

Class - I
Books Recommended

Subject	Name of the Book	Publishers
English	1. Marigold Book-I	NCERT
	2. Essentials of English Grammar and composition	Sultan Chand
	3. Grafalco English Comprehension-1	Grafalco Navneet Education Ltd.
	4. Extended Reading 1. Goldi Locks and three bears 2. My Bed Time Stories	AUP V. Connect
Maths.	Work Book of Maths	Heuristic Publishers
E.V.S.	An Excellent Approach to Environmental Studies	Pioneer Traders
Punjabi	1. ਰਿਸ਼ਮਾਂ (ਸ਼ਬਦ ਬੋਧ)	SP Books
	2. ਪੰਜਾਬੀ ਬਾਲ ਗੀਤ	ਪੇਸਮੇਕਰ
G.K.	General Knowledge	Vibgyor
Art	Colours and Craft	Viva
Computer	Computer Era-1	Era Education Books
Phy.Edu		

ENGLISH

PERIODIC TEST - 1 (April - May)

Note : Knowledge of Grammar topics done in previous class is must.

Reader

Unit Name of the Lesson

1. Three Little Pigs
2. The Bubble, The Straw and The Shoe

Poem

Unit

1. A Happy Child
2. After A Bath (*Poem for Recitation*)

Grammar

L.No. Name of the Lesson

11. Is, Am, Are
7. This, That, These, Those
1. Naming Words
2. Special Names

Comprehension

L.N. Name of the Lesson

- L-1 Raghu's Toy
- L-3 Babu's Lamp
- L-5 The Sour Grapes

Note : Unseen Comprehension Passage will be given in the exam.

Composition : (Concepts related to stationery items)

- e.g.,
1. My Pencil
 2. My Eraser etc

Note : Unseen composition related to the concept will be given in the exam.

Extended Reading : Goldi Locks and three bears (*Pgs. upto 15*)

(1st-2)

- Oral**
1. Recitation of Poems
 2. Picture Conversation (unseen)
 3. Reading (unseen)
 4. Questions about some articles like table, chair, pencil etc. and general questions related to Extended Reading.

Distribution of Marks

Dictation :	05
Reader :	15
Grammar :	17
Composition :	08
Comprehension :	05
Total	50

PERIODIC TEST - 2 (July - September)

Note : Syllabus of P.T. - 1 will be included in P.T. - 2

Reader

Unit Name of the Lesson

3. Lalu and Peelu
4. Mittu and the yellow mango
5. Circle

Poem

Unit

3. One Little Kitten
4. Once I saw a Little Bird
5. Merry-Go-Round (*Poem for Recitation*)

Grammar :

- L-6 A, An, Or The
- L-4 He or She
- L-8 I, You, He, She, It
- L-9 We, You, They

Comprehension

L.N. Name of the Lesson

- L-6 A Good Deed

(1st-3)

- L-8 The Door Bell
- L-9 The Cunning Fox

Note : Unseen Comprehension Passage will be given in the exam.

Composition : (Concepts related to stationery items)

- e.g.,
1. My School Bag
 2. My Pencil Box etc

Note : Unseen composition related to the concept will be given in the exam.

Extended Reading : Goldi Locks and three bears

- Oral :**
1. Recitation of Poems
 2. Picture Conversation (unseen)
 3. Reading (unseen)
 4. Questions about some articles like table, chair, pencil etc. and general questions related to extended reading

Distribution of Marks

Oral :	20
Dictation :	10
Reader (Literature) :	25
Grammar :	30
Composition :	10
Comprehension :	05
Total Marks :	100

PERIODIC TEST - 3 (September - December)

Note : Grammar topics done in P.T.1 and P.T.2 will also be included in P.T.3

Reader

- | Unit | Name of the Lesson |
|------|----------------------------|
| 7. | Sundari |
| 8. | The Tiger and The Mosquito |

Poem

- | Unit | Name of the Lesson |
|------|--------------------|
| 6. | If I were an Apple |

(1st-4)

6. Our Tree
7. A Kite (*Poem for Recitation*)
8. A Little Turtle (*Poem for Recitation*)

Grammar :

L.N. Name of the Lesson

- L-10 Doing Words (Three Forms of Verb)
- L-12 Is, Are, Am + ing
- L-13 Has, Have
- L-3 One and More Than One
- L-5 Describing Words

Composition : (Concepts related to My Family)

- e.g.,
1. My Self
 2. My Mother etc

Note : Unseen composition related to the concept will be given in the exam.

Comprehension

L.No. Name of the Lesson

- L-11 A Child's Thoughts
- L-12 The Stolen Suitcase
- L-14 The String On Her Finger

Note : Unseen comprehension passage will be given in the exam.

Extended Reading :

- My Bed Time Stories (1 & 2)
- The Three Little Pigs
- The Wolf and The Dog

- Oral :**
1. Recitation of Poems
 2. Picture Conversation (unseen)
 3. Reading (unseen)
 4. Questions about your favourite teacher and extended reading

Note : Distribution of marks will be same as done in P.T.1

(1st-5)

ANNUAL EXAMINATION

(December - March)

Note : Grammar topics done in P.T.1, P.T.2 and P.T.3 will also be included

Note : Syllabus of P.T. - 3 will be included in Annual Examination.

Reader :

Unit Name of the Lesson

9. Anandi's Rainbow
10. The Tailor and his friend

Poem

Unit

9. Clouds
10. Flying man (*Poem for Recitation*)

Grammar :

- L-14 In, on, under, near
L-15 Sentences
L-16 Capital Letters
L-17 Understanding Words

Comprehension

L.No. Name of the Lesson

- L-15 Who Wins The Race
L-17 A Witty Answer
L-18 David and The Caterpillar

Note : *Unseen Comprehension Passage will be given in the exam.*

Composition : (Concepts related to My Family)

- e.g., 1. My Brother
2. My Aunt etc

Note : *Unseen composition related to the concept will be given in the exam.*

Extended Reading : My Bed Time Stories (1, 2 & 3)

- Oral**
1. Recitation of Poems
 2. Picture Conversation (unseen)
 3. Reading (unseen)
 4. Questions about your favourite teacher and extended reading

Distribution of Marks will be same as in Periodic Test - 2

(1st-6)

MATHS

Note : Topics which are not in the book will be done as guided by the teacher.

PERIODIC TEST - 1

(April - May)

1. Counting (upto -1000) Dodging lines
2. Skip Counting
3. Number System
4. Tables (0-8)
5. Addition sums (with + without carrying)
6. Subtraction sums (with + without borrowing)
7. Draw and Colour and Recognise the following shapes :
(Circle, Semi-Circle, Square, Rectangle, Triangle)

Activity :

1. Prepare the landscape using all the basic shapes.
2. Ascending and Descending order of three digit numbers.

Oral : Tables (0-8), table dodging (0-8), what comes after, before and between, shapes.

Distribution of Marks

Maximum Marks : 50 (45+5 Mental Ability)

PERIODIC TEST - 2

(July - September)

Note : *Syllabus of P.T. - 1 will be included in P.T. - 2*

1. Counting (upto -2000) Dodging lines
2. Multiply sums (with + without carrying) (e.g. 26×7)
3. Draw and colour + Recognise the following shapes (circle, semi-circle, square, rectangle, triangle, cone)
4. Tables (0-9)

Activity :

Multiplication of tables

(1st-7)

Oral : Tables (0-9), Table dodging (0-9), What comes after, before and between, shapes, general questions related to concepts.

Distribution of Marks

Oral :	10
Written :	90 (80+10 mental ability)
Total:	100

**PERIODIC TEST - 3
(September - December)**

Note : *Syllabus of P.T. - 1 and P.T. - 2 will be included in P.T. - 3*

1. Counting (upto -2500), Dodging lines
2. Number system
3. Tables (0-11)
4. Division sums (table 0-9)
5. Statement sums (addition + subtraction)
6. Money
7. Draw and Colour + Recognise the following Shapes
(Circle, Semi-Circle, Triangle, Square, Rectangle, Cone, Cylinder.)

Activity :

1. Show that division is a repeated subtraction (through pictures)
2. Show addition and subtraction of money using fake notes and coins.

Oral : Tables (0-11), Table dodging (0-11), What comes after, before, between, Shapes, General Questions related to concepts.

Distribution of Marks

Maximum Marks : 50 (45+5 Mental Ability)

**ANNUAL EXAMINATION
(December - March)**

Note : *Syllabus of P.T. - 1, 2 & 3 will be included in Annual Examination.*

1. Counting (upto -3000) Dodging lines
2. Ordinal Numbers (1 - 10)
3. Time

Activity :

Paste pictures of clocks and write the time

Oral : Table (0-11), Table dodging (0-11)

What comes after, before and between,
Shapes

General questions related to concepts.

Distribution of Marks

Oral :	10
Written :	90(80+10 mental ability)
Total:	100

EVS

PERIODIC TEST - 1

(April - May)

Ch.-No.	Name of the chapter
---------	---------------------

C-2	Our Body Parts
C-3	Our Sense Organs
C-4	Our Clothes

Oral : Reading, Difficult Words, Question/Answer related to back exercise.

Note : Chapters will be explained through audio visual aids.

- Activity :**
1. Paste the pictures of clothes of different states.
 2. Paste the pictures of different sense organs and write the various activities they help us to perform.

Distribution of Marks

Maximum Marks : 50

PERIODIC TEST - 2

(July - September)

Note : Syllabus of P.T. - 1 will be included in P.T. - 2

Ch.-No.	Name of the chapter
---------	---------------------

C-5	Our Food
C-6	Keeping Healthy And Fit
C-7	Safety Rules
C-9	Necessity of A Home

Oral : Reading, Difficult Words, Question/Answer related to back exercise.

Note : Chapters will be explained through audio visual aids.

Activity :

1. Draw or paste the picture of :
(a) three things in your kitchen (b) three things in your bedroom (c) three things in your bathroom

(1st-10)

2. Draw, colour and label the 'Traffic Light'.

Distribution of Marks

Written:	90
Oral :	10
M.M.:	100

PERIODIC TEST - 3

(September - December)

Ch.-No.	Name of the chapter
---------	---------------------

C-10	Our Neighbourhood
C-11	People and Their Occupations
C-13	Plants Around Us
C-14	Animals Around Us

Oral : Reading, Difficult Words, Question/Answer related to back exercise

Note : Chapters will be explained through audio visual aids.

Activity

1. Role play on 'Our Helpers'
2. Quiz on different types of animals.

Distribution of Marks

Maximum Marks : 50

ANNUAL EXAMINATION

(December - March)

Note : Syllabus of P.T. - 3 will be included in Annual Examination.

Ch.-No.	Name of the chapter
---------	---------------------

C-15	Food and Shelter of Animals
C-16	Means of Transport
C-19	The Sky Above Us

(1st-11)

Oral : Reading, Difficult Words, Question/Answer related to back exercise.

Note : Chapters will be explained through audio visual aids.

Activity

1. Quiz on different means of transport.
2. Collect the pictures of different animals and their home.
Paste these pictures in your notebook.

Distribution of Marks

Written:	90
Oral :	10
M.M.:	100

PUNJABI

PERIODIC TEST - 1

(April - May)

1. Varanmala ਓ ਤੋਂ ਵ।
2. Draw and Colour
3. Recognise the Pictures
4. Fill in the Blanks
5. Matching
6. Circle the odd one out
7. Circle the right Letter for the given picture
8. Dictation
9. After/Before/Between

Oral : Poems :

ਅਰਦਾਸ, ਆਏ ਬੱਦਲ, ਜੀ ਕਹੋ

Reading of book :

Pages : 3, 4, 5

Distribution of Marks

Written:	20
Dictation :	05
Total:	25

PERIODIC TEST - 2

(July - September)

Note : Syllabus of P.T. - 1 will be included in P.T. - 2.

1. Varanmala [ਓ ਤੋਂ ਝ] with all concepts
2. Draw and Colour

2. Recognise the pictures
4. Fill in the Blanks
5. Matching
6. Dictation

Oral: Poems :

ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ, ਗੁਲਾਬ ਦਾ ਫੁੱਲ, ਤੋਤਾ, ਫਲ ਖਾਓ

Reading of book :

Pages 2 to 9

Conversation (ਵਾਰਤਾਲਾਪ) : General Questions

Distribution of Marks

Oral :	10
Dictation :	10
Written:	30
Total:	50

**PERIODIC TEST - 3
(September - December)**

Note : Syllabus of P.T. - 1, 2 will be included in P.T. - 3.

1. Varanmala ਓ - ਲੁ
2. ਦੋ ਮੁਕਤਾ, ਤਿੰਨ ਮੁਕਤਾ (words and sentences)
3. Draw and colour
4. Recognise the pictures
5. Matching
6. Fill in the Blanks
7. Circle the right word
8. Make the right word
9. Write in correct order
10. Write any five (ਦੋ, ਤਿੰਨ, ਮੁਕਤਾ ਸ਼ਬਦ)
11. Dictation

(1st-14)

Oral: Poems :

1. ਚਾਬੀ ਵਾਲੀ ਕਾਰ
2. ਗੁਬਾਰੇ
3. ਚੀਜ਼ੀ ਵਾਲੇ ਅੰਕਲ
4. ਮੇਰੀ ਘੜੀ

Reading of book :

Pages 2 to 26

Distribution of Marks

Written:	20
Dictation :	05
Total:	25

**ANNUAL EXAMINATION
(December - March)**

Note : Syllabus of P.T. - 1, 2, 3 will be included in Annual Examination.

1. Varanmala ਓ ਤੋਂ ਲੁ
2. ਦੋ ਮੁਕਤਾ, ਤਿੰਨ ਮੁਕਤਾ, ਚਾਰ ਮੁਕਤਾ (words and sentences)
3. Draw and colour
4. Recognise the pictures
5. Matching
6. Fill in the Blanks
7. Circle the right word
8. Make the right word
9. Write in correct order
10. Write any five (ਦੋ, ਤਿੰਨ, ਚਾਰ ਮੁਕਤਾ ਸ਼ਬਦ)
11. Dictation

(1st-15)

Oral: Poems :

5. ਫੁੱਲ 6. ਮਾਂ 7. ਮੇਰੀ ਪਤੰਗ

Reading of book :

Pages 2 to 32

Conversation (ਵਾਰਤਾਲਾਪ) : General Questions

Distribution of Marks

Oral :	10
Dictation :	10
Written:	30
Total:	50

* Varanmala (ੳ - ਲ) formation pattern is at the last page of the syllabus.

G. KNOWLEDGE

PERIODIC TEST - 1

(April - May)

Chapters : 1 to 12

Topic - BRING LIFE STYLE CHANGES

Main Idea :

Health and hygiene are practices of keeping yourself and your surroundings clean in order to prevent illness or disease.

Objectives :

- * To explore the importance of personal hygiene.
- * To understand the ways in which personal hygiene can be maintained.
- * To explore the benefits of following good hygiene practices.

Story :

Sunny was very happy. His teacher announced that they would be going for a picnic the next day. He gave this good news to his mother after reaching home. His mother served him lunch and Sunny started eating without washing his hands. In the evening too he ate an apple without washing it as he was in a hurry to pack his bag for the picnic. Suddenly at night he started throwing up and developed a stomach-ache. The doctor was called and he told the parents that Sunny had a severe stomach infection. His mother told him that this happened because he was not in the habit of washing his hands or even fruit before eating. Sunny missed the picnic but he realized the importance of health and hygiene.

ACTIVITIES

Activity-1

- * Chorus recitation with action.

- * This is the way we brush our teeth, early in the morning.
- * This is the way we comb our hair, early in the morning.
- * This is the way we take a bath, early in the morning.

Activity-2

Let the students check each other's nails in the class. Make hygiene/cleanliness monitors.

Distribution of Marks

M. Marks: 25

PERIODIC TEST - 2 (July - September)

Note : Syllabus of P.T. - 1 will be included in P.T. - 2

Chapters : 13 to 25

Topic - BRING LIFE STYLE CHANGES

Activity-3

Make a list of things which help you to maintain your personal hygiene.

Activity-4 (Role Play)

How can I maintain good personal hygiene ?

Distribution of Marks

M. Marks: 50

PERIODIC TEST - 3 (September - December)

Chapters : 26 to 37

Topic - LET US BE OF HELP TO OTHERS

Main Idea :

Helpers are people who extend support to improve a situation, a resolve a problem or lend assistance when needed.

Objectives :

- * To identify qualities that are present in 'helpers'.
- * To explore the ways in which 'helpers' help others.

(1st-18)

- * To understand the ways in which we can become 'helpers.'

Story :

Rohan was in a habit of doing things that most children don't do. When he saw someone carrying a load of books, he would carry some for them. Rohan would help old people climb stairs whenever he saw them facing a problem while doing so. He would also pick up wrappers littered around in the classroom and throw them in the dustbin to make sure that the place was clean. He would carry shopping bags for his mother so that she was comfortable. One day his mother stopped him and said, "Rohan, may God bless you. You help others and you are a good boy. That is very special about you." Rohan was so happy that he smiled all day long.

ACTIVITIES

Activity-1

Ask students to think of examples where they have seen helpers at work.

Activity-2

Guide the students to make a "Thank You" card for a soldier who protects the nation's borders. Encourage them to present it with a big smile.

Distribution of Marks

M. Marks: 25

ANNUAL EXAMINATION (December - March)

Note : Syllabus of P.T. - 3 will be included in Annual Examination.

Chapters : 38 to 50

Topic - LET US BE OF HELP TO OTHERS

Activity-3

Ask students about the duties of a traffic policeman.

Activity-4

Ask students to think of how can they become helper.

Distribution of Marks

M. Marks: 50

(1st-19)

COMPUTER

PERIODIC TEST - 1

(April - May)

L-1 Computer - A Smart Machine

L-4 Parts of a Computer

Distribution of Marks

Oral : 25

PERIODIC TEST - 2

(July - September)

Note : Syllabus of P.T. - 1 will be included in P.T. - 2

L-3 ON/OFF a Computer

L-6 Using a Mouse

Practical Includes :

- * Identification of different parts of computer.
- * Use of mouse buttons (pointing, clicking, dragging)

Distribution of Marks

Oral : 20

Practical : 30

Total : 50

PERIODIC TEST - 3

(September - December)

L-2 Uses of A Computer

L-5 Keyboard Basic

Distribution of Marks

Oral : 25

ANNUAL EXAMINATION

(December - March)

Note : Syllabus of P.T. - 3 will be included in Annual Examination.

L-7 Caring for Computers

L-8 Microsoft Paint

Practical Includes :

- * Draw hut, flag, sun, flower, tree, cartoon face, using rectangle tool, ellipse tool, line tool, brush tool, fill with color tool.
- * Typing 5 parts of computer, parts of body, fruits name using different keys of keyboard.

Distribution of Marks

Oral : 20

Practical : 30

Total : 50

ART

PERIODIC TEST - 1

(April - May)

1. Book Pages 3-8 of the book "Colours & Craft - 1"
2. **Drawing & Colouring** : A house, Fancy Car, Lonely Fish, Juicy Apple, Playful Kitten, Cute Penguin, Teddy Bear, Ship
3. **Activity** : Paper Folding

PERIODIC TEST - 2

(July - September)

1. Book Pages 9-20 of the book "Colours & Craft - 1"
2. **Drawing & Colouring** : Train, Aeroplane, Playful Fish, Flying Umbrellas, Balloons, Peacock, Scaly Snake, Colourful Rooster.
3. **Activity** : Collage Making

PERIODIC TEST - 3

(September - December)

1. Book Pages 21-32 of the book "Colours & Craft - 1"
2. **Drawing & Colouring** : Flowers, Tough Tortoise, Dotty Fish, Happy Dinosaur, Mister Snowman, Yummy Fruits, Ladybird, Hut
3. **Activity** : Pencil Shaving Art

ANNUAL EXAMINATION

(December - March)

1. Book Pages 33-44 of the book "Colours & Craft - 1"
2. **Drawing & Colouring** : Juicy Mango, Basket, Joker, Cute Hen, Flying Aeroplane, Colours, Butterfly, Stick figures
3. **Activity** : Clay Modelling

Note : Students will be assessed through their performance in the class.

(1st-22)

PHYSICAL EDUCATION

PERIODIC TEST - 1

(April - May)

Warming up : Jogging, Running, Free Hand Exercises, Stretching
Games/Athletics : Races (Different Types), Minor Games, Hunky Picking, Dodge the Ball, Hold the Ball and Walk, Yoga

HEALTH EDUCATION

Topic 1. Know Your Self

Activity : Medical check up by doctor height, weight, oral hygiene, blood group (etc.) Self awareness, related to sports.

Topic 2. Food and Nutrition

Activity : Research on Balanced Diet mandatory to bring nutritive item in the lunch box.

Topic 3. Hygiene

Activity : Record of vaccination, Picking up wrapper (Environment Day)

Topic 4. Physical Fitness

Activity : Yoga meditation, Meditative asanas (Yoga Day)
March for health (in the school)

Topic 5. Safety Measures

Activity : Ground Rules preparation, Travelling Independently, School places, Staff room, Office.

Topic 6. Behavioural and Life Skills

Activity : Control on emotions (in various activities)
Think Pair share (sports equipment)

PERIODIC TEST - 2

(July - September)

Warming up : Jogging, Running, Free Hand Exercises, Gen. & Specific Warming Up.

Games/Athletics : Races, Hop & Jump, Kho-Kho Basic, Passing & Catching the Ball, Yoga

(1st-23)

HEALTH EDUCATION

Topic 1. Know Your Self

Activity : Role Play on Body Parts, Counseling

Topic 2. Food and Nutrition

Activity : Dietary chart for a week, Discussion on food items, related to various sports activities

Topic 3. Hygiene

Activity : Importance of napkins hand towels, during lunch break, cleaning up of your play ground after the game.

Topic 4. Physical Fitness

Activity : Warming up and cooling down, Skipping and jumping

Topic 5. Safety Measures

Activity : Playing with fair manner, (each other) Importance of First Aid and treatment in different situation.

Topic 6. Behavioural and Life Skills

Activity : Personal development, Walking, Sitting (etc.) Learning to say 'No' and 'Thank You'.

PERIODIC TEST - 3 (September - December)

Warming up:

Jogging, Running, Free Hand Exercises, Stretching

Games/Athletics

Races (different types), Holding, Catching & Throwing the Ball, Dribbling, Frog Jump, Yoga

HEALTH EDUCATION

Topic 1. Know Your Self

Activity : Yoga & Meditation for 3 to 5 minutes Assanas, Surya Namaskara, Konasana, Badha Padamasana, Padahasata asna

Topic 2. Food and Nutrition

Activity : Role Play on different sports person say no to junk food.

Topic 3. Hygiene

Activity : Value based assembly in the play ground creating Sbramdoan club and checking

(1st-24)

Topic 4. Physical Fitness

Activity : Running, Jumping exercises before games, Drill marching, Left, Right, with the drum

Topic 5. Safety Measures

Activity : Safety measures in different sports field Importance of moving in the line

Topic 6. Behavioural and Life Skills

Activity : Personal development (over all), Behaviour changing in different responsibilities.

ANNUAL EXAMINATION (December - March)

Warming up:

Jogging, Running, Free Hand Exercises, Stretching

Games/Athletics

Races, Relay Races, Pair Race, Standing broad, Dribbling and Running, Yoga

HEALTH EDUCATION

Topic 1. Know Your Self

Activity : Movements of Body Parts

Topic 2. Food and Nutrition

Activity : Comparison between junk food and balanced food (group activities)

Topic 3. Hygiene

Activity : Cleanliness of your body, Good manners, Tie, Laces, Belt, Neck Tie etc.

Topic 4. Physical Fitness

Activity : Strength by pushing the wall, Speed in different races.

Topic 5. Safety Measures

Activity : Check the equipment before using, keep the things at proper place (balls)

Topic 6. Behavioural and Life Skills

Activity : Control on emotions in different moments.

Note : Teachers are advised to go through the school health manual and life skill manual before conducting the activity.

(1st-25)

ੳ - ਙ

ੳ ਆ ਐ ਐ ਐ

ਕ ਖ ਗ ਘ ਙ

ਚ ਛ ਜ ਝ ਞ

ਟ ਠ ਡ ਢ ਣ

ਤ ਥ ਦ ਧ ਨ

ਪ ਫ ਬ ਭ ਮ

ਯ ਰ ਲ ਵ ਸ਼

ਜ਼ ਙ ਗ ਙ ਗੰ

ੳ