सुं कृति श्यामा चरण दबे	चार हदन मई	-----	-----	-----	-----	-----
पाठ 4 कृति ज	रॉवले पेनों की याद जाबबर रिर्नै	रिी न हदन मई	-----	-----	-----	-----	-----

कववि 10 सििज	वाि ललद्यद	चर हदन जून	-----	-----	-----	-----	-----
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कवि 11 तिज	वैये रर्ान	चार हदन जून	-----	-----	-----	-----	-----
व्याकरण	अथस के आधार पर वाक्य	चार हदन जुलाई	-----	-----	-----	-----	-----
पाठ 5 तिज	-----	-----	नाना र्ािब की पत्री देवी मत्तै ा को भस्म कर हदया र्या	रींबींए र रीं।	-----		
पाठ 6 तिज	प्रेमचुंद केफटे जूिे	चार हदन जुलाई	-----	-----	-----	-----	-----
पाठ 7 ति ति ज	मेरे बचपन के हदन	चार हदन जुलाई	-----	----- --	-----	-----	-----
पाठ 8 तिज	-----	-----	एक कत्ता और एक मत्तै ा	रींबींए र रीं।	-----	-----	-----
व्याकरण	मर्	चार हदन जुलाई	-----	-----	-----	-----	-----
व्याकरण	अलकार	चार हदन जुलाई	-----	-----	-----	-----	-----

	कै दी और	च०र हदन	-----	-----	-----	-----	-----
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कववि 12 कवि विज	कोहकला मानिलाल चवि,वेदी	ज,लाई					
कववि 13 कवि विज	ग्राम श्री रत्त मत्तानदुं न पुंि	चार हदन अरस् वि	-----	-----	-----	-----	-----
कववि 14 कवि विज	-----	-----	चुंद्र रनिा र् लौटिी बेर	रींबीए र ंरीं।			
कववि 15 कवि विज	मेघ आए वेश्वर दयाल क्रेना	चार हदन अरस् वि	-----	-----	-----	-----	-----
कववि 16 कवि विज	-----	-----	यमराज की हदशा चुंद्रका ंि देविले	रींबीए र ंरीं।			
कववि 17 कवि विज	बच्चे काम पर जा रवि विंै राजेश जोशी	चार हदन अरस्वि	-----	-----	-----	-----	-----
पाठ 2 कृ ति का	मेरे रुंकी औरिंे ं मदू ला	चार हदन अरस्वि	-----	-----	-----	-----	-----

	रर्स						
पाठ 3	रीढ़ की	छि हदन	-----	-----	-----	-----	-----

कृत्तिका	िड्डी	तर्िुंबर					
पाठ 4 कृ त्तिका	-----	----- -	माटी वाली वदयार् ारर् नौहटया ल	रींबीए र रीं।	-----	-----	-----
पाठ 5 कृ त्तिका	-----	----- -	हकर् िरि आरिका र मैं हिुंदी में आया शमशेर बिादर तर्िुं	रींबीए र रीं।	-----	-----	-----
रचनात्मक लेिन	पत्र लेिन (औपचारक)	चार हदन तर्िुंबर	-----	-----	-----	-----	-----
रचनात्मक लेिन	पत्र लेिन(अनौपचारक)	चार हदन तर्िुंबर	-----	-----	-----	-----	-----
रचनात्मक लेिन	ई - मेल लेिन	चार हदन तर्िुंबर	-----	-----	-----	-----	-----

रचनात्मक लेिनि	अनच्छेद लेिनि	पॉॉच हदन अक्तू बर	-----	-----	-----	-----	-----
रचनात्मक लेिनि	लघकथा	िीनि हदन	-----	-----	-----	-----	-----

	लेिनि	अक्तू बर					
रचनात्मक लेिनि	रवुं ाद लेिनि	चार हदन अक्तू बर	-----	-----	-----	-----	-----
रचनात्मक लेिनि	रघू ना लेिनि	चार हदन अक्तू बर	-----	-----	-----	-----	-----

Proposed Rationalised Syllabus (2023-24)

Class - IX

Name of Book- NCERT

Subject - Mathematics

Prescribed Book by CES other than NCERT.....

Chapter No.	Name of the chapter	Time duration for the topic	Content to be deleted / reshuffled	Reason	Comparison from NCERT book	Remark	Project chapter
Chapter 1	Number system	18 - 22 periods (April - May)	Ex-1.4(based on successive magnification)	Not relevant for class IX			To construct square root spiral and find square root spiral in nature
Chapter 2	Polynomials	23 - 25 periods (June - July)	Ex-2.5-Ques 13 to 16	Difficult for students to comprehend			Proof of algebraic identities by cutting and pasting method
Chapter 3	Coordinate geometry	6 - 10 periods (July)	No deletion				Find the hidden picture by plotting the points
Chapter 4	Linear equations in two variables	14 - 16 periods (July)	No deletion				
Chapter 5	Introduction to Euclid's geometry	6 - 8 Periods (August)	No deletion				
Chapter 6	Lines and angles	13 - 15 Periods (August)	Ex-6.4 (based on exterior angle property)	Already done in class VII			
Chapter 7	Triangles	15 - 20 periods (September)	Ex-7.4 (based on triangle inequality)	Already done in class 7			
Chapter 8	Quadrilaterals	10 - 12 periods (October)	No deletion				Verify that the sum of a quadrilateral is 360°
Chapter 9	Circles	15 - 20 periods (November)	No deletion				Verify that the angles in the same segment of a circle are equal and also verify that the opposite angles of a cyclic quadrilateral are supplementary

Chapter 10	Heron's formula	7- 10 periods (December)	Ex-12.2-ques 5 to 8 (based on application)	Difficult for students to comprehend			
Chapter 11	Surface area and volume	15 - 20 periods (December – January)	No deletion				Form a cube and a cuboid and find the formula for its surface area and also find the relation between the volumes of a cone and a cylinder
Chapter 12	Statistics	10 - 12 periods (January)	Ex-14.2,14.3 (based on graph)	Already done in class VII & VIII in detail			

Proposed Rationalised Syllabus (2023-24)

Class - IX

Name of Book: SCIENCE (NCERT)

Subject – Science

Prescribed Book by CES other than NCERT.....

Chapter No.	Name of the chapter	Time duration for the topic	Content to be deleted / reshuffled	Reason	Comparison from NCERT book	Remark	Project chapter
	PHYSICS						
1.	Motion	20 Periods (April and June)	N.A	N.A			Activities from NCERT textbook
2.	Forces and laws of motion	18 Periods (July and August)	N.A	N.A			Activities from NCERT textbook
	Revision	September					
3.	Gravitation	12 Periods (September)	N.A	N.A			Activities from NCERT textbook
4.	Work and Energy	18 Periods (October)	N.A	N.A			Activities from NCERT textbook
5.	Sound	10 Periods (November)	N.A	N.A			Activities from NCERT textbook
	CHEMISTRY						

6.	Matter In Our Surroundings	15 + 5 periods (April)	NA	NA			Activities from NCERT textbook
7.	Is matter around us pure?	20 periods (June + July)	NA	NA			Activities from NCERT textbook and practicals
8.	Atoms and molecules	22 periods (October)	NA	NA			Activities from NCERT textbook
9.	Structure of the atom	22 periods (December)	NA	NA			Activities from NCERT textbook
	BIOLOGY						
10.	Fundamental Unit of Life	25 pds	NA	NA			Permanents Slide to be shown (Plant cell and animal cell)
11.	Tissues	28 pds	NA	NA			Permanents slides of Plants and Animal tissues to be show
12.	Improvement in Food Resources	30 Pds	NA	NA			-

Proposed Rationalised Syllabus (2023-24)

Class - 9th _____

Name of Book ____NCERT____

Subject - __History and civics _____

Prescribed Book by CES other than NCERT.....

Chapter No.	Name of the chapter	Time duration for the topic	Content to be deleted / reshuffled	Reason	Comparison from NCERT book	Remark	Project chapter
APRIL History Lesson 1 Civics Lesson 1	1. French Revolution 2. What is Democracy? Why Democracy	15 periods 10 periods			NCERT NCERT		Pictures of books Case study and
MAY Civics Lesson 2	Constitutional Design	8 Periods			NCERT NCERT		
JUNE Civics Lesson 2	Constitutional Design Continued	7 Periods Continue left over periods			NCERT		Making flow charts of making of constitution

		of may					
JULY History Lesson 2	Russian Revolution	20 periods			NCERT		Making Flow chart
AUGUST History Lesson 2 Civics Lesson 3	Russian Revolution Continued Electoral Politics	Left over periods 15 periods			NCERT		
SEPTEMBER	HALF YEARLY EXAM	REVISION			NCERT		
OCTOBER Civics Lesson 3 History lesson 3	Electoral politics Nazism and the Rise of Hitler	5 periods 15 periods			NCERT NCERT		Making Flow chart
NOVEMBER History lesson 3 Civics lesson 4	Nazism Working of Institution	Left over periods 10 periods			NCERT		

DECEMBER Civics lesson 5 History Lesson Art integrated Project	Working of the Institution Forest Society and Colonialism	15 periods			NCERT		Making
JANUARY Civics Lesson 5	Democratic Rights	10 Periods			NCERT		Making Flow Chart
FEBRUARY	REVISION	FOR	FINAL	TERM			

BAL BHARATI PUBLIC SCHOOL, NISHATPURA, BHOPAL

Proposed Rationalised Syllabus (2023-24)

Class - _____IXth_____

Name of Book_NCERT_____

Subject - SOCIAL SCIENCE GEOGRAPHY&ECONOMICS
(Deletion as per CBSE norms.)

Chapter No.	Name of the chapter	Time duration for the topic	Content to be deleted / reshuffled	Reason	Comparison from NCERT book	Remark	Project chapter
1 G1	India Size and Location	6 pd March	NA	NA	NA	----	----

E1	THE STORY OF VILLAGE PALAMPU R	6 pd April	NA	NA	NA	-----	-----
2 G2	Physical Features of India	5 pd April	NA	NA	NA	-----	G1 SUSTAINABLE DEVELOPMENT (Optional)
3 G3	Drainage	7 pd June	NA	NA	NA	-----	-----

4 G4	Climate	6 pd July	NA	NA	NA	-----	-----
E2	HUMAN RESOURCE	6 pd June- July	NA	NA	NA	-----	-----
5 G5	Natural Vegetation and Wildlife	6 pd August	NA	NA	NA	-----	-----
E3	POVERTY AS CHALLENGE	6 pd Aug-Sep.	NA	NA	NA	-----	-----

6 G6	Population	6 pdOct.	Occupational structure, NEP 2000	As per CBSE norms	NA	-----	G 6 Population
E4	FOOD SECURITY IN INDIA	6 pd Sep-Oct.	NA	As per CBSE norms	NA	-----	-----

Proposed Rationalized Syllabus (2023-24)

Class - IX

Name of Book: SUMITA ARORA

Subject - COMPUTER SCIENCE

Prescribed Book by CES other than NCERT.....

Chapter No.	Name of the chapter	Time duration for the topic	Content to be deleted / reshuffled	Reason	Content	Project & Practical
PART-A Employability Skills						
1.	Communication skills Self-Management Basic ICT Skills-I Entrepreneurial Skills Green Skills-I	April(19) May(14)				
PART-B Subject Specific Skills						
2.	Create a document using a word processor	June(8) 2-Theory 2-Practical			Introduction to word processing, • Word processing applications,	List the available word processing applications.

					<ul style="list-style-type: none"> • Introduction to Word Processing tool • Creating a document, Parts of a Word Processor Window, 	<ul style="list-style-type: none"> • Introduce with the parts of the main window. • Change document views. • Start a new document. • Open an existing document. • Save a document. • Close a document.
3.	Apply Editing features	July(24) 4-Theory 4-Practical			<ul style="list-style-type: none"> • Text editing - Undo and Redo, • Moving and copying text, • Copy and Paste, • Selecting text, • Selection criteria, • Selecting non-consecutive text items, • Selecting a vertical block of text, • Find and replace option, • Jumping to the page number, • Non-printing characters, • Checking spelling and grammar, • Using Synonyms and Thesaurus. 	<ul style="list-style-type: none"> • Editing of text in a document • Demonstrate to use undo and redo option, • Use the keyboard and mouse options to select, cut, copy, paste, and move text. • Demonstrate to select nonconsecutive text items, vertical block of text, • Search and replace text in a document. • Jump to the given page number in a document, • Insert non-printing characters in a document, • Apply Spelling and grammar option of document. • Demonstrate to use Synonyms and Thesaurus
4.	Understand and apply mail merge	August(26) 4-Theory 4-Practical			<ul style="list-style-type: none"> • Introduction to mail merge 	<ul style="list-style-type: none"> • Demonstrate to print the letters using mail merge,

					<ul style="list-style-type: none"> • Concept of data source for mail merge. 	<ul style="list-style-type: none"> • Do the following to achieve • Create a main document, • Create the data source, • Enter data in the fields, • Merge the data source with main document, • Edit individual document, • Print the merged letter, • Save the merged letter.
5.	Introduction to IT-ITeS Industry	September (24) 4-Theory 4-Practical			Introduction to IT and ITeS, BPO services, • BPM industry in India, • Structure of the IT-BPM industry, • Applications of IT in home computing, everyday life, library, workplace, education, entertainment, communication, business, science and engineering, banking, insurance, marketing, health care, IT in the government and public service,	Identify and list the various IT enabled services, Observe the application of IT in various areas
6.	Data entry and keyboarding skills	October (22) 4-Theory 4-Practical			Keyboarding Skills, • Types of keys on keyboard, Numeric keypad, • Home keys, Guide keys, • Typing and deleting text, • Typing ergonomics, • Positioning of fingers on the keyboard, Allocation of keys to fingers on four different rows, • Pointing device - Mouse,	Identify the keys and its use on the keyboard, • Demonstrate to use various keys on the keyboard, • Demonstrate to type the text, numbers, special character using appropriate keys on the keyboard, • Practice the correct typing ergonomics, • Practice to place fingers on correct key in four

					Mouse operations.	different row of keyboard, • Practice various mouse operations.
7.	Digital Documentation	November (20) 4-Theory 4-Practical			<ul style="list-style-type: none"> • Creating table in Word Processor • Inserting row and column in a table • Deleting rows and columns • Splitting and merging tables • Deleting a table • Copying a table • Moving a table. 	<ul style="list-style-type: none"> • Demonstrate and do the following in Word Processor: • Create table, • Insert and delete rows and column in a table, • Split and merge tables, • Delete a table, • Copy or move from one location to another location of document.
8.	Electronic Spreadsheet	December (24) 4-Theory 4-Practical			<p>Different types of data,</p> <ul style="list-style-type: none"> • Entering data - Label, Values, Formula • Formula, how to enter formula, • Mathematical operators used in formulae, • Simple calculations using values and operators, • Formulae with cell addresses and operators, • Commonly used basic functions in a spreadsheet - SUM, AVERAGE, MAX, MIN, Count • Use of functions to do calculations. 	<p>Demonstrate to enter the text, numeric data in a cell,</p> <ul style="list-style-type: none"> • Identify the label, values and formula in the cell, • Demonstrate to enter formula in a cell, • Construct the formula using mathematical operators, • Identify formulae with cell addresses and operators, • Identify the correct syntax of formula, • Use the basic functions to perform calculations on data.

9.	Digital Presentation	January (21) 4-Theory 4-Practical			<ul style="list-style-type: none"> • Inserting a duplicate slide, • Inserting new slides, • Slide layout, • Copying and moving slides, • Deleting and renaming slides • Copying, moving and deleting contents of slide, • View a presentation, • Controlling the size of the view, • Workspace views - Normal, Outline, Notes, Slide sorter view. 	<p>Demonstrate to insert a new slide and duplicate slide in a presentation,</p> <ul style="list-style-type: none"> • Change the slide layout, • Demonstrate to copy and move slides in the presentation, • Demonstrate to copy, move and delete contents of the slide, • Demonstrate to view a presentation in different views.
10.	Insert and format image in presentation	February(23) 4-Theory 4-Practical			<p>Inserting an image from a file,</p> <ul style="list-style-type: none"> • Inserting an image from the gallery, • Formatting images, • Moving images, • Resizing images, • Rotating images, • Formatting using the Image toolbar, • Drawing graphic objects - line, shapes, • Grouping and un-grouping objects 	<p>Demonstrate to insert an image from file, gallery in presentation,</p> <ul style="list-style-type: none"> • Apply formatting options to image in presentation, • Demonstrate to move, resize and rotate images, • Apply formatting options of Image toolbar, • Drawing line, shapes using graphic objects, • Demonstrate to group and ungroup objects

DANCE SYLLABUS 2023-24

CLASS - IX

MONTH	NAME OF TOPIC/CONTENT	TIME DURATION OF THE TOPIC	CONTENT TO BE DELETED /RESHUFFLED/METHOLADGY/SUGGEST WAY TO APPLICATION	REASON	COMPARISON FROM NCERT BOOKI/ LEARNING OUTCOME /SKILL DEVELOPMENT	REMARK	NTEGRATED WITH SCHOLASTIC & CO-SCHOLASTIC SUBJECTS PROJECT/CHEPTER
APRIL	Classical Dance (Kathak)	4 Week	Teental Tattkar(Madhyam Laya) Poorn Chakkar,Ardh chakkar.		Students will able to know about the laya and different styles of chakkar.		I
MAY	Durga Stuti (Creativ Style)	2 Week	Develop Expressions and Body Movement Through Durga Stuti.		Practical		
JUNE	Durga Stuti (Creativ Style)	2 Week	Develop Expressions and Body Movement Through Durga Stuti.		Practical		
JULY	Different Knowledge About Folk Dances	4 Week	Students will be Able to Know About the Folk Dances		Theory		

AUG.	Janmashtami dance and Independence day Dance	4 Week	Upgrade Technique describe janmashtami and independence day dance		Practical		
SEP.	Guru Vandana	4 Week	Raag and Taal Beasd Guru Vandana		Practical		
OCT.	Basic Knowledge About Creative Dance	4 Week	Students will be able to Understand the Basic Concept of Creative Dance		Theory		
NOV.	Festival Dance (Annual Day)	4 Week	Know About the Various Dance Form like Festival dance		Practice Annual day Dance		

DEC.	Christmas & New Year Dance	4 Week	Students will Learn Rhythmic and flexible Movement now about the various dance form		Practical		
JAN.	Folk Item of Chhau Dance	4 Week	Students will Know about the tal and Traditional form of Chhau dance		Practical		
FEB.	Classical Dance (Kathak)	2 Week	10 Hastak with Madhya Laya Footwork		Practical		
MAR.	Rivision Work Exam	2 Week	Rivision 10 Hastak		Practical		

MUSIC SYLLABUS

2023-24

CLASS - IX

MONTH	NAME OF TOPIC /CONTENT	TIME DURATION OF THE TOPIC	CONTENT TO BE DELETED /RESHUFFLED/METHODOLOGY/SUGGEST WAY TO APPLICATION	REASON	COMPARISON FROM NCERT BOOK/ LEARNING OUTCOME /SKILL DEVELOPMENT	REMARK	INTEGRATED WITH SCHOLASTIC & CO- SCHOLASTIC SUBJECTS PROJECT/CHEPTER
APRIL & may	English Prayer Song, Sanskrit Shlokas Sargam practice, Definition of music, Eid song	-	Students will follow the tune and rhythm of the song with the help of teacher.	-	Through music developing awareness of our cultural heritage.	-	To be integrated with Science
JUNE	instrumental ,Adiwasi song	-	Students will follow the tune and rhythm of the song with the help of teacher.	-	Through folk music students can sing different language other than their mother tongue	-	
JULY	Detail of National song & Sare jahan se achha, Teachers Day song	-	Students will follow the tune and rhythm of the song with the help of teacher.	-	Through Vandana developing respect and importance of the Teachers.	-	To be integrated with Maths
AUG.	Patriotic Song, Hindi Song	-	Students will follow the rhythm with the help of teacher.	-	Considering music as a way of celebrating Independence Day.	-	

SEP.	National Anthem congo, khanja riBeats, Baapu Prarthna	-	Students will follow the tune and rhythm of the song with the help of teacher.	-	Considering music as a way to realise the power of taal in music	-	
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OCT.	Raag Yaman, Preparation of Annual Function	-	Students will follow the tune and rhythm of the song with the help of teacher.	-	Understanding classical music through Ra
NOV.	Swachhata Geet, Ram Bhajan, Chacha Nehru song	-	Students will follow the tune and rhythm of the song with the help of teacher.	-	Considering music as a way to welcoming of chief guest
DEC.	Welcome song, Christmas Carol, New Year Song	-	Students will follow the tune and rhythm of the song with the help of teacher.	-	Understanding cultural diversity and celebration festivals of different countries/religion thro song.
JAN.	Patriotic Song, Sargam geet,	-	Students will follow the tune and rhythm of the song with the help of teacher.	-	Through basic of music students can sing different Song
FEB.	Saraswati Vandana, Vasant Lok geet	-	Students will follow the tune and rhythm of the song with the help of teacher.	-	Through singing describ the beauty of vasant in Nature.
MAR.	Revision of all the songs and instruments	-	Students will follow the tune and rhythm of the song with the help of teacher.	-	Analysing and assesme students re tariment pow what they have learn throughout the year

Theme/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
1. HUMAN BODY				
Illness and Disease	Why do we fall ill?	Causes of illness	Reference books, Charts	Discussion, Demonstration & Explanation
	How can we manage illness?	Procedure to deal with various kinds of illnesses	Websites dealing with the knowledge, Models	
Communicable and non communicable Diseases	Are you aware of communicable and non communicable diseases?	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	Reference books, Charts, Websites dealing with the knowledge, Models	Discussion, Demonstration & Explanation
Growth and Development	What are the factors affecting growth & development	Heredity, Environment, Socio-personal factors, Psychological security, Suicides and its prevention, Mental illnesses, Emotional relationships, self concept and self esteem	Reference books, Charts, Websites dealing with the knowledge, Models,	Discussion, & Explanation
2. ORIENTATION TO PHYSICAL EDUCATION & SPORTS EDUCATION				
Physical Education	What is Physical Education?	Need and Importance of Physical Education	Reference books, Study Materials	Demonstration Participation Interactive sessions
Objectives of Physical Education	What are the Objectives of Physical education?	Explaining the objectives of physical education like physical, mental, social and emotional development	Reference books, class lectures	Discussion
Warming-up and Cooling Down	What is Warming-Up?	Role and importance of warming-up	Playground	Playing games after warming-up
	How to get ready and limbering down for and after specific	Need for limbering down after physical activity		Measuring of pulse rate

Theme/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
	physical activity?			
Physical Fitness	What is Physical Fitness? What are the effects of Physical fitness on our human body?	Concept about Physical fitness Components of Physical Fitness	Reference books. Stopwatch, measuring tape	Conducting physical fitness tests like- Short runs, Distance runs, Sit- ups, Pull-ups, Pushups, Vertical and Standing Broadjumps. Recording the performance of each child and documenting the same
Measurement of Growth	Can we measure the growth of our human body?	Assessment of Growth	Stadiometer, weighing machine, measuring tape Age Appropriate Index	Practical demonstration of measuring the body parts and weight and recording the data in the practical file
Sports Training	What is sports training?	Aim, Characteristics and Principles of sports training	Reference books	Interactive Session practical use of principles of sports training in playfield with the help of various sports
Excellence in Performance	How can we prepared for performance excellencies at higher level?	Factors affecting the training of an athlete Physical, Physiological, Psychological Environmental Factors	Playfield, stopwatches, measuring tape, textbooks/reference books	Demonstration and Participation in games and sports
Fatigue	What is Fatigue?	Concept of fatigue Causes & symptoms of fatigue. Remedial measures to overcome fatigue	Reference books	Practical demonstration of fatigue factors on playfield using various physical activity
Load and Adaptation	What is Load and Adaptation? How to judge the Load?	Relationship of load and adaptation Components of load and its importance in training, fitness and health development, Sign and Symptoms of overload	Reference books	Project work, Interactive Session Use of physical activity and various sports along with other training methods on the playfield.

Theme/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
				Practical counting of the pulse after physical activity and recording it in the practical record book for further analysis
Relaxation	How can we relax?	Meditation and its advantages. Relaxation through Yoga and various Recreational activities	Playground, Hall or classroom	Selected yogic asanas, meditation and use of various recreational games
Knowledge and proficiency in sports and motor skill acquisition	Are you aware of the evolution of various sports? What motor skills are required to play a sport?	Historical evolution, rules and terminologies of various sports. Description of fundamental motor skills needed to play a sport and perform. Knowledge about elite Sport Personalities	Playfield of various sports, teaching in classroom, availability of various sports equipment. Biographies about sport personalities	Sports selection (any two) : Badminton, Basketball, Cricket, Football, Gymnastics, Hockey, Kabaddi, Kho-Kho, Swimming, Table-Tennis, Tennis, Volleyball Combative Sports: Judo, Wrestling Preparing record book Discussion
Physical, Psycho-social Development	Are we ready for Competition?	Meaning and Types of competitions. Types of Tournament Avenues and levels of competitions	Playground, Classroom Reading Materials	Drawing of Fixtures for competitions namely, Single Knock-out and Single League Assignments
Ethics in Sports	How do you maintain Ethics in Sports? How can we inculcate values through	Introduction and understanding of Ethical and Moral values. Professional values Role of Physical	Playground, Classroom, School Complex, Home, Charts Models, Menacans, Story Telling, anecdotal Reading Material	Opportunities to participate in sports and various group games in fair play Marching, Demonstration of activities and playing various

Theme/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
	Physical Education?	Education programmes in inculcating such values		recreational games Story Telling of various sports personalities
Yoga	What is stretching? How can we improve flexibility?	Meaning and importance of stretching and flexibility	Charts, Posters, various visual aids	Learning and Performing of following Asanas: Ugrasana, Dhanurasana, Simhasana, Uttanmandukasana, Kukkutasana, Nauli and Kapalabhati
3. WE AND ENVIRONMENT				
Waste Segregation & Management	What is Waste segregation management? What is recycling?	Degradable and non-degradable, waste	Laboratory of the School Compost Pits	Observing Compost Pit. Laboratory experiments in school Health and Physical Education Visits to Recycling Units
4. FOOD AND NUTRITION				
Dietary requirements of human body	Why do some people need to eat more?	Knowledge about special dietary requirements in different age groups and professions, pregnant and lactating mothers Age and work nature appropriate dietary requirements	Charts, Posters and Recommended dietary requirements for varied nature of work	Preparing dietary requirement as per nature of work and documenting in record book
Dietary Requirements with Special Reference to Sports Participation	What should I eat more to take part in Sports? Why? What are the condition when people need to eat more?	Sports Diet	Information Bulletins	Preparing check-list for various sports and games
Malnutrition	What are different types of	Nutritional needs, nutritional needs of girls	Information and Photographs relation to Mal Nutrition	Discussion Workbook

Theme/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
	Malnutrition? What is Anorexia and Bulaemia?	Over Nutrition (obesity), Under Nutrition and effect of these on Health		
5. SAFETY AND SECURITY				
Protection of Self and Others	How can we protect ourselves and help others in need?	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	Playfield, Classroom, use of dummies. Materials needed for first-aid to meet immediate requirement for certain ailments like cuts, abrasions, sprain, strain etc.	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.
Sexual Harassment	What is sexual Harassment?	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	Care studies, materials related to Sexual Harassment	- Case studies - Role Play - Discussion
6. SOCIAL HEALTH				
Social Customs	How social customs affect our health?	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	Reference books Reading Materials	Discussion, Essay Writing, Debate Case study to record
Protection of Natural Resources for Health	What should we do to protect our natural resources?	Keeping clean water and food resources Optimum use of natural resources	Chart Material	Demonstration/visit to find the importance of natural resources Agricultural Resource Water Reserved
Community Education	How can we educate the community on healthy living?	Communication and developing community awareness of health care	Reading Material Chart Poster	Performing the art of communication. Demonstration and presentation of

Theme/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
				knowledge for healthy living
7. CONSUMER HEALTH AND SPORTS SERVICES				
Rights and Responsibilities for Health	What are our rights and responsibilities for protecting our health?	<p>Patients rights and responsibilities, Consumer rights and protection, Health and technology including telemedicine</p> <p>Adolescent friendly health services relating to information counseling and other facilities</p>	<p>Rights of consumer through lecture/literature</p> <p>Websites and organizations</p>	Organizing Quiz competition
Agencies Promoting Sports	Which are the organizations promoting sports?	<p>Knowledge about organizations/ associations/ Federations and International Federations</p>	<p>Classroom teaching, Lectures Websites of various organizations</p>	<p>Visit to nearest associations or by participating in various levels of competitions</p> <p>Assignments</p>

