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English

SL. No.	Month	Unit / Sub unit	Values	Activity / Field Trip
1.	April	1. The Rumphius Story (CB)	Importance of flowers goes beyond their aesthetic value	Writing a Biography
		1. The Rumphius Story (WB)	Contribute to various A forestation by planting a sapling on your birthday	Writing an autobiographical sketch
		1. a. In the Bazaars of Hyderabad (poem)	Childhood memories are golden memories to be truly cherished	Composing a poem
		2. The Ants come Marching (CB)	Harmonious (friendly) Interaction with each other along with the great spirit of cooperation	Letter Writing (Informal)
		2. The Ants come Marching (WB)	----------	Email Writing
2.	Jun	3. Suvira (CB)	Courage and determination and self – belief is the key to success	Story Writing on Picture clues
		3. Suvira (WB)	Willpower and determination is important to overcome disadvantages and win the race	Expressing the emotions through story
		3. a. Palm Tree (Poem) (CB)	One should have high expectations in life	Composing a limerick

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English

SL. No.	Month	Unit / Sub unit	Values	Activity / Field Trip
2.	Jun	4. Uncle Podger Leaves for work(CB)	Being Punctual and never give excuses for delay . Accept one's faults	Role Play
		4. Uncle Podger Leaves for work (WB)	----------	Writing a narrative account using a sequence
3.	July	5. Tom comes Home (CB)	Bonding between siblings and cousins and with nature	Debate on 'Summer vacations should be shortened in schools'
		5. a.If (Poem) (CB)	Leading a good life filled with challenges through guidance of elders	Matching the names of poetic devices With definitions and example
		5. Tom Comes Home (WB)	Relationships between siblings is very special	Paragraph Writing
4.	Aug	6. Achilles (CB)	Love, care and concern for animals	Book review
		6. Achilles (WB)	----------	Blurb Writing (short description of a book or a film for promotional purpose)
		Revision	----------	----------
5.	Sept	7. The Sherpas (CB)	Overcoming difficulties in life	Presentation on one of the famous explorations (Collaborative)
		7. The Sherpas (WB)	Conserving our environment	Writing out Thoughts on the pictures provided

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English

SL. No.	Month	Unit / Sub unit	Values	Activity / Field Trip
6.	Oct	7.a. Against Idleness and Mischief and How Doth the little Crocodile (Poem)	Appearance can be deceptive	Compose a Parody (poem)
		8. Go Kiss the World (CB)	Strong morals and simple principles enables us achieve success in life	Delivering a speech on happiness
7.	Nov	8. Go Kiss the World (WB)	Forgiveness precedes from a generous Soul	Vivid description of a place
		9. The Blue Umbrella (CB)		
8.	Dec	9. The Blue Umbrella (WB)	One does not have to be rich to be generous	Writing description about what one hears, feels or sees while looking out of your window in your home
		9.a. Geography lesson (Poem)	Importance of teachers in the teaching and learning process	Compose an adjective – noun poem
9.	Jan	10. Settling into the Secret Annexe (CB)	----------	Listening to a passage and answering the questions
		10. Settling into the secret Annexe (WB)	----------	Diary entry
		11. The MCC (CB)	Creating one's interest in sports	Formal letter – Placing order for sports items
		11. The MCC (WB)	Love for sports and games	Writing a formal email

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English

SL. No.	Month	Unit / Sub unit	Values	Activity / Field Trip
8.	Jan	11.a. Stopping by Woods on a Snowy Evening (poem)	One should learn to admire and appreciate the beauty of nature	Write an appreciation of the poem
9.	Feb	12. The Merchant of Venice (CB)	A friend in need is a friend indeed	Role play
		12. The Merchant of Venice (WB)	----------	Writing a haiku (a Japanese poem with no rhyme)
10.	March	Revision	----------	----------

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Hindi

SL. No.	Month	Unit / Sub unit	Values	Grammar	Activity / Field Trip
१.	अप्रैल	पाठ– १) नदी (कविता)	* गतिशीलता व लक्ष्य पर ध्यान रखना ।	गिनती–(१–१००) अंक–शब्दों में	* नदी व सागर में संवाद
		लेखन– १) अनुच्छेद २) अनौपचारिक–पत्र ३) चित्र–वर्णन	* लेखन कौशल व भाषा का ज्ञान		* कार्य–प्रपत्र चित्र–वर्णन गतिविधि
२.	जून	२) यह मेरा यह मीत का	* मित्रता व मुसीबत में नहीं घबराना चाहिए ।	संधि – परिभाषा संधि के मुख्य भेद स्वर संधि–दीर्घ संधि	* पत्र–लेखन का प्रारूप व नमुना मौखिक ।
		३) सरफ़रोशी की तमन्ना	* देश–प्रेम, त्याग व साहस से जीना । * लेखन–कौशल		* कार्य–प्रपत्र
३.	जुलाई	४) पहली बूँद (कविता)	* प्रकृति–सौंदर्य से प्रेम करना ।	अलंकार – परिभाषा, मुख्य भेद अनुप्रास अलंकार	* हावभाव के साथ कविता वाचन
		पुनरावर्तन– पी. ए. प्रथम परीक्षा	* भाषा– ज्ञान		* कार्य–प्रपत्र
४.	अगस्त	५) निष्ठुर अनुकंपा	* स्वस्थ जीवन शैली से रहना ।	संधि गुण संधि वृदधि संधि	* मेहमानों पर परिचर्चा
		लेखन– ४) संवाद–लेखन ५) विज्ञापन–लेखन			* कार्य–प्रपत्र
		प्रथम सत्र परीक्षा (पुनरावर्तन)			

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Hindi

SL. No.	Month	Unit / Sub unit	Values	Grammar	Activity / Field Trip
५.	सितंबर	६) लीक पर वे चले	* प्रयत्नशील व साहसी बनना ।		* अनुप्रास अलंकारिक पक्तियोंको चून कर दोहराना * पाठ–वाचन
६.	अक्तूबर	७) राखी का मूल्य	संस्कृति के प्रति आदर सीखना	समास – परिभाषा तत्पुरूष (पुनरावर्तन) बहुव्रीहि समास दवंदव समास	* कथा को नाट्य–रूपांतरण करना
७.	नवंबर	८) सूर दास के पद पुनरावर्तन– पी. ए. द्वितीय परीक्षा	भक्तिभाव व प्रेम के भाव को समझना ।	अलंकार श्लेष– अलंकार यमक– अलंकार	* पदगायन \ कंठस्थ
८.	दिसंबर	९) नमक का दारोगा	* कर्तव्यों का पालन करना ।	संधि यण संधि वाक्य रचना के आधार पर सारे भेद	* भ्रष्टाचारी के बारे में चर्चा
९.	जनवरी	१०) तूफ़ानो की ओर	* सांस्कृतिक और वैज्ञानिक विरासत के प्रति गौरव की भावना	संधि अयादि–संधि	साहसिक कथा–कथन
		११) सुश्रुत	* प्रकृति के विविध रूपों का ज्ञान	वाच्य –परिभाषा भेद–कर्तृवाच्य कर्म वाच्य भाव वाच्य	* आधुनिक वैज्ञानिक उपकरण की विशेष मौखिक जानकारी

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Hindi

SL. No.	Month	Unit / Sub unit	Values	Grammar	Activity / Field Trip
१०.	फरवरी	१२) जयगान (कविता) पुनरावर्तन–	* राष्ट्रप्रेम, देश–भक्ति		* राष्ट्रगान गायन (प्रयास)
११.	मार्च	द्वितीय सत्र परीक्षा			

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Kannada

SL. No.	Month	Unit / Sub unit	Values	Activity / Field Trip
1.	April	* ಕನ್ನಡ ವರ್ಣಮಾಲೆ ಸ್ವರಗಳು : * ವ್ಯಂಜನಗಳು * ಯೋಗವಾಹಗಳು	ಬರವಣಿಗೆ ಕೌಶಲ್ಯ ವೃದ್ಧಿಸುವುದು.	ವರ್ಣಮಾಲೆ ಚಿತ್ರಪಟ
2.	June	೧. ನಿತ್ಯೋತ್ಸವ (ಪದ್ಯ)	* ಪ್ರಕೃತಿ ಸೌಂದರ್ಯದ ಬಗ್ಗೆ ಅರಿವು ಮೂಡಿಸುವುದು	ಪದ್ಯವನ್ನು ರಾಗಬದ್ಧವಾಗಿ ಹಾಡಿಸುವುದು
		೨. ಅನ್ನದಾನ (ಗದ್ಯ) * ವ್ಯಾಕರಣಾಂಶಗಳು	* ಅನ್ನದಾನದ ಮಹತ್ವ ತಿಳಿಸುವುದು	ದಾನದ ಕುರಿತು ನಿಬಂಧ ರಚನೆ
3.	July	೩. ಅನ್ನದಾತ (ಪದ್ಯ)	ಆಹಾರದ ಮಹತ್ವ	* ಪದ್ಯವನ್ನು ರಾಗಬದ್ಧವಾಗಿ ಹಾಡಿಸುವುದು
		೪. ಮಿತ್ರರ ಸಮಾಗಮ (ಗದ್ಯ) * ವ್ಯಾಕರಣಾಂಶಗಳು	ಸ್ನೇಹದ ಅರಿವು	ಗೆಳೆತನದ ಕುರಿತು ಭಾಷಣ ಮಾಡಿಸುವುದು
4.	Aug	೫. ನಸರುದ್ದೀನನ ಕಥೆಗಳು (ಗದ್ಯ) ೬. ಶ್ರಾವಣ ಬಂತು ಕಾಡಿಗೆ (ಪದ್ಯ) * ವ್ಯಾಕರಣಾಂಶಗಳು	ಕಥಾ ಸಾಹಿತ್ಯದಲ್ಲಿ ಆಸಕ್ತಿ ಬೆಳೆಸುವುದು ಋತುಗಳ ಬಗ್ಗೆ ತಿಳಿಸುವುದು	ಸಣ್ಣಕಥೆಗಳನ್ನು ಮಕ್ಕಳಿಂದ ಹೇಳಿಸುವುದು ಜ್ಞಾನಪೀಠ ಕವಿಗಳ ಚಿತ್ರಪಟ ತಯಾರಿಕೆ
5.	Sept	೭. ಕೊಳಲ ಜೋಗಿ (ಗದ್ಯ) * ವ್ಯಾಕರಣಾಂಶಗಳು (ಪತ್ರಲೇಖನ)	ಮಾತುಗಾರಿಕೆ ಕೌಶಲ್ಯ ಬೆಳವಣಿಗೆ ಓದುಗಾರಿಕೆ ಕೌಶಲ್ಯ ಬೆಳವಣಿಗೆ	ಕಥೆ ಹೇಳಿಸುವುದು. ಮಾದರಿ ಪತ್ರಗಳನ್ನು ಬರೆಸುವುದು
6.	Oct	೮. ಜಾತ್ರೆಯಲ್ಲಿ ಒಂದು ಸುತ್ತು (ಗದ್ಯ)	ಗ್ರಾಮೀಣ ಜಾತ್ರೆಗಳ ಚಿತ್ರಣ	ಜಾತ್ರೆಗಳ ಮಹತ್ವ ಕುರಿತು ನಿಬಂಧ ರಚನೆ
7.	Nov	೯. ಜಾಣ ಆಮೆ (ಪದ್ಯ)	ಶಕ್ತಿಗಿಂತ ಯುಕ್ತಿ ಮೇಲು ಎಂಬ ಪರಿಕಲ್ಪಣೆ ತಿಳಿಸುವುದು	ಮಕ್ಕಳಿಂದ ನೈತಿಕ ಕಥೆಗಳನ್ನು ಹೇಳಿಸುವುದು

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Kannada

SL. No.	Month	Unit / Sub unit	Values	Activity / Field Trip
8.	Dec	೧೦ ಅಂತಿಮ ವಿದಾಯ (ಗದ್ಯ) * ವ್ಯಾಕರಣಾಂಶಗಳು	ಕರ್ತವ್ಯ ನಿಷ್ಠೆ.	ಗದ್ಯವಾಚನ
9.	Jan	೧೧. ತರಕಾರಿಗಳ ಮೇಳ (ಗದ್ಯ)	ತರಕಾರಿಗಳ ಮಹತ್ವ	ತರಕಾರಿಗಳ ಕುರಿತು ಚಟುವಟಿಕೆ
		೧೨. ಸರ್ವಜ್ಞನ ವಚನಗಳು (ಪದ್ಯ) * ವ್ಯಾಕರಣಾಂಶಗಳು	ಗುರುವಿನ ಮಹತ್ವ	ವಚನಗಳನ್ನು ಕಂಠಪಾಠ ಮಾಡಿಸುವುದು
10.	Feb	* ಆತ್ಮವಿಶ್ವಾಸ ಬೆಳೆಸಿಕೊಳ್ಳುವರು.	* ಆತ್ಮವಿಶ್ವಾಸ ಬೆಳೆಸಿಕೊಳ್ಳುವರು.	* ಗದ್ಯ/ಪದ್ಯವಾಚನ * ಘಟಕ ಪರೀಕ್ಷೆ ಬರೆಯುವರು.

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Maths

SL. No.	Month	Unit / Sub unit	Values/Life Skills	Activity
1	April	* Integers	Systematic Approach	* Activity on addition & subtraction of integers using colour paper cut outs.
2	June	* Fractions and Decimals	Life is a series of small happenings; bad or good, learn from it. Belongingness, work in periphery with others.	* Activity on Multiplication of Decimals using squared grid. *Mind Map
3.	July	* Rational numbers	Positive approach towards life, Rational thinking	
		* Revision for Periodic Test-1		
		* Algebraic expressions	Obey your elders	* Activity to understand the concept of modeling polynomials in one variable and adding them using Algebra tiles, Polynomial Addition Board
4.	Aug	* Algebraic expressions (Contd)		
		* Exponents		
		* Revision for Term 1	Sincere efforts will lead to success	* Activity on exponents using paper folding
5.	Sept	* Simple equations	Problem solving skill will develop	* Activity to understand the concept behind Modeling and Solving Linear Equations using algebra tiles, linear equations board.

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Maths

SL. No.	Month	Unit / Sub unit	Values/Life Skills	Activity
5.	Sept	*Lines and angles	Aesthetic sense will develop	* Activity to verify that each pair of corresponding angles, alt. interior angles and interior angles are equal when two parallel lines cut by a transversal.
6.	Oct	* Lines and angles Contd.		
		* Comparing quantities	Critical thinking	* Quiz * Industrial Visit
7.	Nov	* Comparing quantities contd..	Critical thinking	
		Revision for periodic assessment-2		
8.	Dec	* Triangle and its properties	Preciseness, Accuracy	* Activity to understand the geometric meaning of Pythagoras theorem using identical quadrilaterals and a small square.
		* Congruency	Belongingness	* To find the congruence of Triangles using paper cutouts.
9.	Jan	* Perimeter and area	Practical approach towards life Logical thinking	* Collaborative teaching - Area of a Circle
		* Data handling	Leadership, Interpretation, skill will develop	* Comparison of data in double bar graph

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Maths

SL. No.	Month	Unit / Sub unit	Values/Life Skills	Activity
10.	Feb	* Practical Geometry * Revision for Term 2	Aesthetic sense will develop	
11	March	Term 2 Exam		

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Science

SL. No.	Month	Unit / Sub unit	Values	Activity / Field Trip
1.	April	Nutrition in plants:	As plants are a valuable resource, Care should be taken to protect plants.	Lab Activity: To show presence of starch in leaves.
		Fibre to fabric:	To improve the working conditions of the workers of Silk industry.	Class Activity : Burning of different fibres to distinguish between plant and animal fibres. Field trip: Visit to a Khadi gram udyog.
2.	June	Nutrition in animals:	Teamwork	Class activity: To observe the model of Human teeth and identify different types of teeth.
			Eat a balanced diet.	To observe the model of Human digestive system and identify the different organs.
		What is thermal energy and heat?	Be careful while handling hot substances.	Lab Activity: Convection current in water using potassium permanganate. To observe the Clinical thermometer, laboratory thermometer and digital thermometer.
3.	July	Physical and chemical changes:	Work together for a good cause.	Class Activity: Observation of change in fruits and vegetables upon cutting. Lab activity: To observe a chemical reaction. To observe the production of co_2 during a chemical reaction. To observe the colour change during chemical reaction $KMnO_4$ and Hydrogen peroxide.

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Science

SL. No.	Month	Unit / Sub unit	Values	Activity / Field Trip
3.	July	Acids, Bases and Salts:	Should be careful in handling chemicals in laboratory and at home. Follow safety rules in the laboratory.	Lab Activity: Tests for acids and bases using litmus paper and China rose indicator.
		Respiration in organisms:	Try to control air pollution.	Class activity: To observe the model of human respiratory system and identify the different parts
4.	Aug	Half Yearly Exam and Revision		
5.	Sept	Weather, Climate and adaptation in animals	Try to adapt to various situations. To protect the natural habitat of animals.	Class activity: Collect data and prepare a weather report.
		Transport of substances in plants and animals:	To keep our heart healthy by regular exercise and healthy food.	Class activity: Activity on air pressure. To observe the model of Human heart and Human excretory system.
6.	Oct	Soil:	Conservation of soil	Class Activity: To find the pulse rate.
7.	Nov	Winds, Storms and Cyclones:	Safety measures to be taken during natural disaster.	Class Activity: To study the different particles of soil.

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Science

SL. No.	Month	Unit / Sub unit	Values	Activity / Field Trip
7.	Nov	Time And motion:	Time management	Class Activity: To calculate speed and plot distance time graph.
8.	Dec	Electric current and its effects:	Responsible consumption of electricity	Class activity: To prepare an electromagnet.
				To demonstrate the working of an electric bell
		Reproduction in plants:	Do not disturb or interrupt with the balance of nature	Class activity: To observe the model of a typical flower.
				To observe the structure of seed.
				Field trip: Visit to a plant nursery.
9.	Jan	Light:	Use of maximum amount of natural source of light.	Class activity: Mirror writing
				To observe convex mirror, concave mirror, convex lens, and concave lens.
		Water: a precious resource:	Conservation of water	Activity – Poster making on conservation of water.
10.	Feb	Forests - our lifeline:	Conservation of forests	Make a list of animals and plants living in a nearby forest.

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Science

SL. No.	Month	Unit / Sub unit	Values	Activity / Field Trip
10.	Feb	Waste water story:	Waste water management	Report writing: Make a list of chemicals used to clean bathroom/toilet, floor and utensils. Note the contents of each product.
11.	March	Yearly exam		

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Social Science

SL. No.	Month	Unit / Sub unit	Values	Activity / Field Trip
1.	April	1. When, Where and How?(H) 2. Our Environment(G) 3. The story of democracy (C)	Aesthetic sense. Care and concern for our monuments Concern towards environmental issues. Values of Democracy- Liberty, Equality and Fraternity.	Prepare a chart depicting different monuments, paintings, drawings, objects etc. of medieval India. On a World map, mark the countries which have democratic form of Government.
2.	June	4. New Kingdoms(H) 5. The Delhi Sultanate(H) 6. Interior of the Earth(G) 7. Earth's movements and major land forms.(G) 8. What is democracy?(C)	Nationalism Bravery Ecological balance Conservation of forests and natural resources. Intelligent decision making	Map work
3.	July	9. Elements of weather and climate(G) 10. Institutional Representation of Democracy(C) 11. Cities traders and craftspeople(H) 12. Atmosphoric pressure and winds(G 13. Humidity and rainfall(G)	Religious Tolerance Preserving our cultural heritage Global warming Duties of a Citizen	1. Make a family tree, tracing the Mughal dynasty from Babur to Aurangzeb. Collect pictures of monuments in India, divide them into categories, like temple architecture and Islamic architecture. Draw symbols of National and Regional parties.

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Social Science

SL. No.	Month	Unit / Sub unit	Values	Activity / Field Trip
4.	Aug	14. Government in the states (C) 15.Role of the State Government in Distribution of Resources.(C)	Collective Responsibility Duties of a Citizen	Write an article about any craft of India. Illustrate your article with pictures of the craftspeople and their machinery. Field trip-Visit to Pottery institute.[Khanapur.] Make a flowchart of how a bill becomes a law.
5.	Sept	16. Media and democracy(C) 17.Developments in Tribal 18.Water – Fresh and Saline(G) Communities(H) 19.Advertising(C)	Hard work and co-operation Honesty and responsibility Transparency of media and being unbiased	Have a debate on the topic 'Media should be more accountable to the people'.
6.	Oct	20. Religious ideas and movements(H) 21.Ocean Water and its Circulation(G) 22.Role Played by Gender(C)	Upliftment of the tribes Conservation of water. Intelligent decision making	Design an advertisement for your favourite chocolate.
7.	Nov	23. Flowering of Regional Cultures(H) 24.Natural Vegetation and Wildlife(G) 25. Unpacking Gender (C) 26. New Political Formations in the 18th Century(H)	Religious Tolerance Development of sea trade. Gender equality.	Write a report on any pilgrim centre. Make posters and slogans promoting gender equality.

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Social Science

SL. No.	Month	Unit / Sub unit	Values	Activity / Field Trip
8.	Dec	27. The Human Environment – Settlements(G) 28. Transport and Communication(G) 29. Life in the desert regions(G)	Preservation of our culture Protection of vegetation and wildlife Unbiased society	
9.	Jan	30. Markets around us. (C) 31. Life in Tropical and Sub-Tropical regions(G) 32. Life in Temperate Regions(G)	Nationalism Civic sense Concern towards air pollution. Adjustment Self sufficiency	Field trip-Visit to APMC.
10.	Feb	33. Wholesale market(C) Revision	Dignity of labour and hardwork Judicious use of resources available. Honesty and co-operation.	Explain the life style of the people living in the Amazon basin. Differentiate between Wholesale and retail shopkeepers.
11.	March	Yearly Exams		

VII Std Syllabus Split Up 2019-20

Computer

SL. No.	Month	Unit / Sub unit	Practical/Activity/Project
1.	April	• Working with Flash CS6	Lab Exercises as per text Book
	June	• Layers in Flash	Lab Exercises as per text Book
2.	July	• Inserting Charts and pictures in MS Excel	Lab Exercises as per text Book
3.	August	• Excel as Database	Lab Exercises as per text Book
4.	September	Revision for Term I Exam	Lab Exercises as per text Book
5.	October	• Log on to MS Access	Lab Exercises as per text Book
6.	November	• Understanding HTML	Lab Exercises as per text Book
7.	December	• Computer Virus	Lab Exercises as per text Book
8.	January	• Number System	Lab Exercises as per text Book
9.	February	• Challenger /Code your Skills	Test papers
10 & 11	March	• Revision	

VII Std Syllabus Split Up 2019-20

Physical Education I Semester

Class: VII A/B/C/D

Month	Events
June	• STRAND 1 (Game and sports) • Football- Dribbling • Kabbadi- Introduction • General Activities (Warming up with ball and in between dynamic exercises) • Mass PT Standing Exercise 1&2 • STRAND 2 (Yoga) Introduction • STRAND 4 (Health and activity record) • Intra Murals Sports (Small sided game) (hopping race) • Swimming (basic skill) • Health Check Up(Height, Weight, Dental Check up)
July	• STRAND 1 (Game and sports) • Football-Passing • Kabbadi- Rules and regulations • General Activities Jogging & Stretching • Mass PT Standing Exercise 3&4 • STRAND 2 (Yoga) Warm-up for yoga and Suryanamaskar • STRAND 4 (Fitness test) speed • Intra Murals Sports (7v7 with 2 GK) (Frog jump relay) • Swimming Basic skills
August	• STRAND 1 (Game and sports) • Football- Receiving • Kabbadi- Kant • General Activities Jogging & 50mts fast Run • Mass PT Standing Exercise 1,2,3,4 • STRAND 2 (8 Asanas and 1 pranayam) • STRAND 4 (Fitness test) flexibility • Intra Murals Sports (4v4 + 2 goal keepers) • Swimming Floating
September	• STRAND 1 (Game and sports) • Football- Shooting • Kabbadi- Toe touch • General Activities Jogging and stretching • Mass PT Standing Exercise 5,6 • STRAND 2 (8 Asanas and 1 pranayam) • STRAND 4 (Fitness test) endurance • Intra Murals Sports (7v7 small sided game) • Swimming Floating

VII Std Syllabus Split Up 2019-20

Physical Education II Semester

Class: VII A/B/C/D

Month	Events
October	• STRAND 1 (Game and sports) • Football- Pass and support • Kabbadi- Hand touch • General Activities warm-up exercises with ball • Mass PT standing exercise 7,8 • STRAND 2 (8 Asanas and 1 pranayam) • (STRAND 4 (Fitness test) Balance • Intra Murals Sports (3v3 small sided game)
November	• STRAND 1 (Game and sports) • Football - Defending • Kabbadi - Ancle hold • General Activities Warm Up Exercises • Mass PT standing exercise 5,6,7,8 • STRAND 2 (Yoga) (8 Asanas and 1 pranayam) • STRAND 4 (Fitness test) Agility • Intra Murals Sports (5v5 with 2 goal keepers) • Swimming Kicking
December	• STRAND 1 (Game and sports) • Football (Dribble and Pass) • Kabbadi- Thigh Hold • General Activities Jogging & 50mts • Mass PT Standing Exercise 9,10 • STRAND 2 (Yoga) (8 Asanas and 1 pranayam) • STRAND 4 (Fitness test) Co-ordination • Intra Murals Sports (7v7 with 2 Gk) • Swimming Skill Free style
January	• STRAND 1 (Game and sports) • Football -Attacking • Kabbadi- Back kick • General Activities warm-up exercise • Mass PT Standing Exercise 1st to 10th • STRAND 2 (Yoga) (8 Asanas and 1 pranayam) • STRAND 4 (Fitness test) Muscular test • Intra Murals Sports (Small sided game) • Swimming Skill butterfly

VII Std Syllabus Split Up 2019-20

Physical Education II Semester

Class: VII A/B/C/D

Month	Events
February	• STRAND 1 (Game and sports) • Football- (Shooting) • Kabbadi- (Front kick) • General Activities Jogging & 50mts • Mass PT Seating Exercise 1,2 • STRAND 2 (Yoga) (Meditation) • STRAND 4 (Fitness test) Health checkup • Intra Murals Sports Annual sports
March	• Final exams

Time Schedule 2019-20
(MONDAY TO FRIDAY)

First Bell	8.25 am	Duration
Morning Assembly	8.30 a.m - 8.45 a.m	15 min
Zero Period	8.45 a.m - 9.05 a.m	20 min
I Period	9.05 a.m - 9.45 a.m	40 min
Fruit Break	9.45 a.m - 9.55 a.m	10 min
II Period	9.55 a.m - 10.35 a.m	40 min
III Period	10.35 a.m - 11.15 a.m	40 min
IV Period	11.15 a.m - 11.55 a.m	40 min
V Period	11.55 a.m - 12.35 p.m	40 min
Lunch Break	12.35 p.m - 1.05 p.m	30 min
VI Period	1.05 p.m - 1.45 p.m	40 min
VII Period	1.45 p.m - 2.25 p.m	40 min
VIII Period	2.25 p.m - 3.05 p.m	40 min

Time Schedule 2019-20
(SATURDAY)

First Bell	8.25 am	Duration
MPT	8.30 a.m to 9.00 am	30 min
I Period	9.00 a.m to 9.35 am	35 min
II Period	9.35 a.m to 10.10 am	35 min
III Period		
Break	10.45 a.m to 11.20 am	35 min
IV Period	11.20 a.m to 11.55 am	35 min
V Period	11.55 p.m to 12.30 pm	35 min
VI Period	12.30 p.m to 1.00 pm	30 min

EXAM SCHEDULE FOR 2019- 20

I-VIII			IX-X		
	From	To		From	To
Periodic Assessment 1	15/07/19	20/07/19	Pre -Midterm	15/07/19	20/07/19
Term -I	26/08/19	31/08/19	Midterm	26/08/19	31/08/19
Periodic Assessment 2	18/11/19	23/11/19	Post- Midterm	18/11/19	23/11/19
Term - II	2/03/20	11/03/20	Final (only IX)	26/02/20	4/03/20
			Pre-Board-1 (Only X)	6/01/20	10/01/20
			Mock exam IX Pre Board -2 (IX &X)	3/02/20	10/02/20

Note:[Parents are requested not to plan for holidays one week prior and one week after the Scheduled date]

Holidays

1.	Dushara Break	30th Sept 19 - 8th Oct 19
2.	Diwali Break	28th Oct 19 - 2nd Nov 19
3.	Christmas Break	24th Dec 19 - 1st Jan 20

Academic Coordinators

1.	Ms. Belinda S Pillai	Class I to III
2.	Mrs. Megha Joshi	Class IV
3.	Mrs. Neelam Kadam	Class V to VI
4.	Mr. Amrutgouda M	Class VIIto VIII
5.	Mrs. Ashwini Patil	Class IX to X

Head of Departments

1.	English : Mrs. Ingrid D'souza
2.	Hindi : Mrs. Bharati Nagnoor
3.	Kannada : Mr. Manjunath
4.	Maths : Mrs. Rashmi Sinha
5.	Science : Mrs. Kamala M
6.	Social Studies : Mrs. Renuka N

ASSESSMENT PLAN 2019-20

The exam pattern for the academic year 2019 -20 as per CBSE.

Class	III	IV & V	VI to VIII
Periodic assessment PA 1/2	I. Written paper-20m - (Reduce to 10 m) = 10m ii. Orals - 5m iii. Note books assessment } -5m	I. Written paper- 30m (Reduce to 10m)= 10m ii.Subject Enrichment - 5m iii.Note books assessment }- 5 m	i. Written paper- 40m (Reduce to 10m)= 10m ii. Subject Enrichment -5m iii. Note books assessment }- 5 m
Term I	Written paper 40 m (Double to 80 m) = 80m	Written paper - 60 m (convert to 80 m) = 80 m	Written paper - 80 m
	10 m+ 5m + 5m + 80m = 100	10 m + 5 m + 5m +80 m=100	10 m + 5 m + 5m + 80 m= 100

•The exam pattern for the academic year 2019 -20 as per CBSE.

Same pattern will be followed for term II

Class	IX & X	
Pre- midterm Mid- term Post- midterm	Written paper 40 m - (Reduce to 5m) 80 m - (Reduce to 5m) 40 m - (Reduce to 5m) ----> Average of best 2 assessments out of 3	5m
Subject enrichment Activities	5 m	
Portfolio	5 m	
Multiple assessment	5 m	
Annual exam	80m	
	Internal assessment + written =20 m+ 80m = 100	

Syllabus will be cumulative