

**CHINMAYA VIDYALAYA, NEW DELHI**  
**MONTHWISE SYLLABUS BREAK UP (2024-25)**  
**CLASS: V**

**SUBJECT: ENGLISH**

**TEXTBOOK: REAL ENGLISH: 5 VIVA**  
**GRAMMAR: MAGIC V MADHUBAN**

MONTH	CHAPTER
APRIL	COURSE BOOK: L-1 TRY, TRY AGAIN. (POEM) GRAMMAR MAGIC: L-1 ALPHABETICAL ORDER (ACTIVITY) L-3 SUBJECT AND PREDICATE. L-5,6 (NOUNS, SINGULAR/PLURAL) READING SKILLS: UNSEEN PASSAGE. WRITING SKILLS: PARAGRAPH WRITING
MAY	COURSE BOOK: L-2 THE SEED GRAMMAR MAGIC: L-7,8 (GENDER, POSSESSION) L- 12 PRONOUNS WRITING SKILLS: PARAGRAPH WRITING
JULY	COURSE BOOK: L-3 HENRY THE CHAMELEON L-12 TIGER (POEM) (RECITATION) GRAMMAR MAGIC: L-9 & 10 ADJECTIVES & DEGREES OF COMPARISON L-11 ARTICLES L-29 ADVERBS READING SKILLS: UNSEEN PASSAGE. WRITING SKILLS: INFORMAL LETTER WRITING
AUGUST	COURSE BOOK: L-4 FRIENDS (POEM) L-11 THE FOUR MAGICIANS. (READING) GRAMMAR MAGIC: L-13 &14 VERBS & AUXILIARY VERBS REVISION
SEPTEMBER	COURSE BOOK: L-8 QUESTIONS (POEM) L- 9 A BOTTLE OF DEW (READING) GRAMMAR MAGIC: L-28 AGREEMENT OF SUBJECT AND VERB WRITING SKILLS: DIALOGUE WRITING, INFORMAL LETTER WRITING
OCTOBER	COURSE BOOK: L-16 THE BAKER'S DOZEN L-6 I HAVE NOODLES IN MY NOSTRILS. (REC.) GRAMMAR MAGIC: L-16,17,18,20,21,23,24 TENSES (SIMPLE & CONTINUOUS) READING SKILLS: UNSEEN PASSAGE WRITING SKILLS: DIALOGUE WRITING, PARAGRAPH WRITING
NOVEMBER	COURSE BOOK: L-13 BONKU BABU L-10 THE TRUTH (POEM) GRAMMAR MAGIC L-33 PUNCTUATION. L-2 TYPES OF SENTENCES.
DECEMBER	COURSE BOOK: L-14 BONKU BABU'S FRIEND L-15 THE MARROG. (POEM)

	GRAMMAR MAGIC: L-30 PREPOSITIONS L-38 PREFIXES AND SUFFIXES L-35 COMMONLY CONFUSED WORDS (ACTIVITY) WRITING SKILLS: INFORMAL LETTER WRITING
JANUARY	COURSE BOOK: L-5 THE GUEST GRAMMAR MAGIC: L-31 CONJUNCTIONS REVISION: LETTER WRITING, PARAGRAPH WRITING & UNSEEN PASSAGE
FEBRUARY	REVISION OF CONCEPTS
MARCH	REVISION OF BASIC CONCEPTS AND MASTI KI PAATHSHALA (BAGLESS DAYS)

**SUBJECT: HINDI**

**TEXTBOOK - उद्भव (हिंदी पाठमाला)**

**GRAMMAR - सहज हिंदी व्याकरण - 5**

MONTH	CHAPTER
APRIL	उद्भव - पाठ 1. कोशिश करने वालों की हार नहीं होती व्याकरण - पाठ 1. भाषा और व्याकरण, पाठ 2. वर्ण- विचार, पाठ 3 शब्द रचना पाठ 4 वाक्य, पाठ 20 श्रवण व वाचन कौशल
MAY	उद्भव - पाठ - 2. यह मेरा, यह मीत का व्याकरण - पाठ 5. संज्ञा, पाठ 19 -अपठित गद्यांश
JULY	उद्भव - पाठ 5. ईमानदार, पाठ 8. पिता का पत्र व्याकरण - पाठ 6 संज्ञा के विकार, पाठ 7 सर्वनाम, पाठ 16 पत्र -लेखन पाठ 20 श्रवण व वाचन कौशल
AUGUST	उद्भव - पाठ 6 जैसे उनके दिन फिरे, पाठ 11. अनूठे संग्रहालय व्याकरण - , पाठ 8 विशेषण
SEPTEMBER	उद्भव - पाठ 3. मेरी सोनचिरेया स्काउट (केवल पढ़ने के लिए) व्याकरण - पाठ 15 संवाद लेखन, पाठ 20 श्रवण व वाचन कौशल
OCTOBER	उद्भव - पाठ 4 माँ कह एक कहानी, पाठ 12 सी वी रमन व्याकरण - पाठ 13 शब्द भंडार (1.पर्यायवाची शब्द, 2.विलोम शब्द, 3.अनेकार्थी शब्द, 4.श्रुति समभिन्नार्थक शब्द,5. अनेक शब्दों के लिए एक शब्द)
NOVEMBER	उद्भव - पाठ 9 अपना स्थान स्वयं बनाइए सबसे बड़ा मनहूस (केवल पढ़ने के लिए) व्याकरण - पाठ 8. क्रिया और काल, पाठ 17 अनुच्छेद लेखन, पाठ 20 श्रवण व वाचन कौशल
DECEMBER	उद्भव- पाठ 7. अनमोल मोती व्याकरण - पाठ 11 अविकारी शब्द(1.क्रिया विशेषण,2.संबंध बोधक ,3. विस्मयादिबोधक ,4.समुच्चयबोधक), पाठ 12 विराम -चिह्न

JANUARY	<b>उद्भव</b> - पाठ 10. प्रियतम <b>व्याकरण</b> - पाठ 14 मुहावरे और लोकोक्तियां , पाठ 20 श्रवण व वाचन कौशल
FEBRUARY	<b>व्याकरण</b> - पाठ – 18 कहानी लेखन हर दिन न रहते एक समान (केवल पढ़ने के लिए) पुनरावृत्ति
MARCH	बुनियादी अवधारणाओं की पुनरावृत्ति मस्ती की पाठशाला (बैग-रहित दिन)

**SUBJECT: MATHEMATICS**  
**BOOK: GROW WITH NUMBERS (5)**

MONTH	SYLLABUS
APRIL	L-1 NUMBERS AND NUMERATIONS (DS) L-2 ROMAN NUMERALS (DS)
MAY	L-4 ADDITION AND SUBTRACTION (DS) L-16 TIME TABLE (PL)
JULY	L-5 MULTIPLICATION (DS) L-6 DIVISION (DS)
AUGUST	L-7 UNITARY METHOD (DS) L-3 MULTIPLES AND FACTORS (DS) REVISION
SEPTEMBER	L-8 FRACTIONS (DS) L-9 DECIMELS (DS)
OCTOBER	L-17 LINES AND ANGLES (DS) L-11 SIMPLIFICATION (AL)
NOVEMBER	L-20 AREA AND PERIMETER (DS)
DECEMBER	L-22 PICTORICAL REPRESENTATION AND DATA (DS) L-10 ROUNDING NUMBERS (PL) L-13 BILLS (PL)
JANUARY	L-15 AVERAGE (DS) REVISION
FEBRUARY	REVISION OF CONCEPTS
MARCH	REVISION OF BASIC CONCEPTS AND MASTI KI PATHSHALA(BAGLESS DAYS)

DS (DETAILED STUDY): 13

AL (ACTIVITY BASED LEARNING): 01  
 PL (PROJECT BASED LEARNING): 03

**SUBJECT: ENVIRONMENTAL STUDIES**  
**TEXTBOOK: ENVIRONMENTAL STUDIES-5 BY VIVA EDUCATION**

MONTH	SYLLABUS
APRIL	L - 4 BREATHING DEEPLY (DS) L- 9 FORESTS OF INDIA (DS- OBJECTIVE TYPE QUESTIONS ONLY)
MAY	L- 9 FORESTS OF INDIA (DS- SUBJECTIVE TYPE QUESTIONS) L- 11 THE JOURNEY OF FOOD (PBL)  <b>MAP WORK- STATES BORDERING WITH MYANMAR, NEPAL, CHINA, AND BANGLADESH</b>
JULY	L- 8 GROWING PLANTS (DS) L-14 NATURAL CALAMITIES (DS)
AUGUST	L- 12 FOOD FOR PLANTS AND ANIMALS (ABL) L-18 ADVENTURE AND SPACE (ABL)
SEPTEMBER	L-10 STORAGE AND SHORTAGE OF FOOD (DS) L-15 WATER DRIVES OUR LIVES (ABL)
OCTOBER	L- 7 ANIMALS IN OUR LIVES (ABL) L- 19 HISTORICAL BUILDINGS (DS)  <b>MAP WORK- FORTS OF INDIA: GWALIOR, AMBER, GOLCONDA, LOHAGAD, AGRA AND RED FORT.</b>
NOVEMBER	L- 20 FARMERS AND FARMING (DS) L- 5 DIGNITY OF LABOUR (ABL)  <b>MAP WORK-TYPES OF FARMING: CROP ROTATION AGRICULTURE AND SHIFTING AGRICULTURE</b>
DECEMBER	L- 21 SIMPLE MACHINES (DS) L -3 GAMES WE PLAY (ABL) L-16 THEY LIVE IN WATER (PBL)
JANUARY	L- 17 FUELS WE USE (ABL)
FEBRUARY	REVISION OF CONCEPTS
MARCH	REVISION OF BASIC CONCEPTS AND MASTI KI PATHSHALA(BAGLESS DAYS)

DS (DETAILED STUDY): 08  
ABL (ACTIVITY BASED LEARNING): 07  
PBL (PROJECT BASED LEARNING):

**SUBJECT : SANSKRIT**  
**पाठ्यपुस्तकम् – दीपमणिका**

अप्रैल	<ul style="list-style-type: none"><li>संस्कृत-वर्णमाला</li></ul> पाठ – 1 – संयुक्तवर्णाः पाठ - 2 – अकारान्त-पुल्लिङ्ग-शब्दाः <ul style="list-style-type: none"><li>पशुनां नामानि (पशुओं के नाम)</li><li>Activity – संख्यागीतम्</li></ul>
मई	पाठ - 3 – आकारान्त-स्त्रीलिङ्ग-शब्दाः पाठ - 4 – आकारान्त- नपुंसकलिङ्ग - -शब्दाः <ul style="list-style-type: none"><li>धातु रूप – पठ्, लिख् (लट् लकार)</li><li>यद् भविष्यः भविष्यति</li><li>संस्कृत-संख्या 1 to 10</li></ul>
जुलाई	पाठ - 6 – सर्वनाम-परिचयः पाठ – 5 - धातु-परिचयः पाठ – 7 प्रथमपुरुष एकवचनम्, <ul style="list-style-type: none"><li>धातुरूप – नम्, वद्, (लट् लकार)</li><li>अव्यय शब्द</li><li>Activity - ब्रह्मैव सर्वम्</li></ul>
अगस्त	पाठ - 8 – प्रथमपुरुष द्विवचनम् पाठ - 9 – प्रथमपुरुष बहुवचनम् <ul style="list-style-type: none"><li>धातुरूप – चल् (लट् लकारः)</li><li>रंगों के नाम (वर्णानां नामानि)</li><li>Activity - क्रियापदानाम् अभिनयेन सह प्रयोगः</li></ul>
सितंबर	पाठ – 10 - मध्यम पुरुष एकवचनम् पाठ - 11 – मध्यम पुरुष द्विवचनम् शब्दरूप – राम, लता, फल, (चतुर्थी विभक्ति-पर्यन्तम्) <ul style="list-style-type: none"><li>फलों और फूलों के नाम (फलपुष्पाणां नामानि)</li><li>Activity - चित्रनिर्माणम्</li></ul>
अक्टूबर	पाठ – 12 - मध्यम पुरुष बहुवचनम् पाठ – 13 उत्तमपुरुष एकवचनम् <ul style="list-style-type: none"><li>शब्दरूप – लता (चतुर्थी विभक्ति-पर्यन्तम्)</li><li>शरीरावयवाः</li></ul>
नवम्बर	पाठ - 14 उत्तमपुरुष द्विवचनम् पाठ – 7 प्रथमपुरुष एकवचनम्,

	<ul style="list-style-type: none"> <li>• संस्कृत-संख्या 1 – 20</li> <li>• पशुनां नामानि (पशुओं के नाम)</li> <li>• Activity – मन्दिरस्य PPT निर्माणम्</li> </ul>
दिसंबर	पाठ – 14 मध्यम पुरूष द्विवचनम् <ul style="list-style-type: none"> <li>• शब्दरूप – फलम् (चतुर्थी विभक्ति-पर्यन्तम्)</li> <li>• धातुरूप – गम् (लट् लकारः)</li> <li>• शरीरावयवाः</li> </ul>
जनवरी	पाठ - 15 उत्तमपुरुष बहुवचनम् पाठ 16 संख्यावाचि-शब्दाः <ul style="list-style-type: none"> <li>• धातुरूप पुनरावृत्तिः</li> </ul>
फरवरी	पाठ पाठ - 11 –मध्यम पुरूष द्विवचनम् <ul style="list-style-type: none"> <li>• पुनरावृत्तिः</li> </ul>
मार्च	वर्तमानकालस्य पुनरावृत्तिः एव मस्ती की पाठशाला

**SUBJECT: VALUE EDUCATION**  
**BOOK: LIFE-AN ARADHANA**

MONTH	SYLLABUS
APRIL	L-2 HANDLING EMOTIONS: HISS, DON'T BITE (DS) L-3 KINDLING THE INTELLECT: THE RISHI WHO DISCOVERED ATOM (DS)
MAY	L-4 SPIRITUAL PHILOSOPHICAL CONCEPTS: THE COOK AND THE KING (DS) L-1 PHYSICAL FITNESS: RISE OF THE FIERCE WARRIOR (AL)
JULY	L-5 FESTIVALS: NAVARATRI IS HERE (DS) L-8 HYGIENE: SETTING THE SENSES RIGHT (AL) L-15 PHYSICAL GROOMING: HANUMAN'S GIFT OF SPEECH (IL-MUSIC)
AUGUST	L-6 PRIDE IN COUNTRY: BHARAT'S FOOTSTEPS ON MARS (AL) REVISION
SEPTEMBER	L-11 SPIRITUAL TECHNIQUES: A MANUAL FOR LIFE (DS) L-7 ENVIRONMENTAL EDUCATION: PROTECTING OUR MOTHER EARTH (IL-DANCE)
OCTOBER	L-14 COUNTRIES-COMMON AND UNIQUE THINGS: WARDROBES OF WONDER! (DS) L-18 CUSTOMS AND TRADITIONS: SHODASA SAMSKARA (DS) L-22 SPIRITUAL VALUES: A BIRD'S FLIGHT TO INSPIRE (IL-PE) L-24 EMOTIONAL EXPANSION: THE CHINESE BAMBOO (IL-MUSIC)
NOVEMBER	L-13 CULTURAL HERITAGE AND AWARENESS: ARTI BECOMES MINDFUL (AL) L-17 SPIRITUAL LEADERS AND CONTRIBUTORS: RISHI VISHWAMITRA (DS) L-9 HANDLING RELATIONSHIPS: THE REAL ECO WARRIORS (IL-PE)

DECEMBER	L-19 MENTAL HEALTH: HOW FAR IS THE RIVER? (DS) L-20 INDEPENDENT THINKING: 100 AND 5, OR 105? (DS) L -25 CULTURAL MOTIVATION: TARANG DANCE ACADEMY (IL-DANCE)
JANUARY	L-12 CULTURAL HERITAGE AND AWARENESS: DIFFERENT BUT EQUAL (AL)
FEBRUARY	REVISION OF CONCEPTS
MARCH	REVISION OF BASIC CONCEPTS AND MASTI KI PATHSHALA(BAGLESS DAYS)

IL (INTEGRATED LEARNING): 06  
DS (DETAILED STUDY): 10  
AL (ACTIVITY BASED LEARNING): 05

**SUBJECT: G.K**  
**TEXTBOOK: THE WORLD AROUND ME (5)**

MONTH	CHAPTER
APRIL	<b>INDIA OUR COUNTRY</b> L-2 LEAD KINDLY LIGHT L-6 CREATING HISTORY L -7 THE DISTINGUISHED COMPANY L-9 KNOW YOUR LEADERS
MAY	<b>INDIA OUR COUNTRY</b> L-1 KNOWING INDIA, L-3 TOURISTS' GUIDE L-4 TEMPLES AND SHRINES L-5 A MATTER OF FAITH L-8 PRESERVING WILDLIFE
JULY	<b>WORLD ARENA</b> L- 12 A WORLD MISCELLANY L-13 NICKNAMES L-14 AT THE TOP! <b>SCIENCE, HUMAN BODY, DISEASES</b> L- 19 USEFUL INSTRUMENTS L- 20 IMPORTANT INVENTIONS L-21 SPACE ODYSSEY
AUGUST	<b>GENERAL AWARENESS</b> L- 38 THE ANIMAL KINGDOM L-39 EXTINCT ANIMALS L-40 THE GREEN KINGDOM
SEPTEMBER	<b>GENERAL AWARENESS</b> L-41 THE SPECIALISTS L-42 DEFENDING THE COUNTRY

	L-43 PLACES FOR SPECIFIC PURPOSES.
OCTOBER	<b>SCIENCE, HUMAN BODY, DISEASES</b> L- 22 BRANCHES OF MEDICINE <b>SPORTS, LITERATURE, ARTS</b> L-27 OLYMPIAN HEIGHTS L-28 A SPORTS MISCELLANY L-29 SPORTS STARS L-30 THE ILLUSTRIOUS FAMILY,
NOVEMBER	L-31 SPORTS LEGENDS L-32 THE WORLD OF LETTERS L-33 UNFORGETTABLEWORDS L-34 DANCING FEET L-35 HONORING THE GREAT.
DECEMBER	<b>FUN WITH WORDS</b> L- 50 FUN WITH WORDS L-51 A BRAIN TEASER L-52 JUST A WORD!
JANUARY	<b>I.Q. TESTS</b> L- 46 I.Q TEST-1 L-47 I.Q TEST-2 L-48 I.Q TEST-3 L-49 I.Q TEST-4
FEBRUARY	REVISION OF CONCEPTS
MARCH	REVISION OF BASIC CONCEPTS AND MASTI KI PATHSHALA (BAGLESS DAYS)

**SUBJECT: COMPUTER**  
**TEXTBOOK: TOUCH PAD (5)**

MONTH	CHAPTER NAME
APRIL	CH. 1 – WINDOWS PHOTO EDITOR AND VIDEO EDITOR
MAY	CH. 2 - ADVANCED FEATURES OF WORD 2019
JULY	CH. 3 – MORE ON POWERPOINT 2019
AUGUST	CH. 9 - CONDITIONAL BLOCKS IN SCRATCH
SEPTEMBER	CH 10. - ROBOTICS
OCTOBER	CH. 4 - INTRODUCTION TO EXCEL 2019



NOVEMBER	CH. 5 - EDITING CELL CONTENTS IN EXCEL 2019
DECEMBER	CH. 6 – SAFEGUARDING YOUR COMPUTER CH. 7 - INTERNET AND EMAIL
JANUARY	CH. 7 - INTERNET AND EMAIL
FEBRUARY	CH. 8 - DATA PROCESSING
MARCH	REVISION OF BASIC CONCEPTS AND MASTI KI PATHSHALA (BAGLESS DAYS)

### ART

MONTH	TOPICS
APRIL	1. CRAFT ON EARTH'S DAY (HEAD GEAR) 2. POSTER MAKING ON WORLD ART DAY (SAS MAKING)
MAY	1. DIFFERENT TYPE OF FLOWERS/LEAVES 2. MANDALA ART
JULY	1. QUILLING ART 2. RAINY SEASON STEP BY STEP (OIL PASTELS) 3. COMPOSITION DRAWING
AUGUST	1. ACTIVITY ON INDEPENDENCE DAY 2. JANMASHTAMI (FLUETE MAKING) 3. RAKSHA BANDHAN CRAFT (BEST OUT OF WASTE)
SEPTEMBER	1. ORANGE, APPLE, POMEGRANATE, BANANA AND MANGO 2. FREE HAND DRAWING OF GODDESS DURGA (MONOCHROMATIC)
OCTOBER	1. ANIMAL MASK WITH PAPER 2. GANDHI JAYANTI CRAFT 3. ACTIVITY ON DUSSEHRA (RAVAAN MAKING)
NOVEMBER	1. COMPOSITION DRAWING OF FESTIVAL OF LIGHT 2. FLOWERPOT DRAWING 3. DIWALI CRAFT
DECEMBER	1. MUD HOUSE 2. MONUMENTS DRAWINGS (PARLIAMENT HOUSE) 3. CHRISTMAS CRAFT (TREE) 4. ACTIVITY ON NEW YEAR
JANUARY	1. RANGOLI 2. GOND ART (FOLK ART) 3. REPUBLIC DAY (BEST OUT OF WASTE) CRAFT

FEBRUARY	1. RIVERSIDE SCENE 2. PLAYGROUND 3. VILLAGE SCENE
MARCH	REVISION OF BASIC CONCEPTS AND MASTI KI PATHSHALA (BAGLESS DAYS)

## DANCE

Month	Syllabus
April	<i>Asamyukta Hasta Mudras, Samyukta Hasta mudras, Griva bheda, Drishti bheda ( practical and theory)</i>
May	<i>Asamyukta Hasta Mudras, Samyukta Hasta mudras, Griva bheda, Drishti bheda( practical and theory)</i>  <i>Semi classical dance using the various hand mudras, Griva bheda and Drishti bheda</i>
July	Folk Dance  Punjabi folk Dance
August	<i>Activity on Folk Dances of India (students will be divided into groups and will choreograph any one Indian folk dance )</i>  <i>Project in Favourite Folk Dance (students will draw/paste pictures of any Folk Dance and also write about it on A4 sheets)</i>
September	<i>Odissi basic steps in different speed (both in Chauka position and Tribhanga position)</i>
October	<i>Freestyle Dance routine</i>
November	<i>Kathak and Odissi fusion Dance</i>

December	<i>Ballet Dance on medley of Christmas songs</i>
January	<i>Basic Theory on Classical Dances of India</i> <i>Freestyle dance on Patriotic Song</i> <i>Cheerleader Dance with pom pom</i>
February	<i>Improvisation ( both solo and duet)</i> <i>Students will be given a song/prop on spot and they will choreograph their own dance using the same</i>
March	<i>Masti ki Pathshala</i> <i>Salsa Dance</i> <i>Fun with Acrobatics</i>

## MUSIC

APRIL	<ul style="list-style-type: none"> <li>• ALANKAR EXERCISE (1 TO 5)</li> <li>• GURU DEV HUMARE ( GURU BHAJAN)</li> </ul>
MAY	<ul style="list-style-type: none"> <li>• VIDYALAYA SONG</li> <li>• RAAG BILAWAL SARGAM GEET</li> </ul>
JULY	<ul style="list-style-type: none"> <li>• “BHAJ MANN RADHE” (KRISHNA BHAJAN)</li> <li>• “PUNJABI FOLK SONG”</li> </ul>
AUGUST	<ul style="list-style-type: none"> <li>• “HUMEIN AISA BHARAT HAI BANANA” (PATRIOTIC SONG)</li> <li>• TRAYAMBAKAM YAJAMAHE</li> </ul>
SEPTEMBER	<ul style="list-style-type: none"> <li>• BIRTHDAY SONG</li> <li>• BENGALI FOLK SONG</li> </ul>
OCTOBER	<ul style="list-style-type: none"> <li>• RAM /KRISHNA GAYATRI</li> <li>• MOTIVATIONAL SONG (ANDHERE JAHA MEIN HUM)</li> </ul>

NOVEMBER	<ul style="list-style-type: none"> <li>• “MOOKAM KAROTI VAACHALAM”</li> <li>• TARANA IN RAAG BHUPALI</li> </ul>
DECEMBER	<ul style="list-style-type: none"> <li>• RAAG BILAWAL (AROH AVROH STHAYI ANTRA)</li> <li>• “VASUDEV SUTAM ”</li> </ul>
JANUARY	<ul style="list-style-type: none"> <li>• SARASWATI VANDANA</li> <li>• PALTA EXERCISE</li> </ul>
FEBRUARY	<ul style="list-style-type: none"> <li>• BIOGRAPHY OF AN EMINENT MUSIC ARTIST</li> <li>• THEORY OF INDIAN CLASSICAL MUSIC</li> </ul>
MARCH	<ul style="list-style-type: none"> <li>• MASTI KI PAATSHALA (BAGLESS ACTIVITIES)</li> </ul>

## PHYSICAL EDUCATION

MONTH	ACTIVITIES
APRIL	<p><b>THROWBALL</b> SERVICE THROWING CATCHING</p> <p><b>YOGA</b></p> <ol style="list-style-type: none"> <li>1. INTRODUCTION OF YOG</li> <li>2. SUKHASANA</li> <li>3. VAJRASANA</li> </ol> <p><b>RECREATIONAL GAMES</b></p> <ul style="list-style-type: none"> <li>• ONE LEG HOPPING-DODGING</li> <li>• FIRE IN THE MOUNTAIN</li> </ul>
MAY	<p><b>THROWBALL</b> SKILL PRACTICE</p> <p><b>INTERNATIONAL DAY OF YOGA</b></p> <p><b>YOGA</b></p> <ol style="list-style-type: none"> <li>1. MANDUKASANA</li> <li>2. SHASHANKASANA</li> </ol> <p><b>RECREATIONAL GAMES</b></p> <ul style="list-style-type: none"> <li>• DODGE BALL</li> </ul>

	<ul style="list-style-type: none"> <li>• FIRE IN THE MOUNTAIN</li> <li>• TAPPING THE BODY PARTS &amp; PICK THE OBJECT</li> </ul>
<b>JULY</b>	<p><b>THROWBALL</b> MATCH PRACTICE 100 MTRS. RACE</p> <p><b>YOGA</b></p> <ol style="list-style-type: none"> <li>1. BADDHA KONASANA</li> <li>2. SIDDHASANA</li> <li>3. SHEETALI PRANAYAMA</li> </ol> <p><b>RECREATIONAL GAMES</b></p> <ul style="list-style-type: none"> <li>• HOOPLA GAME</li> <li>• BALANCE GAME</li> <li>• ZIG-ZAG BALL GAME</li> </ul>
<b>AUGUST</b>	<p><b>FOOTBALL</b> DRIBBLING</p> <p><b>NATIONAL SPORTS DAY</b></p> <p>RELAY RACES</p> <p><b>YOGA</b> TADASANA VRIKSHASANA SHITKARI PRANAYAMA</p> <p><b>RECREATIONAL GAMES</b></p> <ul style="list-style-type: none"> <li>• STANDING KHO KHO</li> <li>• HANDKERCHIEF GAME</li> <li>• PASS THE SOUND-CLAP</li> </ul>
<b>SEPTEMBER</b>	<p><b>FOOTBALL</b> SHOOTING</p> <p><b>YOGA</b></p> <ol style="list-style-type: none"> <li>1. ENGINE DOUD</li> <li>2. TRATAK KRIYA</li> </ol> <p>INHALE &amp; EXHALE (COUNTS)</p> <p><b>RECREATIONAL GAMES</b></p> <ul style="list-style-type: none"> <li>• STRAW AND BANGLE</li> <li>• TUNNEL GAME WITH BALL</li> <li>• ICE BREAKER GAME-NUMBER AND ACTION</li> </ul>

<p><b>OCTOBER</b></p>	<p><b>FOOTBALL</b> PENALTY SPOT, CORNER</p> <p><b>YOGA</b></p> <ol style="list-style-type: none"> <li>1. PASCHIMOTANASANA</li> <li>2. JANUSHIRASANA</li> <li>3. INHALE &amp; EXHALE (COUNTS)</li> </ol> <p><b>RECREATIONAL GAMES</b></p> <ul style="list-style-type: none"> <li>• COMMUNICATION GAMES</li> <li>• PASS THE BALL</li> <li>• RIVER-BANK</li> </ul>
<p><b>NOVEMBER</b></p>	<p><b>BASKETBALL</b> BOUNCE PASS FIT INDIA WEEK (ACTIVITES)</p> <p><b>YOGA</b></p> <ol style="list-style-type: none"> <li>1. TRIKONASANA</li> <li>2. VEERASANA</li> </ol> <p>ALTERNATE NOSTRIL BREATHIN</p> <p><b>RECREATIONAL GAMES</b></p> <ul style="list-style-type: none"> <li>• PASSING THE PING PONG BALL</li> <li>• FIRE IN THE MOUNTAIN</li> <li>• COORDINATION WITH FRIEND</li> </ul>
<p><b>DECEMBER</b></p>	<p><b>BASKETBALL</b> OVERHEAD PASS LAYUP SHOTS</p> <p><b>YOGA</b></p> <ol style="list-style-type: none"> <li>1. ARDHMATSEYNDRASANA</li> <li>2. GOUMUKHASANA</li> <li>3. ALTERNATE NOSTRIL BREATHING</li> </ol> <p><b>RECREATIONAL GAMES</b></p> <ul style="list-style-type: none"> <li>• PASSING THE ACTION OF ANIMALS</li> <li>• STEP IN/ECHOING WELL</li> <li>• DODGE BALL</li> </ul>
<p><b>JANUARY</b></p>	<p><b>BASKETBALL</b> TWO MEN AND THREE MEN PASS SKILL PRACTICE</p> <p><b>YOGA</b></p> <ol style="list-style-type: none"> <li>1. P ADAHASTASANA</li> <li>2. PARVATASANA</li> <li>3. MEDITATION</li> </ol> <p><b>RECREATIONAL GAMES</b></p> <ul style="list-style-type: none"> <li>• NAME &amp; BODY PERCUSSION</li> </ul>

	<ul style="list-style-type: none"> <li>• CHANTING OF GOD/GODESS NAMES WITH ACTION</li> <li>• CHAIN</li> </ul>
<b>FEBRUARY</b>	<p><b>BASKETBALL</b> MATCH PRACTICE</p> <p><b>YOGA</b></p> <ol style="list-style-type: none"> <li>1. PADAHASTASANA</li> <li>2. PARVATASANA</li> <li>3. MEDITATION</li> </ol> <p><b>RECREATIONAL GAMES</b></p> <ul style="list-style-type: none"> <li>• NAME &amp; BODY PERCUSSION</li> <li>• CHANTING OF GOD/GODESS NAMES WITH ACTION</li> <li>• CHAIN</li> </ul>
<b>MARCH</b>	<p>MASTI KI PAATHSHALA ( BAG-LESS SCHOOL)</p>