CMDAV SR SEC PB SCHOOL, M.DABWALI

SYLLABUS CLASS III

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| *SUBJECT : ENGLISH* | | | | |
| *Month* | *Literature* | *Grammar* | *Writing Skills* | *NEP Activities / Projects* |
| April | UNIT – 1 : ANIMAL WORLD  Poem - I Speak, I say, I Talk (Recitation)  L – Dolphins (comprehension) L – Dog(Reading) L - The Canary | Nouns | Paragraph  : My pet | 1. To make 5 Flash cards of special names and common   names.   1. Draw a dolphin and write 5 adjectives about it.   NEP Interdisciplinary Activity ( Sports )   1. Children will pose as a dolphin while doing yoga.   NEP Interdisciplinary Activity ( Hindi  )   1. To prepare the mask of any one animal using buttons and ice-cream sticks.   Students will be asked to speak about it.  (Speaking skill) |
| May | Poem – At the Zoo(Reading) :  L – The Ostrich and The Hedgehog  L – Arjuna’s Friends and the Forest (Reading)  L - Amazing Animals and Birds (Tape  Script) | Punctuatio n | Picture composition (Zoo ) | 1. Students will paste a picture of a pet animal and discuss about the pets they have and ways to take better care of them. 2. Safari Time – Quiz and puzzles based on animals and birds |
| JULY | UNIT- 2 : NATURE CARES  L – The God of the River  Poem - Trees Are the Kindest Things I know  L- Minu and Dino (Reading)  L – Trees  L – Chipko | Replacing Words  Numbers Rearrang e the words to make meaningf | Paragraph  :Importance of trees  Picture Compositio n (Park) | 1. PPT on ‘Trees’ will be shown and discussion on ‘benefits of trees’ will be done. 2. A small story about the Chipko movement will be shown on the smart board. 3. NEP Interdisciplinary Activity ( Science)Prepare one paper bag using newspaper |

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|  | Movement (Reading) L- Harmful  Effects of Poly Bags (Tape Script) | ul sentence s |  |  |
| AUGU ST | UNIT – 3 REGARD FOR VALUES  L – Nina is the Winner  Poem : Two Little Kittens L- Three Rules (Reading) | Describin g words |  | 1. Show and Tell Activity. Students will bring a toy of their choice andthey will be encouraged to speak a few lines about it.   Art Integration   1. . Make a thank you card for your friend and express your love for him/her in your own words |
| SEPTE MBER | Half yearly exam |  |  |  |
| OCTO BER | L- Krishna And Sudama  L-The Plate of Gold (Tape Script) | Verbs  Prepositio ns | Paragraph: My Best Friend | Art Integration  Make a friendship band for your best friend using readily available material   1. PPT of action words will be shown. 2. Prepare flash cards of action verbs to play Dumb Charades in the class. 3. Dict to Draw-Children will draw a picture according to the teacher's instructions. (using different prepositions) |
| NOVE MBER | UNIT-4 ADVENTURE  L - Man Learns to Fly Poem : ‘The Key’ | Articles – use of a, an and the Sentences | Letter writing Paragraph : A visit to an | Art Integration   1. Make a model of Hot Air Balloon. |

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|  | L – Michael Goes Climbing | Subject - Predicate | Amusement Park | 1. PPT of articles will be shown 2. 1. Prepare a portfolio of anyone of the well known Mountaineers. |
| DECEM BER | L- The Magic Room (Reading)  L : Florence Nightingale  (Reading) | Seen Passage from the L- The Magic Room Reading for understan  ding | Picture Composition | 2. Draw a magic room/ fantasy land on an A-4 size sheet.  1. Speak about any one Young Hero of India/Florence Nightingale (**Speaking Skill)** |
| JANUAR Y | L- India’s Young Heroes  (Tape Script) | Writing  Skill (Pg- 75-80) |  |  |
| FEBRUA  RY | REVISION | | | |
| MARCH | FINAL EXAMINATION | | | |

हहिंदी

पुस्तक का नाम : ‘ भाषा माधुरी ‘ और ‘ भाषा अभ्यास ‘

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| मास | उपविषय | व्याकरण | रचनात्मक क्रिया और  गततविधधयााँ |
| अप्रैल – मई | पाठ 1 भोलू भुलक्कड़  पाठ 2 चतुर कौिा पाठ 3 हाथी और धचड़ड़या | स्िर, व्यिंजन , सिंज्ञा,  तुकािंत , समानाथी शब्द , िचन, ललिंग बदलो , शब्द  तनमााण , क्रिया | जमीन के ऊपर और नीचे उगने िाली सब्ब्जयों के नाम धचत्र सहहत धचपकाएाँ |  छात्र मुखोटे बनाकर कहािंनी सुनायेंगे |  SDG 6 – स्िच्छ जल और |

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|  |  | और पत्र | स्िच्छता  SDG 14 – पानी में जीिन SDG 4 – गुणितापूणा लशक्षा SDG 15 - थलीय जीिों की  सुरक्षा |
| जुलाई | पाठ 4 चीिंटी ने पाठ पढ़ाया  पाठ 5 बहादुर दोस्त  पाठ 6 घमिंडी मक्खी  पाठ 7 दादाजी प्रथम मालसक परीक्षा | सिंज्ञा , क्रिया, मुहािरे , ललिंग  ,िचन और विलोम  शब्द , अनुच्छे द लेखन | छात्र अखरोट या बादाम के तछलकों से कोई भी आकृ तत बनाकर उसमें रिंग भरेंगे | SDG 4 – गुणितापूणा लशक्षा SDG 15 – थलीय जीिों की सुरक्षा  SDG 16 – शािंतत न्याय और  मजबूत सिंस्थान  SDG 11 – असमानताओिं में कमी  SDG 12 – शाब्न्त न्याय और  सशक्त सिंस्थाएिं |
| अगस्त | पाठ 8 अगर पेड़ भी चलते होते  पाठ 9 गीत का कमाल  पाठ 10 बूझो तो  जानो | तुकािंत शब्द विराम धचह्न ललिंग , िचन और विलोम शब्द | छात्र सूखी पवियों को इकठ्ठा करके उसके पीछे  रिंग लगाकर कागज पर तरह तरह के ड़डज़ाइन बनाएिंगे | SDG 15 – जमीन पर जीिन  SDG 13 – जलिायु पररितान |
| लसतम्बर | अधािावषाक परीक्षा |  |  |

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| अक्टू बर | पाठ 11 चिंू – चिंू की टोपी  पाठ 12 सुबह | विशेषण , िाक्यािंश  ,  पयाायिाची और विलोम शब्द अनुच्छे द लेखन | छात्र अरुणाचल और उिर प्रदेश के दो – दो धालमाक स्थलों के धचत्र नाम सहहत ललखेंगे |  छात्र कागज की टोपी बनाकर उसमें रिंग भरेंगे |  SDG 4 – उिम स्िास््य और खुशहाली  SDG 3 - गुणितापूणा लशक्षा |
| निम्बर | पाठ 13 ऐसे थे लाल बहादुर शास्त्री पाठ 14 सबसे बड़ा मूखा | विराम धचह्न ,  सिंज्ञा , क्रिया और विशेषण  र के विलभन्न प्रयोग , समानाथी शब्द और मुहािरे | छात्र समूह में नाटक प्रदशान करेंगे  SDG 4 - गुणितापूणा लशक्षा SDG 8 – उत्कृ ष्ट काया ि आधथाक िृद्धध  SDG 10 – असमानता में कमी  SDG 17 – लक्ष्य प्राब्तत में  सामूहहक साझेदारी |
| हदसम्बर | पाठ 15 बुआ का पत्र  पाठ 16 सिाली | पयाायिाची शब्द  और उपसगा अनोपचाररक पत्र | SDG 7- प्रदूषण मुक्त डबिाली बनाने में आपका  क्या क्या योगदान होगा | |

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|  | राम |  | SDG 17- लक्ष्य हेतु भागेदारी SDG 4 – गुणितापूणा लशक्षा SDG 14 – जलीय जीिों की सुरक्षा  SDG 15 – पृ्िी पर जीिन  SDG 13 – जलिायु पररितान |
| जनिरी | िावषाक परीक्षा हेतु  पुनरािृतत |  |  |
| फरिरी | िावषाक परीक्षा  आयोब्जत होगी |  |  |

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| ***MATHEMATICS*** | | | | | | |
| ***Month*** | | ***Topic*** | | ***Sub – Topic*** | | ***Art Integration***  ***Activities Related***  ***to NEP*** |
| APRIL | Ch-1 Numbers upto 9999  Ch-2 Addition | | * Greatest and smallest * Place value * Expanded form * Successor and predecessor * Ordering of numbers * Addition (4- digit numbers) * Addition (with regrouping) * Properties of Addition * Adding three Numbers * Story Sums | | * Prepare 4 number cards for a card game in class. Arrange these cards in different ways to make the largest and smallest 4-digit number. Also in groups of four students Arrange your 4- digit numbers formed in ascending and descending order. * Display your 4-digit numbers formed by these cards to tell face values and place values of different digits. * Prepare 2 slips with a   4-digit number written on it. Fold it and put it in the bowl. Now from the bowl of many such chits pick up any two and add the numbers obtained.   * Framing story sums. | |

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|  |  |  | * What is the number 6582 more than 9276? * Dodging tables 2 to 10 |
| MAY | Ch. -3 Subtraction  Ch-4  Multiplication TABLE 11 | Multiplication (3 digits by 1-digit)   * Multiplication (with regrouping) * Properties of multiplication. * Multiplication by 10, 100, 1000 * Multiplication of   (2-digit numbers by 2- digit numbers)   * Multiplication (with regrouping) * Properties of multiplication. * Multiplication by 10, 100, 1000 * Multiplication of (2-digit numbers by 2- digit numbers) * Multiplication of (3-digit numbers by 2- digit numbers) * Story sums   (3-digit numbers by 2- digit numbers)   * Story sums | * Use the number cards for preparing different 4- digit numbers and in a pair of 2 students subtract the numbers so obtained. * Prepare two 4-numbers by cutting them from an old calendar and solving them to write the answer using the numbers obtained by cutting from the calendar itself, storytelling. * Making a multiplication wheel, flower, etc   + Multiplication grid (graphing).   + Play the game buzz to practice tables.   + Properties of multiplication and dodging tables will be revised using flash cards by students.   Mathobola |
| JULY | Chapter-8 Length  Multiplication table of 12 Chapter-12 | * Introduction of kilometers * Conversions Addition and subtraction (without regrouping * Plane surfaces and curved surfaces * Properties of solids * Basic geometry * Measuring line segments | * Observe the objects around them and measure in different ways i.e., using handspan and scale. * Draw or paste five pictures which are sold by shopkeeper by measuring length   Make measurements   * Make 2D and 3D shapes with the help of origami sheets and some waste materials like box of match sticks * Present show and tell of any |

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|  | Geometry  Multiplication table of 13 | Constructing, line segments of given length | object of their choice to tell about its geometrical attributes   * Draw or paste any five objects having curved and plane surface * Magical warli art by using triangles, circles and lines * Collage of different shapes (by using tissue papers)   Project-build a city using geometry kills |
| AUGU ST | Project-  Ch-9 Weight | Ek Bharat Shreshth Bharat   * Concept of kilograms and grams * Conversions * Addition and subtraction (without regrouping) * Concept of litre and millilitre * Conversions * Addition and subtraction (without regrouping)   Story sums | Make a pictograph of population of the states/Arunachal Pradesh and Uttar Pradesh and compare which is greater?  OR  Make a video of Rap Song to explain any concept of maths with music and dance   * Draw or paste five pictures which are sold by shopkeepers by measuring their weight * Make measurement s and compare * Draw or paste five pictures which are sold by shopkeepers by measuring their capacity * Make measurements * Bingo |
| SEPTE  MBER | HALF YEARLY EXAM | | |
| OCTO BER | Ch-11 Fractions  Ch-5 Division | * Fraction of a collection * Numerator and denominator * Ordering of fractions * Adding like fractions * Subtract like fractions * Division as equal distribution | * Fractions with emojis * Make matching cards showing different fractions * Prepare a fraction wheel or other such models to represent and explain fractions * Make a fraction flip book * Play a game to express the relationship between quotient, remainder, divisor and dividend * Story telling activity to explain relationship of quotient, divisor remainder and dividend |

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|  | Multiplication Table OF 14 | * Division (repeated subtraction) * Relation between multiplication and division   Division using  multiplication tables |  |
| NOVE MBER | Ch.- 5 Division | * Terms used in division * Long division methods Division by remainder   Division by three  digit numbers | * Prepare a puzzle with solution of a story sum to arrange it in order to solve it   Quiz |
| DECE MBER | Ch-6 Day, date and time  Ch-10 Capacity | * Story sumsClock * Units of time (Hours and minutes   )   * Finding time in ¼ hours and in minutes * Conversions * Time – AM and PM * Introduction of Capacity. * Conversion * Addition and Subtraction * Word Problems | * Make a working model of clock * Prepare your time table for your home and paste it in your notebook * Prepare a monopoly based importance of healthy food * Telling time activity * Puzzles with Solution. * Conversion games. |
| JANUA RY | CH-7 Money | * Amount of money in   words and figures   * Conversions * Addition and subtraction * Story sums | * Prepare toys like train, truck, house car etc. using waste materials depicting certain amount in each box   Role play |
| FEBRU  ARY | REVISION | | |
| MARC  H | FINAL EXAM | | |

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| SCIENCE | | | | |
| ***Mo nth*** | ***Top ic*** | ***Sub – Topic*** | ***Art Integration as per***  ***NEP 2020*** | ***Activities / Projects*** |
| APRIL | Ch-1 My | * Sense Organs Functions of Sense Organs | **Interdisciplinary NEP** | Prepare puppets of different sense |
|  | Body | **Activity** | organs. |
|  | Ch-2 | **Plant-I-Wore :** | **Sensitivity Test :** To taste, feel, |
|  | Plants | **Learners will be asked** | observe, hear and smell different |
|  | Around | **to dress up like any** | food items and identify the sense |
|  | Us  Parts of Plant Funct ions | **kind of plant and**  **speak a few lines on it. They will also paste**  **their picture in the notebook** | organ being used.  **Nature Walk** – To observe and identify different types of plants –  trees, shrubs, herbs, creeper and |
|  | of the |  | climber |
|  | main |  | **Prepare a flipbook** of different types |
|  | parts |  | of plants stating the basic differences |
|  | of a |  | between |
|  | plant |  | them. |
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|  | Features of plant |  |  |
| MAY | Ch- 3  Leaf  Ch – 4  Importa nce of Plants | Uses of Leaf Shedding of leaves Compost the leaves Uses of plants Ways to conserve plants | **Interdisciplinary NEP Activity**  Prepare a thank you card for your mother on Mother’s Day using different products obtained from plants  and recycled paper | **Leaf craft Activity** : To engage learners in shading of leaves, leaf printing and arranging of leaves to make animals, plants, etc.  **Lab activity** : To observe the stomata under the microscope and learn about its importance. |
| JULY | Ch-5 | Land Animals | **Interdisciplinary NEP** | * Make a collage of animals living in plains, deserts, forest and cold regions on an A4 size sheet.   Paste the images of animals on a physical map of India to show the habitat of respective animals |
|  | Animals | Water Animals Animal Behaviour Classification of animals | **Activity**  Make a sketch of an animal using shapes  and different items |
|  |  |  | readily available in |
|  |  |  | their surroundings |
|  |  |  | specifying its habitat |

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|  |  |  | and behaviour as learnt in  Prepare a mask of animals to play a game “Guess My Name” where the  team would give hints about feeding habits(what and how they eat), habitats and other feature of the respective animal learnt in **English and**  **Science** |  |
| AUG UST | Ch-6  Feeding Habits of Animals | Feeding habits of different animals Care of animals |  | **“Sort and Stick Activity”** to sort chits of names of different animals and stick them under the respective column as per their feeding habit. Write a story for your friend to teach him/her about different animals specifying about their Habitat, Characteristic features, and feeding habits(what they eat  and how they eat). |
| OCTO BER | Ch-7  Birds and their Nests | Special features of birds  Nests of Birds Nesting Habits of different Birds Migration in Birds | **Interdisciplinary NEP Activity**  **How do birds fly :** The learners will be comparing the flying techniques of airplanes and birds.  Also they will be asked to make planes in class as per their learning of the same  in craft classes. | Prepare a nest of a particular bird and speak a few lines about its nesting habits.  Prepare picture cards of different birds including migratory birds and their nests to match with the help of a given hint or riddle. Paste the same matches in your notebook |
| NOVE MBE R | Ch-8  Food | Food from Plants Food from Animals  Food and Age | Interdisciplinary NEP Activity  Organizing a cultural food fest to promote learning of traditional  food, balanced diet, | **Culinary skills : Cooking without fire** Prepare black gram/green gram salad or vegetable sandwich to learn about different parts of food used as food  items and importance of eating healthy food. (As Activity in notebook |

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|  |  |  | nutrients available in the food, different parts of plants eaten as food, utensils and methods used in preparing the food and importance of healthy food over junk food as per the learning of the learner in **Science and Social**  **Science** | as well.) |
| DECE MBE R | Ch-9  Cooking and eating Habits | Methods of Cooking Food Cooking Utensils |  | **Tabulate the different food items according to their method of cooking, utensil used and the state in which it is mostly eaten with the**  **help of pictures** |
| JANU ARY | Ch-10  Water | Natural Sources of Water Local Sources of Water Rivers and Seas of India Utility Of Rivers |  | **Paste pictures of different water sports .**  **Map Work :**  **Mark the rivers on the Political Map of Rivers Of India and also show the**  **dams built on them** |
| FEBR  UARY | **REVISION** | | | |
| MAR  CH | **FINAL EXAM** | | | |

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| ***SOCIAL SCIENCE*** | | | |
| ***Month*** | ***Topic*** | ***Sub – Topic*** | ***Activities / Projects*** |
| APRIL | L – 1 The Family L – 2 Family Similarities | Nuclear Family   * Identical Twins * Fraternal Twins | Puppet making.   * Students will be asked to paste the photograph of their brother / sister and   write any one similarity and  dissimilarity. |
| MAY | L – 3 Our Food | Special dishes of different states.   * Vegetarian Food | Organizing a cultural food fest to promote learning of traditional food,  balanced |

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|  |  | * Non – Vegetarian Food | | diet, nutrients available in the food, importance of healthy food over junk food.   * Make your own balanced meal   plate! Show healthy food VS Junk food |
| JULY | L – 4 Our Dresses L- 5 The Early Man | Dresses of different states will be discussed   * Dress, Food,Shelters   & profession of Early Man | | Crossword   * Children will make tools of Early Man with clay |
| AUGUST | L – 6 Learning About Works  L – 7 If you Believe,  You  can, You Will | Different occupations   * Metro-man * Formal Training * In-Formal Training * Information about Dr.   A.P.J. Abdul Kalam   * Importance of   Education   * Child Labour | | Make a tabular pictorialchart of occupations whichrequire and do not requireformal training.   * Role play of different   occupations.   * On an A-4 size sheet   paste the pictures of Dr.A.P.J. Abdul Kalam andwrite 5 lines about him.   * Prepare a poster on Child   Labour and RTE. |
| SEPTEM  BER |  | | | |
| OCTOBE R | L – 8 Let Us Enjoy L – 9 Our Homes | Indoor Games   * Outdoor Games * Leisure Time * Hobbies of grown   ups   * Types of Homes * Materials used for   building Homes | Interview your elders about the leisure time activities played by them in their childhood.   * Paste / Draw pictures of different types of Homes. Also write the material   used to build them and mention the reason why they are built in that  particular area. | |
| NOVEM BER | L - 10 Beautiful Homes L – 11 Directions | Cleanliness of Homes   * Authorities responsible for garbage removal * How to keep a pet * Three R’s of Garbage disposal * Importance of   Directions   * Cardinal Directions | Poster on three R’s Observation activity-Dhruv Tara | |

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|  |  | * Compass |  |
| DECEMB ER | L – 12 Conquering distances  L - 13 Closing Distances | Invention of wheel   * Means of Transport * Story of Airplane * Communication * Verbal and   Non-Verbal   * Different means of   Communications. | Travel on hand activity.   * Design a postcard |
| JANUAR Y | L – 14 I am Proud to be  an Indian | Different types of Landforms.   * Seasons, rivers,   dances, etc | A pictorial representation of landforms and national symbols of India |
| FEBRUA  RY | Revision | | |
| MARCH |  | | |

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| GENERAL KNOWLEDGE | | |  |  |  |
| MONTH | TOPIC | ACTIVITY | MONTH | TOPIC | ACTIVITY |
| APRIL | Language & Literature current  Affairs | Language Games | OCTOBER | Art and culture  Current Affairs | Project- Temples of  India |
| MAY | Environment  Around | Video Clippings | NOVEMBER | Math Magic | Mathematical  Tricks |
| JULY | Environment Around | Quiz | DECEMBER | Sports and Games  Current Affairs | Quiz |
| AUGUST | World Around | Worksheets | JANUARY | Sports and Games  Current Affairs | Worksheets Project-Sports |
| SEPTEMBER |  |  | FEBRUARY | Revision |  |
|  |  |  | MARCH |  |  |

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| Computer | | | | | |
| MONTH | TOPIC | ACTIVITIES AND  PRACTICALS | MONTH | TOPIC | ACTIVITIES AND  PRACTICALS |
| APRIL | L-1 Getting Started | Activities given in the book  (Pg No.2,3,7,8,10,12,13) | OCTOBER | L-5 Know the Keyboard | Activities given in the book  (Pg No.48,49,51,52,) |
| MAY | L-7 Tux Paint | Activities given in the book  (Pg No. 71,72,74,76,78,82)  Draw a hut and solar system in Tux Paint. Create a scenery on  Tux Paint | NOVEMBER | L-5  (Continued) | Activities given in the book  (Pg No.54,55) |
| JULY | L-2  Fundamentals of  computer | Activities given in the book  (Pg No.15,17,18,23,24,25) | DECEMBER | L-6 Using the Icons | Activities given in the book  (Pg No.58,59,62,63,64) |
| AUGUST | L-3 Keyboard  –I  L-4 Touch Typing :Play with Text Editor | Activities given in the book  (Pg No.28,30,31,32,34,35)  Activities given in the book  (Pg No.41,42,44)  Hand Impression of both hands on A4  sheet | JANUARY | L-8 Use Safe: Precaution while using of computer | Activities given in the book  (Pg No. 85,86,87,89,90) |
| SEPTEMBER |  |  | FEBRUARY | Revision |  |

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| Music | | | | | |
| Month | Topic | Activities | Month | Topic | Activities |
| April | Gayatri mantra with meaning and school prayer | 1. 'ऊिं भूभभुि: स्ि: तत्सिितभिुरेण्यिंभगो देिस्यधीमहह  ।धधयोयोन: | October | Song on unity Bhajan | 1. We are one but we are different |
|  |  | प्रचोदयात ्˛।। |  |  |  |
|  |  | 2. ब्् ्े सिुरक्षक  प्राणों के |  |  |  |
|  |  | प्राण……..शभभ कमों |  |  |  |
|  |  | में |  |  |  |
|  |  | प्रेररत करो। |  |  |  |
|  |  | (meaning) |  |  |  |
|  |  | 3. ओम वि श्िावि |  |  |  |
|  |  | देब्् ्ा… पारा सुब््  ्ा. |  |  |  |
|  |  | 4. ओम वि रण्यगर |  |  |  |
|  |  | ्ा्˛ ्ा….. वि धेम,. |  |  |  |
| May | Alankar | 1. सा रेगा मा पा धा तन सा.  2. सा सा रे रे गा गा मा मा,...  3. सा रे गा , रे गा  मा ग... | November | Folk song | PUNJABI |
| July | Motivational Song National  Anthem | 1. तुम समय की रेत पर छोड़तेचलो | DECEMBER | WELCOME SONG |  |
| August | Patriotic song |  | JANUARY | FOLK SONG | HARYANVI |
| SEPTEMBER |  |  |  |  |  |
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| ART AND CRAFT | | | | | |
| MONTH | STEP BY STEP | CRAFT | MONTH | STEP BY STEP | CRAFT |
| APRIL | Page no . 2 – 6 | Origami- Duck and Fish | OCTOBER | Page no. 22 - 25 | Rangoli, Paper  Craft activity- Diya |
| MAY | Page no. 7 - 10 | Paper quilling- (Name,  Mother’s Day  Card | NOVEMBER | Page no. 26 – 29 | cotton Activity, Paper Craft activity |
| JULY | Page no .  11 – 16 | Clay Modeling-  Shark, Sparrow | DECEMBER | Page no.  30– 33 | Butterfly and  flowers |
| AUGUST | Page no.  16 – 21 | Book Mark,  National Flag | JANUARY | Page no.  34 - 38 | BEST OUT OF  WASTE |
| SEPTEMBER |  |  | FEBRUARY | Page no.  39 , 40 | POSTER  MAKING |
|  |  |  |  |  |  |

**PHYSICAL EDUCATION**

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| **Month** | **Activity** | **Outcome** |
| April-May | Athletics (hurddle races & zig zag races), Net ball games (throw ball) | To improve strength, endurance &coordination  To improve throwing skill, catching &coordination |
| July-August | Quick games(run with bat), Arch ball chase (like base ball style) | To improve speed &endurance  To improve agility &speed |
| September- October | Intercepting the ball(2 against 1), Three court dodge ball | To improve jump &legs strength  To improve motor development & alertness |
| November- December | Rellay races(pass the ball between legs & over head), Shuttle race | To improve speed and coordination  To improve agility & speed |
| January- February | Skipping rope (race with skipping & jump), Aerobics | To improve lower body strength  To improve body coordination & endurance |