

**CHINMAYA VIDYALAYA, NEWDELHI**  
**PREP CURRICULUM**  
**SESSION 2025-26**

**GENERAL AWARENESS**

Exploring the world around us nurtures curiosity, awareness, and essential life skills, laying a strong foundation for lifelong learning.

**KNOWING MYSELF**

- About Me: My identity and personal traits
- My Body: Parts and functions
- My Friends: Importance of friendship
- My Senses: Five senses and their uses
- My Family: Members and their roles
- My Home: Types of houses
- My Emotions: Understanding and expressing feelings
- Good Manners & Habits: Essential social etiquette
- My School: School environment and responsibilities

**Related Activities:** Mirror Talk, All about me poster, Show and Tell, Mystery Box, My Family Tree, My School Tour, Dress up, Safe and Unsafe Touch, Show and Tell, Father's Day, Friendship Scavenger Hunt, Grand Parent's Day

**HELPERS AND NEIGHBOURHOOD PLACES**

- Community Helpers: Their roles and tools
- Places Around Us: Important locations in our surroundings

**Related Activities:** Guess the Helper, Thank You Card for Helpers, Role Play, Sewa Diwas Celebration, Gratitude Day, Teacher's Day, Visit to Neighbourhood Places

**FOOD**

- Introduction to Food: Basic understanding
- Fruits and Vegetables: Types and benefits
- Importance of Food: Why we need food
- The Bread Story: Journey of bread
- Healthy vs. Junk Food: Choosing nutritious options

**Related Activities:** What's on My Plate, Let's Cook Together, Market Day Role Play, Healthy and Junk Food, State Food Mela, No Heat, Just Treat, Visit to Vegetable Market

**ANIMALS**

- Types of Animals: Farm, Pet, Wild, and Aquatic
- Animal Babies: Names and characteristics
- Animal Products: Benefits and uses
- Animal Sounds: Recognizing different sounds
- Animal Homes: Where animals live
- Caring for Animals: Responsibilities towards animals
- The Butterfly's Journey: Life cycle of a butterfly

**Related Activities:** Animal walk, Sorting game, Story time, Show and tell, Guess who, Clay Moulding, Puppet Show, Free Hand Drawing, Jurassic Kart, Create, Animal Mask

## SEASONS

- Types of Seasons: Winter, Summer, Spring, Rainy, and Autumn

**Related Activities:** Hot pot Activity, Sunshine and chill, Guess the season, Leaf painting, Spring with Fun, Seasonal Dress-Up Day

## PLANTS

- Life of a Plant: Growth and development
- Parts of a Plant: Functions of each part
- Types of Plants: Different categories

**Related Activities:** Plant a seedling, Show and Tell, Role Play, Nature Walk, Guess the plant

## BIRDS AND INSECTS

- Introduction to Birds and Insects: Common names and characteristics

**Related Activities:** Peacock Handprint Art, Flying Like a Bird, Guess-Birds Sound, Make Your Own Butterfly Craft

## TRANSPORT

- Modes of Transport: Land, Air, and Water

**Related Activities:** Paper crumpling, Sorting Game, Traffic Light Game, Paper Plane Flying, Cloud art, Sink or Float Activity, Boat Making, Pretend Rowing

## MY COUNTRY - INDIA

- National Festivals: Celebrations and significance
- National Symbols: Identity and meaning
- National Monuments: Heritage and history
- National Anthem & Song: Patriotic significance

**Related Activities:** Dress-Up & Parade, Patriotic Songs, Craft Activity, Guess national symbols, Spin the wheel, Visit to monuments, Independence Day celebration, Republic Day Celebration, All Festival Celebrations like Holi, Diwali, Baisakhi, Janmashtami etc., International Tiger Day, World Dance Day, Cultural Day, World Peace Day

## AIR AND WATER

- Introduction to Air & Water: Their importance
- Uses of Air & Water: Everyday applications
- Basic Understanding of Pollution: Awareness and impact

**Related Activities:** Role play, Story time, Science Experiment

## NUMERACY SKILLS:

### PRE-NUMBER CONCEPTS:

- One and many
- Big, bigger and biggest
- Small, smaller and smallest
- heavy and light
- Tall, taller and tallest

- short, shorter and shortest
- More and less
- Up and down
- Differentiation
- Classification
- Sets

**Related Activities:** Guess the Height, Towering Blocks, Nature Sorting, Size Hunt

### **SHAPES:**

- **2 D Shapes:** Circle, Triangle, Square, Rectangle, Star, Semi-Circle, Diamond
- **3 D Shapes:** Cube, Star, Cuboid and Cone
- Aakar Parivar

**Related Activities:** Sorting Activity, Shape O Mania, Treasure Hunt, Shape Collage Art

### **NUMBER:**

- Introduction to number 0
- Writing numbers 1-100
- Number names 1- 50
- Number recognition 1-100
- Number value association
- Before, after and between numbers
- Greater than, less than and equal to
- Addition and subtraction
- Puzzles and maze
- Odd one out
- Sequencing
- Critical thinking
- Sets

**Related Activities:** Bead Counting, Number Counting, Number Train, Alligator Mouth Game, Ladder Game, Maths Bingo

- **Time**
- **Measurement**
- **Data Representation**
- **Money**
- **Calendar**

**Related Activities:** Days of the Week Song, Sorting and Counting, Dice Game, Weather Chart

## **LITERACY SKILLS**

### **HINDI**

**Recap of Swar (अ से अः )**

- Recognition and writing of swar
- Rhymes and stories related to swar

### **Introduction to Vyanjan (क – झ)**

- Recognition and writing of vyanjan
- Learning Vyanjan sound
- Vocabulary building
- Rhymes and stories related to swar

### **Introduction to reading and writing of 2-letter (do akshar) and 3-letter (teen akshar) words.**

#### **Numbers in Hindi (१-१०):**

- Learn to count from 1 to 10 in Hindi.

**Related Activities:** Sand Writing, Hindi Diwas, Picture Reading, Sorting, Treasure Hunt, Letter Detective, Vyanjan Bingo

## **ENGLISH**

### **Listening, Speaking**

- Story Telling and Rhymes
- Show and Tell activities
- Role Play Activities
- Circle Time and Discussions

### **Reading with Phonic Sounds, Writing**

- CVC Words
- Long and Short vowel sounds
- Rhyming Words
- Picture Reading

### **Sight Words**

- Recognizing sight words such as he, she, it, me, do, it, and, in, the etc.

### **Stories and Rhymes**

- Listening and reciting rhymes
- Enacting stories



## **Grammar**

Introduction to concepts

- A and An
- This and That
- These and Those
- Yes and No
- Is this, Are these
- I am, You are
- Action Words
- In and On
- Up and Down
- Inside and Outside
- Over and Under
- In front of and Behind
- Near and Far

### **Concepts**

Introduction to concepts

- Days of the week
- Months of the year
- One and Many
- He, She, It

**Related Activities:** Role play, Podium Activity, Letter Detective, Read and Shine, Puppet Show, Story Spark, Spin the Wheel, Riddles, Flash Card Activity, Phonic Sound Treasure Hunt

## **ASSEMBLIES**

Encouraging physical fitness, teamwork, and discipline.

### **Assembly**

#### **SPECIAL ASSEMBLIES**

- Baisakhi Celebrations
- Earth Day
- International Tiger Day
- Independence Day
- Diwali Celebrations



#### **REGULAR ASSEMBLIES**

All About Me  
Personal Hygiene  
Food  
Healthy me, Happy me  
The magic of words  
Plants around us  
My country, my pride  
Eco warriors  
Animals and Birds  
Helping hands  
Season  
Joy of giving  
Transport  
Space Explorers

Neighbourhood  
People who help us  
Air around us  
Up in the sky  
Water  
Every drop counts

## **PHYSICAL ACTIVITIES**

Encouraging physical fitness, teamwork and discipline

### **Gross Motor Activities**

- Running, hopping, skipping, jumping
- Sports games
- Pattern walks
- Outdoor free play
- Zumba
- Aerobics
- Drill
- Free style dance
- Balancing games

### **Fine Motor Activities**

- Clay moulding
- Hand printing
- Cotton bud painting
- Salt painting
- Threading beads
- Paper tearing and pasting
- Building blocks
- Colouring and Painting
- Scribbling
- Tip, cotton bud, sponge and vegetable printing

### **Games and Sports**

- Outdoor Games
- Indoor games-Blocks

### **Yoga and Meditation**

- Meditation
- Breathing exercises
- Simple yoga poses

**Related Activities:** Assemblies, Parachute Play, Run O Mania, Cross the Hoopla, Caterpillar, Paper Collage Activity, Hand and feet Hopscotch, National Yoga Day, Yoga

Session, Excursion,

### **KARADI TALES**

- Action Path
- Music Path
- Story Path
- Reading Path

**MONTHWISE SYLLABUS BREAKUP**  
**SESSION: 2025-2026**  
**CLASS: PREP**  
**SUBJECT: MUSIC (VOCAL)**

	Term I
<b>APRIL</b>	<ul style="list-style-type: none"><li>Sa re ga ma pa dha ni sa (alankar)</li></ul>
<b>MAY</b>	<ul style="list-style-type: none"><li>Hari bol, hari bol</li></ul>
<b>JULY</b>	<ul style="list-style-type: none"><li>Bhalu ki shadi</li></ul>
<b>AUGUST</b>	<ul style="list-style-type: none"><li>Teen rang ka apna jhanda</li></ul>
<b>SEPTEMBER</b>	<ul style="list-style-type: none"><li>Choti choti gaiya</li></ul>
	Term II
<b>OCTOBER</b>	<ul style="list-style-type: none"><li>Raghupati raghav</li></ul>
<b>NOVEMBER</b>	<ul style="list-style-type: none"><li>Diwali song</li></ul>
<b>DECEMBER</b>	<ul style="list-style-type: none"><li>Jingle bells</li></ul>
<b>JANUARY</b>	<ul style="list-style-type: none"><li>National anthem</li></ul>
<b>FEBRUARY</b>	<ul style="list-style-type: none"><li>Saraswati vandana</li></ul>



# MONTHWISE SYLLABUS BREAKUP

SESSION: 2025-2026

CLASS: PREP

SUBJECT: DANCE

1	April	Aerobics Baisakhi	Zumba song “peepa”
2	May	Folk dance	Punjabi folk dance “peepa”
3	July	Guru vandana	Guru vandana shloka
4	August	Patriotic dance	“jai ho”
5	September	Animal dance	Jungle jungle baat chali hai
6	October	Dance on devotional	Vaishrava janab diwali aai
7	November	Diwali dance	“diwali aoi”
8	December	Chirstmas dance	“jingle bells”
9	January	Dance on botherhood	“bhai tu meri shaan hai”
10	February	Freestyle dance	“lakdi ki kathi”

**MONTHWISE SYLLABUS BREAKUP**  
**SESSION: 2025-2026**  
**CLASS: PREP**  
**SUBJECT: PHYSICAL EDUCATION**

	<b>Month</b>	<b>Activities</b>
1 <sup>st</sup> Term	April	Zumba Exercises Warm-Up and Cool Down
	May	Zumba Exercises Warm-Up and Cool Down
	July	Stretching Exercises Warm-Up and Cool Down
	August	Obstacle Relay Race Warm-Up and Cool Down
	September	Fun Relay Race Warm-Up and Cool Down
2 <sup>nd</sup> Term	October	Bouncing Ball ( Activites) Warm-Up and Cool Down
	November	Body Shape Warm-Up and Cool Down
	December	Hopscotch Warm-Up and Cool Down
	January	Ball Handling in a different manner Warm-Up and Cool Down
	February	Introduction of Attention and Stand at ease Warm-Up and Cool Down
	March	Masti ki Paathshala Revision of second term

**MONTHWISE SYLLABUS BREAKUP**  
**SESSION: 2025-2026**  
**CLASS: PREP**  
**SUBJECT: WESTERN MUSIC (VOCAL)**

	Month	Activities
1 <sup>st</sup> Term	April	Introductory Lesson. “Knowing Each Other better.” <ul style="list-style-type: none"> <li>Simple choreography and actions.</li> </ul>
	May	Happy vibes and simple lyrics. “If you’re happy and you know it” & “Row row row your boat” songs. <ul style="list-style-type: none"> <li>Simple choreography or actions.</li> </ul>
	July	Learning different parts of our body. “Head,shoulder, knees and toes” song <ul style="list-style-type: none"> <li>Simple choreography or actions.</li> </ul>
	August	Self-Love and care. “I love my body song” & “” <ul style="list-style-type: none"> <li>Simple choreography or actions.</li> </ul>
	September	Self-Love and care. “This is the way we brush our teeth” <ul style="list-style-type: none"> <li>Simple choreography or actions.</li> </ul>
2 <sup>nd</sup> Term	October	Love for Animals. “Three little Pigs” <ul style="list-style-type: none"> <li>Simple choreography and actions.</li> </ul>
	November	All about Animals. “The bear went over the mountain” <ul style="list-style-type: none"> <li>Simple choreography and actions.</li> </ul>
	December	Holiday songs. “Jingle bell” <ul style="list-style-type: none"> <li>Simple choreography and actions.</li> </ul>
	January	Love for nature “Earth is home” <ul style="list-style-type: none"> <li>Simple choreography and actions.</li> </ul>
	February	Retrospection. <ul style="list-style-type: none"> <li>Revision of all the songs learnt.</li> </ul>
	March	Masti ki Paathshala Revision of second term