

Class—2nd

Books Recommended

Subject	Name of book	Publishers
English	1. Marigold - 2	NCERT
	2. Essentials of English Grammar and Composition - 2	Sultan Chand & Sons Pvt. Ltd.
	3. Comprehension & More	Ratna Sagar Pvt. Ltd.
Extended Reading		
	4. The Story of Pinocchio	Amity University
	5. Bed Time Stories 5	V-Connect Education
Maths.	Together with New Mathematics-2	Rachna Sagar
EVS	Lets Understand Environment-2	Eduzone Publications Pvt. Ltd.
Punjabi	1. ਰਿਸ਼ਮਾਂ (ਪੰਜਾਬੀ ਪ੍ਰਵੇਸ਼ਕਾ)	S.P. Books
	2. ਆਲੇ-ਭੋਲਿਆਂ ਦੇ ਗੀਤ	Evergreen Publications (INDIA) Pvt. Ltd.
G.K.	Let's Find - 2	Mega World Publications
Computer	PruQuest Computers - 2	PruQuest Learning
Art	Colours & Craft	Viva Education
Physical Education.		—

ENGLISH

PERIODIC TEST - 1 (April - May)

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

Reader :

Unit	Name of Chapter
1.	Haldi's Adventure
2.	I Want

Poem :

1. First Day at School (For Recitation)
2. I am Lucky!
3. A Smile (For Recitation)

Comprehension :

1. Meena Likes School
2. The Clever Mouse

Unseen comprehension passage will be given in the exams.

Grammar :

L-No.	Name of the Chapter
1.	The Sentence
2.	Questions and Statements
3.	Jumbled Sentences
4.	Naming Words
5.	Special Names
6.	One and More Than One Forms of Verb (covered in the class)

Composition :

1. Concept of My Toys
(Car, Teddy Bear etc.)

Unseen composition related to concept will be given in the exams.

Picture Composition : Unseen

Extended Reading : The Story of Pinocchio upto pg. 25

Communication Topic : Questions based on extended reading and Places of your school.

Distribution of Marks

Dictation :	05
Reader :	15
Grammar :	12
Composition :	13
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 Chapter
3.	The Wind and The Sun
4.	Storm in the Garden
5.	Funny Bunny

Poem :

4. Rain
5. Zoo Manners (For Recitation)

Comprehension :

3. The One-Winged Shallow
5. The Kind Farmer
6. Selfless Aruni

Unseen comprehension passage will be given in the exams.

Grammar :

L-No.	Name of the Chapter
15.	Is, Are, Am
16.	Was, Were
17.	Have, Has
18.	Had
14.	Doing Words
19.	Go, Goes, Do, Does
20.	Is, are, am with ing form of doing words Forms of verb (covered in the class)

Composition :

1. Concept of My Pet
(Dog, Goat etc.)
3. Suppose you are Maulik, studying in class II in Preet International School. You have an urgent piece of work at home. Write an application to your Principal for leave.

Unseen composition related to concept will be given in the exams.

Picture Composition : Unseen

Extended Reading : The Story of Pinocchio upto (pg. 40)

Oral : Reading (unseen), Poems, Picture Conversation (unseen),
Questions based on Extended Reading and Places of your School.

Distribution of Marks

Oral	20
Dictation	10
Reader	20
Grammar	25
Application	07
Composition	08
Picture Composition	05
Comprehension	05
Total	100

PERIODIC TEST - 3 (September - December)

Note : Grammar topics done in P.T.-1 and P.T.-2 are also included.

Reader:

Unit	Name of the Chapter
6.	Curly Locks and The Three Bears
7.	Make it Shorter
8.	The Mumbai Musicians

Poems :

6. Mr. Nobody (For Recitation)
7. On My Blackboard I can Draw
8. I Am The Music Man

(2nd-4)

Comprehension :

Unit	Name of the Chapter
9.	The Tiger and The Traveller
10.	The Green Grocer's Horse
12.	Dussehra

Unseen Comprehension will be given in exams.

Grammar :

8. Describing words
9. Comparisons
7. 's
11. A, An, The
10. My, our, your, his, her, its, their
12. I, we, you, he, she, it, they
Forms of Verb (covered in the class)

Composition:

1. Concept related to Classroom Articles
(e.g., Almirah, Chalkboard etc.)
2. Suppose you are Ria studying in class II in Sunrise Public School, Jalandhar. Write an application to your Principal for Sick Leave.

Unseen composition related to concept will be given in the exams.

Picture composition : Unseen

Extended Reading : Bed Time Stories upto pg. 36

Communication Topic : Questions based on Extended Reading and Three main seasons

Distribution of Marks will be same as in Periodic Test - 1

ANNUAL EXAMINATION (December - March)

Note : Syllabus of P.T.-3 and Grammar topics done in P.T.-1 & P.T.-2 will be included.

Reader:

Unit	Name of the Chapter
9.	The Magic Porridge Pot

(2nd-5)

10. The Grasshopper and The Ant
- Poems :**
9. Granny Granny Please Comb My Hair (For Recitation)
10. Strange Talk

Comprehension :

Unit Name of the Chapter

13. Treasure in The Orchard
15. The Mighty Banyan

Unseen Comprehension will be given in exams.

Grammar :

13. Me, us, you, him, her, it, then
21. It happened yesterday
23. In, on, behind, under
24. And, but, or
25. What, who, where, which, when
22. Short Forms
26. Understanding words
Forms of Verb (Covered in the class)

Composition :

1. Concept related to School Helpers
(Peon, Gardener etc.)
2. Application (Sick Leave)

Unseen composition related to concept will be given in the exams.

Picture composition : Unseen

Extended Reading : Bed Time Stories upto Pg. 52

Oral : Reading (unseen), Poems, Picture Conversation (unseen),
Questions based on Extended Reading and Three main seasons

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

MATHEMATICS

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

PERIODIC TEST - 1

(April - May)

1. Counting (upto-6000) Dodging Lines
2. Tables (0-13)
3. Numbers upto 6000
4. Addition (upto 4 Digits)
5. Subtraction (upto 4 Digits)
6. Multiplication (upto 3 Digits) (e.g. 463 × single digit)
7. Division with Checking (Tables 0-5)

Activity : Ascending and Descending order of 4 digit numbers with flash cards.

Oral : Tables and Table Dodging (0-13)

Distribution of Marks

Written: 50 (45+5 mental ability)

PERIODIC TEST - 2

(July - September)

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

1. Money
2. Time
2. Solid shapes
4. Draw and Define : Straight Line, Square, Rectangle.

Oral : Tables (0-13), Table Dodging (0-13), Solid Shapes, Definitions, Time, General questions

Activity : Make a model of Clock.

Distribution of Marks

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

PERIODIC TEST - 3 (September - December)

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

1. Counting (upto 10000) Dodging Lines
2. Tables (0-15)
3. Numbers upto 10,000
4. Addition (upto 5 Digits)
5. Subtraction (upto 5 Digits)
6. Measurement of Length
7. Multiplication (upto 4 Digits) (e.g. $2678 \times$ single digit)
8. Measurement of Weight
9. Division with Checking (Tables 0-9)

Activity : Cut and Paste the pictures of different solid shapes on the note book. e.g : Ice-cream, Ball, Almirah etc.

Oral : Tables (0-15), Table Dodging (0-15), Time, Solid Shapes, definition and general question.

Distribution of Marks

Written:	50 (45+5 mental ability)
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ANNUAL EXAMINATION (December - March)

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

1. Measurement of Capacity
2. Draw and Define : Circle (with compass), Triangle
3. Fractions

(2nd-8)

Activity : Draw a circle then shade half, one fourth of it by using glaze paper.

Oral : Tables (0-15), Table Dodging (0-15), Solid Shapes, Definitions, Fractions, Time and general questions.

Distribution of Marks

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

(2nd-9)

EVS

PERIODIC TEST - 1

(April - May)

L.No. Name of the Chapter

- L-1 My Self
- L-2 My Body
- L-6 My House
- L-10 Festivals and Celebrations

Oral : Reading, Difficult words and question answers related to the chapters.

Activities :

1. To study the growth of sapling (from some chickpeas soaked in water)
2. Paste pictures of different external and internal parts of human body.
3. Draw and colour different types of houses.
4. Collect and paste pictures of various things used to keep the house clean.
5. Draw and colour the National Flag of India. Also write what do the colours of our National Flag signify.

Distribution of Marks

Written: 50

PERIODIC TEST - 2

(July - September)

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

L.No. Name of the Chapter

- L-3 My Family

(2nd-10)

L-7 Health and Safety

L-11 Time to Travel

L-14 Air, Water and Weather

Oral : Reading, Difficult words and question answers related to the chapters.

Activities :

1. Make a chart "Birthday Reminders" and write birth dates of your family members.
2. Draw and colour any 4-things used in a first-aid box.
3. Paste pictures of any 5-things that are not safe to play with.
4. Draw and colour various means of transport.

Distribution of Marks

Written 90

Oral 10

Total 100

PERIODIC TEST - 3

(September - December)

L.No. Name of the Chapter

L-4 Healthy Eating

L-8 Places In Our Neighbourhood

L-12 Time to Communicate

L-15 Our Green Friends

Oral : Reading, Difficult words and question answers related to the chapters.

Activities :

1. Collect and paste pictures of some healthy and junk foods.
2. Make your "Balanced Diet" chart and your menu of healthy lunch box for one week.

(2nd-11)

3. Prepare a list of the services (bank, hospital etc.) in your neighbourhood.
4. Draw any 3-means of communication.
5. Draw and colour the various parts of a plant.
6. Paste pictures of various types of plants (herbs, shrubs etc.)

Distribution of Marks

Written: 50

ANNUAL EXAMINATION

(December - March)

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

L.No. Name of the Chapter

L-5	Clothes We Wear
L-9	Our Helpers
L-13	Directions and Time
L-16	The Animal Kingdom

Oral : Reading, Difficult words and question answers related to the chapters.

Activities :

1. Draw and colour different types of clothes we wear.
2. Paste pictures of different people having different occupations (e.g., doctor, farmer etc.).
3. Prepare your own list of important days in your notebook.
4. Draw and colour the useful things we get from various animals.

Distribution of Marks

Written	90
Oral	10
Total	100

PUNJABI

PERIODIC TEST - 1

(April - May)

1. ਵਰਨਮਾਲਾ ਅਤੇ ਮੁਕਤਾ ਦੀ ਦੁਹਰਾਈ।
2. ਕੰਨਾ, ਸਿਹਾਰੀ, ਬਿਹਾਰੀ, ਮਾਤਰਾ।
3. ਸਬਜ਼ੀਆਂ ਦੇ ਨਾਮ।
4. ਖਾਲੀ ਥਾਵਾਂ ਭਰੋ, ਤਰਤੀਬਵਾਰ ਕਰੋ, ਸ਼ਬਦਾਂ ਨੂੰ ਸਹੀ ਕਰੋ।
5. ਸ਼ਬਦਾਂ ਨੂੰ ਪੂਰਾ ਕਰੋ, ਸਹੀ ਸ਼ਬਦ ਤੇ ਗੋਲਾ ਲਗਾਓ।
6. ਤਸਵੀਰਾਂ ਬਣਾਓ ਤੇ ਪਹਿਚਾਣੋ।
7. Dictation (ਬੋਲ ਲਿਖਤ)

Poem :

1. ਖੀਰ ਪੂੜੇ
2. ਮੇਰਾ ਸਕੂਲ ਬੈਗ
3. ਚੰਨ ਤਾਰੇ

Reading : ਮੁਕਤਾ, ਕੰਨਾ, ਸਿਹਾਰੀ, ਬਿਹਾਰੀ।

Distribution of Marks

Written	45
Dictation	05
Total	50

PERIODIC TEST - 2

(July - September)

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

1. ਔਂਕੜ, ਦੁਲੈਂਕੜ, ਅੱਧਕ ਮਾਤਰਾ।
2. ਫਲਾਂ ਅਤੇ ਰੰਗਾਂ ਦੇ ਨਾਂ।
3. ਖਾਲੀ ਸਥਾਨ ਭਰੋ, ਤਰਤੀਬਵਾਰ ਕਰੋ, ਸ਼ਬਦਾਂ ਨੂੰ ਸਹੀ ਕਰੋ।

4. ਸ਼ਬਦਾਂ ਨੂੰ ਪੂਰਾ ਕਰੋ, ਸਹੀ ਸ਼ਬਦ ਤੇ ਗੋਲਾ ਲਗਾਓ।
5. ਤਸਵੀਰਾਂ ਬਣਾਓ ਤੇ ਪਹਿਚਾਣੋ।
6. Dictation

- Poem :** 1. ਮੱਖਣ ਖਾਵੋ
2. ਮਾਸੀ ਮਾਸੜ
3. ਮੇਰੀ ਬੰਦੂਕ

Reading : ਮੁਕਤਾ ਤੋਂ ਅੱਧਕ।

Oral Topic : ਘੜੀ (ਪ੍ਰਸ਼ਨ ਉੱਤਰ), ਵਾਰਤਾਲਾਪ (General)

Note : ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਕਿਸੇ ਅਚਾਨਕ ਵਾਪਰੀ ਘਟਨਾ ਦਾ ਵਰਣਨ ਕਰਨ ਲਈ ਕਿਹਾ ਜਾਵੇਗਾ।

Distribution of Marks

Written	50
Dictation	30
Oral	20
Total	100

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

1. ਵਰਨਮਾਲਾ, ਮੁਕਤਾ, ਕੰਨਾ, ਸਿਹਾਰੀ, ਬਿਹਾਰੀ, ਔਕੜ, ਦੁਲੈਕੜ, ਅੱਧਕ।
2. ਲਾਂ, ਦੁਲਾਵਾਂ, ਹੋੜਾ, ਕਨੌੜਾ।
3. ਪੰਛੀਆਂ ਦੇ ਨਾਂ।
4. ਖਾਲੀ ਥਾਵਾਂ ਭਰੋ, ਤਰਤੀਬਵਾਰ ਕਰੋ, ਸ਼ਬਦਾਂ ਨੂੰ ਸਹੀ ਕਰੋ।
5. ਸ਼ਬਦਾਂ ਨੂੰ ਪੂਰਾ ਕਰੋ, ਸਹੀ ਸ਼ਬਦ ਤੇ ਗੋਲਾ ਲਗਾਓ।
6. ਤਸਵੀਰਾਂ ਬਣਾਓ ਅਤੇ ਪਹਿਚਾਣੋ।
7. Dictation

Poem :

1. ਭੂਆ ਫੁੱਫੜ
2. ਬੱਚੇ ਦੇਸ਼ ਪੰਜਾਬ ਦੇ
3. ਚੱਲੀਏ ਮੇਲੇ

Reading :

ਮੁਕਤਾ, ਕੰਨਾ, ਸਿਹਾਰੀ, ਬਿਹਾਰੀ, ਔਕੜ, ਦੁਲੈਕੜ, ਲਾਂ, ਦੁਲਾਵਾਂ, ਹੋੜਾ, ਕਨੌੜਾ, ਅੱਧਕ।

Distribution of Marks

Written	45
Dictation	05
Total	50

**ANNUAL EXAMINATION
(December - March)**

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

1. ਟਿੱਪੀ, ਬਿੰਦੀ ਮਾਤਰਾ।
2. ਜਾਨਵਰਾਂ ਦੇ ਨਾਂ।
3. ਸਰੀਰ ਦੇ ਅੰਗਾਂ ਦੇ ਨਾਂ।
4. ਖਾਲੀ ਸਥਾਨ ਭਰੋ, ਤਰਤੀਬਵਾਰ ਕਰੋ, ਸ਼ਬਦਾਂ ਨੂੰ ਸਹੀ ਕਰੋ।
5. ਸ਼ਬਦਾਂ ਨੂੰ ਪੂਰਾ ਕਰੋ, ਸਹੀ ਸ਼ਬਦ ਤੇ ਗੋਲਾ ਲਗਾਓ।
6. ਤਸਵੀਰਾਂ ਬਣਾਓ ਅਤੇ ਪਹਿਚਾਣੋ।
7. Dictation

Poem :

1. ਵੀਰ ਭੈਣ
2. ਨਾਨਕੇ
3. ਮੇਰਾ ਜਨਮਦਿਨ

Reading : ਸਾਰੀਆਂ ਮਾਤਰਾਵਾਂ।

Oral Topic : ਮੋਰ (ਪ੍ਰਸ਼ਨ ਉੱਤਰ), ਵਾਰਤਾਲਾਪ (General)

Note : ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਕਿਸੇ ਅਚਾਨਕ ਵਾਪਰੀ ਘਟਨਾ ਦਾ ਵਰਣਨ ਕਰਨ ਲਈ ਕਿਹਾ ਜਾਵੇਗਾ।

Distribution of Marks

Written	50
Dictation	30
Oral	20
Total	100

GENERAL KNOWLEDGE

PERIODIC TEST - 1 (April - May)

Chapters 1 to 12

Topic - BEING POLITE

Main Idea :

Politeness means using kind and gentle words when we speak with others. We show politeness by adopting certain practices like speaking softly, or giving our bus seat to an elderly, or saying 'thank-you' or 'sorry'.

Objectives :

- * To understand the meaning of politeness.
- * To know why politeness is important.
- * To know the habits that are polite.

Story narration by the teacher :

Sahil has no friends. His parents were worried. They talked to his teacher. Next day Mrs. Ramachandran, his class teacher, observed that everyone in the class was playing together but Sahil was sitting all alone. She spoke with some classmates of Sahil separately. She found out that Sahil was generally rude and not co-operative at all. She called him and asked him to bring two glasses of water. She provided him with some honey in one glass and lemon juice in another. Then she told him to drink it as it was very sour but he drank the sweet honey water. Suddenly Sahil realized that why his classmates did not play with him, and he decided to be nice to others and help them. Soon he had many friends.

ACTIVITIES

Activity-1 (What will you do ?)

Your grand parents are sleeping and you want to watch T.V. or your favourite cartoon show.

Activity-2

Make a Thank you / cheer up / I'm sorry / get well soon card for your family members or friends.

Distribution of Marks

M. Marks: 25

(2nd-16)

PERIODIC TEST - 2 (July - September)

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

Chapters 13 to 25

Topic - BEING POLITE

Activity-3

Think about an occasion when somebody spoke to you rudely and you felt hurt.

Activity-4 (A peer discussion)

You are polite, write / speak few things you did today that were polite. Tell it to your teacher.

Distribution of Marks

M. Marks: 50

PERIODIC TEST - 3 (September - December)

Chapters 26 to 37

Topic - SAFETY

Main Idea :

Safety is making sure that you are protected from different forms of dangers, and things that could harm you.

Objectives :

- * To understand the importance of taking steps to stay safe in case of an emergency.
- * To explore ways in which safety can be observed.
- * To learn the use of first-aid kit.
- * To learn to be more cautious and careful.

Story narration by the teacher :

In school bus was moving fast. Anu wanted to sit the front with her

(2nd-17)

friends. She started walking in the moving bus. All of a sudden the driver of the bus applied the brakes and Anu fell down and was badly injured. She then realized that she should have been more careful and walked carefully in a moving bus. She also made sure that in future she used the support of the seats while walking in a moving bus.

ACTIVITIES

Activity-1

Brainstorm the safety measures we can adopt to prevent accidents. e.g. keeping to our left while climbing up or down the stairs.

Activity-2

Draw and colour the sheet depicting "Say no to crackers."

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 44

Topic - SAFETY

Activity-3

To explore ways in which students can guide others for safety measures.

Activity-4

Brainstorm the ways in which we can get hurt accidentally. e.g. tripping because of unarranged tables and chairs.

Distribution of Marks

M. Marks: 50

COMPUTER

PERIODIC TEST - 1

(April - May)

L-1 Introduction to Computers

L-2 Types of Computers

Distribution of Marks

Written : 25

PERIODIC TEST - 2

(July - September)

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

L-3 How does a Computer Work ?

L-7 Introduction to Notepad

Distribution of Marks

Written : 30

Practical : 20

Total : 50

PERIODIC TEST - 3

(September - December)

L-5 Uses of A Computer

L-6 Microsoft Paint

Distribution of Marks

Written : 25

ANNUAL EXAMINATION

(December - March)

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

L-4 Computer Devices

L-8 Tux Paint

Distribution of Marks

Written :	30
Practical :	20
Total :	50

ART

PERIODIC TEST - 1

(April - May)

1. Book Pages 3-8 of the book "Colours & Craft - 2".
2. **Drawing & Colouring** : Flowers in a Vase, Water Bubbles, Friendly Giraffe, Elephant, Kittens in a Basket, Buy with an Alien, Houseboat.
3. **Activity** : Collage Making

PERIODIC TEST - 2

(July - September)

1. Book Pages 9-20 of the book "Colours & Craft - 2".
2. **Drawing & Colouring** : Happy Squirrel, Van, Joys, Flowers in a Truck, Flowerpot, On The Road
3. **Activity** : Clay Modelling

PERIODIC TEST - 3

(September - December)

1. Book Pages 21-32 of the book "Colours & Craft - 2".
2. **Drawing & Colouring** : Silver Robot, Lonely Hut, Tiger, Beautiful Garden, Fruits, Global Warming
3. **Activity** : Greeting Card

ANNUAL EXAMINATION

(December - March)

1. Book Pages 33-44 of the book "Colours & Craft - 2".
2. **Drawing & Colouring** : Joker, Kutcha Hut, A Pair of Fish, Sad Fish, Happy House, Peacock
3. **Activity book** : Photo Frame

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

PHYSICAL EDUCATION

PERIODIC TEST - 1

(April - May)

Warming Up : Jogging, Running, Strides, Stretching, Free Hand Exercises.

Games/Athletics : Races (20m, 30m, 50m), Back Race, Hop and Jump, Basketball, Chest pass, Over head pass, Side pass etc. Yoga, Skipping, Tug of war, Kho-Kho

HEALTH EDUCATION

Topic 1. Know Your Self

Activity : Preparation of Personal memoranda, Meditation 5 to 7 minutes, Surya Namaskar, Tad assana, Virks assana, Pashchimotan assana.

Topic 2. Food and Nutrition

Activity : Food quality and requirement for the age group emotions, mood and foods.

Topic 3. Hygiene

Activity : Responsibilities keep our surroundings clean, Self maintenance

Topic 4. Physical Fitness

Activity : Cardio respiratory endurance by running Flexibility by doing body movements.

Topic 5. Safety Measures

Activity : Coping with natural disasters and emergency, playing with sports equipment.

Topic 6. Behavioural and Life Skills

Activity : Problem solving in different situation, dealing with emotions.

PERIODIC TEST - 2

(July - September)

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

Games/Athletics : Balance the ball and walk race, Hand touch race, Tie

(2nd-22)

the legs and race pass the ball to the partner, Kho-Kho, yoga, Skipping, Tug of war

HEALTH EDUCATION

Topic 1. Know Your Self

Activity : Structure, Function and care of body, Importance and value of health

Topic 2. Food and Nutrition

Activity : Body building food milk and milk products, good eating habits

Topic 3. Hygiene

Activity : Keeping school clean, prevention of infection by immunization

Topic 4. Physical Fitness

Activity : Muscular Endurance, Duck Walk, Frog Jump, Aerobics, Cooling Down.

Topic 5. Safety Measures

Activity : Child's responsibility in the play ground safety in the class room.

Topic 6. Behavioural and Life Skills

Activity : Inter personal relation (understanding) critical thinking in various activities.

PERIODIC TEST - 3

(September - December)

Warming Up : Jogging, Running, Strides, Stretching, Free Hand Exercises

Games/Athletics : Short Races, Relay races, Balance the ball and run, Bounce the ball and catch, shoot the ball, yoga, Skipping, Tug of war, Kho-Kho

HEALTH EDUCATION

Topic 1. Know Your Self

Activity : Physical Exercises, Yoga and meditation growth and development

Topic 2. Food and Nutrition

Activity : Safe food preparation and storage eating wide variety of food

Topic 3. Hygiene

Activity : Throw the garbage into the dustbin, Awareness about various causes of disease

(2nd-23)

Topic 4. Physical Fitness

Activity : Flexibility by doing, Mastasya asana, Halasana, Sarvang asana, Twisting, Skipping and Tug of war, Bhujang asana, Dhanur asana.

Topic 5. Safety Measures

Activity : Arrange the sports equipment in proper manners always follow a queue

Topic 6. Behavioural and Life Skills

Activity : Decision making development by playing and conducting the sports activities.

ANNUAL EXAMINATION

(December - March)

Warming Up : Jogging, Running, Walking, Strides, Stretching, Free Hand Exercises

Games/Athletics : Races (30m, 50m) Shuttle run race, Dodge the ball, Hula hoop, yoga, Skipping, Tug of war, Kho-Kho

HEALTH EDUCATION

Topic 1. Know Your Self

Activity : Correct posture, While walking, Sitting and standing and other activities

Topic 2. Food and Nutrition

Activity : Energy of food while playing and mechanism how it provides energy to the player

Topic 3. Hygiene

Activity : Regular habits regarding bath, teeth, nails and hair and oral hygiene.

Topic 4. Physical Fitness

Activity : Zig-Zag running with the help of cones and kick the ball to reach at the target.

Topic 5. Safety Measures

Activity : Risk taking behaviour and creating a safe environment during the game activities and in other fields.

Topic 6. Behavioural and Life Skills

Activity : Self management and coping skills with the team members and team spirit.

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

Formation of Matras Sub. : Pbi

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