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 WORLDPoem - 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 HedgehogL – Arjuna’s Friends and the Forest (Reading)L - Amazing Animals and Birds (TapeScript) | 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
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| JULY | UNIT- 2 : NATURE CARESL – The God of the RiverPoem - Trees Are the Kindest Things I knowL- Minu and Dino (Reading)L – TreesL – Chipko | Replacing WordsNumbers Rearrang e the words to make meaningf | Paragraph:Importance of treesPicture 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- HarmfulEffects of Poly Bags (Tape Script) | ul sentence s |  |  |
| AUGU ST | UNIT – 3 REGARD FOR VALUESL – Nina is the WinnerPoem : 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 Integration1. . Make a thank you card for your friend and express your love for him/her in your own words
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| SEPTE MBER | Half yearly exam |  |  |  |
| OCTO BER | L- Krishna And SudamaL-The Plate of Gold (Tape Script) | VerbsPrepositio ns | Paragraph: My Best Friend | Art IntegrationMake a friendship band for your best friend using readily available material1. 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)
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| NOVE MBER | UNIT-4 ADVENTUREL - Man Learns to Fly Poem : ‘The Key’ | Articles – use of a, an and the Sentences | Letter writing Paragraph : A visit to an | Art Integration1. 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.
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| DECEM BER | L- The Magic Room (Reading)L : Florence Nightingale(Reading) | Seen Passage from the L- The Magic Room Reading for understanding | 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) | WritingSkill (Pg- 75-80) |  |  |
| FEBRUARY | REVISION |
| MARCH | FINAL EXAMINATION |

हहिंदी

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

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| मास | उपविषय | व्याकरण | रचनात्मक क्रिया औरगततविधधयााँ |
| अप्रैल – मई | पाठ 1 भोलू भुलक्कड़पाठ 2 चतुर कौिा पाठ 3 हाथी और धचड़ड़या | स्िर, व्यिंजन , सिंज्ञा,तुकािंत , समानाथी शब्द , िचन, ललिंग बदलो , शब्दतनमााण , 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 | स्िच्छताSDG 14 – पानी में जीिन SDG 4 – गुणितापूणा लशक्षा SDG 15 - थलीय जीिों कीसुरक्षा |
| जुलाई | पाठ 4 चीिंटी ने पाठ पढ़ायापाठ 5 बहादुर दोस्तपाठ 6 घमिंडी मक्खीपाठ 7 दादाजी प्रथम मालसक परीक्षा | सिंज्ञा , क्रिया, मुहािरे , ललिंग,िचन और विलोमशब्द , 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 सुरक्षाSDG 16 – शािंतत न्याय औरमजबूत सिंस्थानSDG 11 – असमानताओिं में कमीSDG 12 – शाब्न्त न्याय औरसशक्त सिंस्थाएिं |
| अगस्त | पाठ 8 अगर पेड़ भी चलते होतेपाठ 9 गीत का कमालपाठ 10 बूझो तोजानो | तुकािंत शब्द विराम धचह्न ललिंग , िचन और विलोम शब्द | छात्र सूखी पवियों को इकठ्ठा करके उसके पीछेरिंग लगाकर कागज पर तरह तरह के ड़डज़ाइन बनाएिंगे | SDG 15 – जमीन पर जीिनSDG 13 – जलिायु पररितान |
| लसतम्बर | अधािावषाक परीक्षा |  |  |

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| अक्टू बर | पाठ 11 चिंू – चिंू की टोपीपाठ 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 खुशहालीSDG 3 - गुणितापूणा लशक्षा |
| निम्बर | पाठ 13 ऐसे थे लाल बहादुर शास्त्री पाठ 14 सबसे बड़ा मूखा | विराम धचह्न ,सिंज्ञा , क्रिया और विशेषणर के विलभन्न प्रयोग , समानाथी शब्द और मुहािरे | छात्र समूह में नाटक प्रदशान करेंगेSDG 4 - गुणितापूणा लशक्षा SDG 8 – उत्कृ ष्ट काया ि आधथाक िृद्धधSDG 10 – असमानता में कमीSDG 17 – लक्ष्य प्राब्तत मेंसामूहहक साझेदारी |
| हदसम्बर | पाठ 15 बुआ का पत्रपाठ 16 सिाली | पयाायिाची शब्दऔर उपसगा अनोपचाररक पत्र | SDG 7- प्रदूषण मुक्त डबिाली बनाने में आपकाक्या क्या योगदान होगा | |

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|  | राम |  | SDG 17- लक्ष्य हेतु भागेदारी SDG 4 – गुणितापूणा लशक्षा SDG 14 – जलीय जीिों की सुरक्षाSDG 15 – पृ्िी पर जीिनSDG 13 – जलिायु पररितान |
| जनिरी | िावषाक परीक्षा हेतुपुनरािृतत |  |  |
| फरिरी | िावषाक परीक्षाआयोब्जत होगी |  |  |

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| ***MATHEMATICS*** |
| ***Month*** | ***Topic*** | ***Sub – Topic*** | ***Art Integration******Activities Related******to NEP*** |
| APRIL | Ch-1 Numbers upto 9999Ch-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
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| MAY | Ch. -3 SubtractionCh-4Multiplication 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 LengthMultiplication 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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|  | GeometryMultiplication 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?ORMake 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
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| SEPTEMBER | HALF YEARLY EXAM |
| OCTO BER | Ch-11 FractionsCh-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 usingmultiplication tables |  |
| NOVE MBER | Ch.- 5 Division | * Terms used in division
* Long division methods Division by remainder

Division by threedigit 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.
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| 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 |
| FEBRUARY | REVISION |
| MARCH | 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 |
|  | UsParts 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. |
|  | Class |  |  |
|  | ificati |  |  |
|  | on of |  |  |
|  | plant |  |  |
|  | s |  |  |
|  | Features of plant |  |  |
| MAY | Ch- 3LeafCh – 4Importa 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 plantsand 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 shapesand different items |
|  |  |  | readily available in |
|  |  |  | their surroundings |
|  |  |  | specifying its habitat |

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|  |  |  | and behaviour as learnt inPrepare a mask of animals to play a game “Guess My Name” where theteam 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-6Feeding 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 eatand how they eat). |
| OCTO BER | Ch-7Birds and their Nests | Special features of birdsNests 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 samein 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-8Food | Food from Plants Food from AnimalsFood and Age | Interdisciplinary NEP ActivityOrganizing a cultural food fest to promote learning of traditionalfood, 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 fooditems 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-9Cooking 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-10Water | 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** |
| FEBRUARY | **REVISION** |
| MARCH | **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 anddissimilarity. |
| 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 WorksL – 7 If you Believe,Youcan, 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. |
| SEPTEMBER |  |
| 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 thatparticular 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
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| DECEMB ER | L – 12 Conquering distancesL - 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 bean Indian | Different types of Landforms.* Seasons, rivers,

dances, etc | A pictorial representation of landforms and national symbols of India |
| FEBRUARY | Revision |
| MARCH |  |

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| GENERAL KNOWLEDGE |  |  |  |
| MONTH | TOPIC | ACTIVITY | MONTH | TOPIC | ACTIVITY |
| APRIL | Language & Literature currentAffairs | Language Games | OCTOBER | Art and cultureCurrent Affairs | Project- Temples ofIndia |
| MAY | EnvironmentAround | Video Clippings | NOVEMBER | Math Magic | MathematicalTricks |
| JULY | Environment Around | Quiz | DECEMBER | Sports and GamesCurrent Affairs | Quiz |
| AUGUST | World Around | Worksheets | JANUARY | Sports and GamesCurrent Affairs | Worksheets Project-Sports |
| SEPTEMBER |  |  | FEBRUARY | Revision |  |
|  |  |  | MARCH |  |  |

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| Computer |
| MONTH | TOPIC | ACTIVITIES ANDPRACTICALS | MONTH | TOPIC | ACTIVITIES ANDPRACTICALS |
| 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 onTux Paint | NOVEMBER | L-5(Continued) | Activities given in the book(Pg No.54,55) |
| JULY | L-2Fundamentals ofcomputer | 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–IL-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 A4sheet | 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 ्े सिुरक्षकप्राणों के |  |  |  |
|  |  | प्राण……..शभभ कमों |  |  |  |
|  |  | में |  |  |  |
|  |  | प्रेररत करो। |  |  |  |
|  |  | (meaning) |  |  |  |
|  |  | 3. ओम वि श्िावि |  |  |  |
|  |  | देब्् ्ा… पारा सुब्््ा. |  |  |  |
|  |  | 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 गामा ग... | November | Folk song | PUNJABI |
| July | Motivational Song NationalAnthem | 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, PaperCraft activity- Diya |
| MAY | Page no. 7 - 10 | Paper quilling- (Name,Mother’s DayCard | 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 andflowers |
| AUGUST | Page no.16 – 21 | Book Mark,National Flag | JANUARY | Page no.34 - 38 | BEST OUT OFWASTE |
| SEPTEMBER |  |  | FEBRUARY | Page no.39 , 40 | POSTERMAKING |
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**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 &coordinationTo improve throwing skill, catching &coordination |
| July-August | Quick games(run with bat), Arch ball chase (like base ball style) | To improve speed &enduranceTo improve agility &speed |
| September- October | Intercepting the ball(2 against 1), Three court dodge ball | To improve jump &legs strengthTo improve motor development & alertness |
| November- December | Rellay races(pass the ball between legs & over head), Shuttle race | To improve speed and coordinationTo improve agility & speed |
| January- February | Skipping rope (race with skipping & jump), Aerobics | To improve lower body strengthTo improve body coordination & endurance |