

CHINMAYA VIDYALAYA, NEW DELHI
MONTHWISE SYLLABUS BREAKUP (2026-2027)
CLASS V

SUBJECT: ENGLISH

BOOK: NEW PATHWAYS (5) , GRAMMAR MAGIC (5)- ENGLISH GRAMMAR AND COMPOSITION (5)-P.P. PUBLICATION

MONTH	CHAPTER
APRIL	Course Book: L-1 Vitamin M Grammar Magic: L-1 Using the Dictionary (Activity) L-2 The Sentence L-3 Subject and Predicate L-4 Parts of Speech Reading Skills: Unseen Passage. Writing Skills: Paragraph Writing
MAY	Course book: L-8 Grandpa's Tree Ice Golawalla (Recitation) Grammar Magic: L-5 Nouns L-6 The Noun: Number (Singular and Plural) L-7 The Noun: Gender L-8 Nouns- Possessive Case Reading Skills- Unseen Passage Writing Skills: Paragraph Writing, Picture Composition
JULY	Course Book: L-7 Raoul the owl Grammar Magic: L-9 Adjectives L-11 Pronouns Reading Skills: Unseen Passage. Writing Skills: Informal Letter Writing
AUGUST	Course Book: L-4 Birdwatcher L-5 Meena Finds a Civilization (Reading) Grammar Magic: L-10 Articles (A/An/The) Reading Skills: Unseen Passage Writing Skills: Dialogue Writing
SEPTEMBER	Course Book: L-2 The Crystal Cave Block City (Poem) Grammar Magic: L-12 The verb- Kinds of Verbs Reading Skills- Unseen Passage Writing Skills- Paragraph Writing, Dialogue Writing
OCTOBER	Course Book: L-6 The Railroad Ghost (Reading) The Clothes Line(Poem) Grammar Magic: L-13 Forms of Verbs L-14 Tenses- Form and Use (Simple Present and Simple Past) L-15 Present Continuous and Past Continuous L-16 Simple Future and Future Continuous Reading Skills: Unseen Passage Writing Skills: Dialogue Writing, Informal Letter Writing
NOVEMBER	Course Book : L-9 My Life Grammar Magic L-19 Agreement of Subject and Verb

SUBJECT TO CHANGE AS PER CBSE GUIDELINE

	L-21 Adverbs Reading Skills: Unseen Passage Writing Skills: Informal Letter Writing
DECEMBER	Course Book: L-10 On the Yellow Brick Road The Quangle Wangle's Hat(Poem) Grammar Magic: L-22 Prepositions L-23 Conjunctions L-24 Punctuation and Capital letters Reading Skills- Unseen Passage Writing Skills: Informal Letter Writing, Dialogue Writing
JANUARY	Course Book: L-3 Colourful Shoes Revision: Unseen Passage and Writing Skills
FEBRUARY	Revision
MARCH	Masti Ki Paathshala Bridge the gap activities (Bagless Days)

SUBJECT: HINDI

TEXTBOOK - सुरुचि (हिंदी पाठमाला)

GRAMMAR – मधुर हिंदी व्याकरण – 5

MONTH	SYLLABUS
APRIL	सुरुचि - पाठ 8 पिता का पत्र पुत्री के नाम व्याकरण - पाठ 1 भाषा, बोली, लिपि और व्याकरण, पाठ 2 वर्ण और शब्द, पाठ 3 वाक्य
MAY	सुरुचि - पाठ 2. कौआ और चिड़िया, पाठ 7. कूड़ेदान की आवाज़ (Activity) व्याकरण - पाठ 4 संज्ञा, अपठित गद्यांश, अनुच्छेद लेखन
JULY	सुरुचि - पाठ 3. भैया के गुब्बारे, पाठ 6. कदंब का पेड़ व्याकरण - पाठ 5 संज्ञा के विकार(लिंग,वचन,कारक), चित्र वर्णन
AUGUST	सुरुचि - पाठ 1 बढ़े चलो, पाठ 13. शिक्षा का महत्व व्याकरण -पाठ 6 सर्वनाम, पत्र – लेखन
SEPTEMBER	सुरुचि - पाठ 4. मूलमंत्र , पाठ 5. पश्चाताप के आंसू व्याकरण - पाठ 7 विशेषण, पाठ 12 शब्द भंडार (अनेक शब्दों के लिए एक शब्द)
OCTOBER	सुरुचि - पाठ 10 तीन मछलियाँ व्याकरण -12 शब्द भंडार (पर्यायवाची शब्द, विलोम शब्द)
NOVEMBER	सुरुचि - पाठ 11. सूरजकुंड मेला, पाठ 12. पेड़ों के संग बढ़ना सीखो व्याकरण -पाठ 8 क्रिया, पाठ 9 काल, पाठ 13 मुहावरे, अनुच्छेद लेखन
DECEMBER	सुरुचि - पाठ 16. दशरथ मांझी ,पाठ 14. अजंता - एलोरा की गुफाएं , पाठ 9. सूरज चमका व्याकरण -पाठ 10 अविकारी शब्द (क्रिया विशेषण ,संबंधबोधक , विस्मयादिबोधक ,समुच्चयबोधक), पाठ 11 विराम चिन्ह
JANUARY	सुरुचि पाठ 15. करें योग, रहे नीरोग (Activity)

	व्याकरण -पुनरावृत्ति
FEBRUARY	पुनरावृत्ति
MARCH	बुनियादी अवधारणाओं की पुनरावृत्ति मस्ती की पाठशाला (बैग-रहित दिन)

SUBJECT: MATHEMATICS
BOOK: START UP MATHEMATICS (5)

MONTH	SYLLABUS
APRIL	L-1 NUMBERS (DS) L-2 OPERATION ON LARGE NUMBERS (DS)
MAY	L-2 OPERATION ON LARGE NUMBERS-CONT. (DS) L-9 TIME, TEMPERATURE AND MONEY (PBL)
JULY	L-4 FRACTIONS – ADDITION AND SUBTRACTION (DS) L-5 FRACTIONS – MULTIPLICATION AND DIVISION (DS)
AUGUST	L-6 DECIMAL NUMBERS (DS) L-7 DECIMAL NUMBERS-FOUR OPERATIONS (DS)
SEPTEMBER	REVISION L-11 PERCENTAGE (DS)
OCTOBER	L-3 FACTORS AND MULTIPLES (DS) L-8 MEASUREMENT (DS)
NOVEMBER	L-10 PROFIT, LOSS AND UNITARY METHOD (DS) L-12 GEOMETRY (DS)
DECEMBER	L-13 PERIMETER, AREA AND VOLUME (DS) L-15 DATA HANDLING (DS)
JANUARY	L-14 SYMMETRY, NETS AND PATTERNS (ABL)
FEBRUARY	REVISION
MARCH	MASTI KI PATHSHALA BRIDGE THE GAP ACTIVITIES (BAGLESS DAYS)

DS (DETAILED STUDY): 13

ABL (ACTIVITY BASED LEARNING): 01

PBL (PROJECT BASED LEARNING): 01

SUBJECT TO CHANGE AS PER CBSE GUIDELINE

SUBJECT: EVS

BOOK: MY DISCOVERY EVS BOOK 5 BY MAXFORD

MONTH	SYLLABUS
APRIL	L- 1 MIGRATION OF FAMILIES (DS) L- 2 DISEASE AND THEIR PREVENTION (DS)
MAY	L -15 ROCKS AND MINERALS (PBL)
JULY	L- 7 MEANS OF COMMUNICATION (ABL) L- 6 ANIMAL SENSES (DS) MAP WORK: NATIONAL PARKS OF INDIA HEMIS NATIONAL PARK, DESERT NATIONAL PARK, GANGOTRI NATIONAL PARK, NAMDAPHA NATIONAL PARK, KAZIRANGA NATIONAL PARK, SANJAY (GURU GHASIDAS) NATIONAL PARK, GIR FOREST NATIONAL PARK, SUNDARBANS NATIONAL PARK, JIM CORBETT NATIONAL PARK, AND INDRAVATI NATIONAL PARK
AUGUST	L-5 REPRODUCTION IN PLANTS (DS) L- 8 MODES OF TRANSPORT (ABL)
SEPTEMBER	REVISION L-9 NATIONAL SYMBOLS OF INDIA (ABL)
OCTOBER	L- 11 IMPORTANT DAYS (ABL) L- 14 NATURAL PHENOMENA (DS)
NOVEMBER	L- 4 FOOD FOR PLANTS AND ANIMALS (DS) L 13 FUELS (ABL)
DECEMBER	L -3 FIRST AID (DS) L- 10 OUR HERITAGE (DS) MY HEALTH AND WELLBEING- HEALTH AND YOGA (ABL) MAP WORK- KONARK TEMPLE, AJANTA CAVES MEENAKSHI TEMPLE, TAJ MAHAL, MYSORE PALACE, RANI KI VAV, VICTORIA MEMORIAL PADMANABHAPURAM PALACE, KHAJURAHO, HAWA MAHAL
JANUARY	L- 12 TRAVEL IN SPACE (PBL)
FEBRUARY	REVISION
MARCH	MASTI KI PATHSHALA BRIDGE THE GAP ACTIVITIES (BAGLESS DAYS)

DS (DETAILED STUDY): 08

ABL (ACTIVITY BASED LEARNING): 06

PBL (PROJECT BASED LEARNING): 02

SUBJECT TO CHANGE AS PER CBSE GUIDELINE

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MONTH	SYLLABUS
अप्रैल	<ul style="list-style-type: none"> संस्कृत-वर्णमाला <p>पाठ - 1 – संयुक्तवर्णाः</p> <p>पाठ - 2 – अकारान्त-पुल्लिङ्ग-शब्दाः</p> <ul style="list-style-type: none"> पशुनां नामानि (पशुओं के नाम) Activity – संख्यागीतम्
मई	<p>पाठ - 3 – आकारान्त-स्त्रीलिङ्ग-शब्दाः</p> <p>पाठ - 4 – आकारान्त- नपुंसकलिङ्ग - -शब्दाः</p> <ul style="list-style-type: none"> धातु रूप – पठ्, लिख् (लट् लकार) यद् भविष्यः भविष्यति संस्कृत-संख्या 1 to 10
जुलाई	<p>पाठ - 6 – सर्वनाम-परिचयः</p> <p>पाठ - 5 - धातु-परिचयः</p> <p>पाठ - 7 प्रथमपुरुष एकवचनम्,</p> <ul style="list-style-type: none"> धातुरूप – नम्, वद्, (लट् लकार) अव्यय शब्द Activity - ब्रह्मैव सर्वम्
अगस्त	<p>पाठ - 8 – प्रथमपुरुष द्विवचनम्</p> <p>पाठ - 9 – प्रथमपुरुष बहुवचनम्</p> <ul style="list-style-type: none"> धातुरूप – चल् (लट् लकारः) रंगों के नाम (वर्णानां नामानि) Activity - क्रियापदानाम् अभिनयेन सह प्रयोगः
सितंबर	<p>पाठ - 10 - मध्यम पुरूष एकवचनम्</p> <p>पाठ - 11 – मध्यम पुरूष द्विवचनम्</p> <p>शब्दरूप – राम, लता, फल, (चतुर्थी विभक्ति-पर्यन्तम्)</p> <ul style="list-style-type: none"> फलों और फूलों के नाम (फलपुष्पाणां नामानि) Activity - चित्रनिर्माणम्
अक्टूबर	<p>पाठ - 12 - मध्यम पुरूष बहुवचनम्</p> <p>पाठ - 13 उत्तमपुरुष एकवचनम्</p> <ul style="list-style-type: none"> शब्दरूप – लता (चतुर्थी विभक्ति-पर्यन्तम्) शरीरावयवाः
नवम्बर	<p>पाठ - 14 उत्तमपुरुष द्विवचनम्</p> <p>पाठ - 7 प्रथमपुरुष एकवचनम्,</p> <ul style="list-style-type: none"> संस्कृत-संख्या 1 – 20 पशुनां नामानि (पशुओं के नाम) Activity – मन्दिरस्य PPT निर्माणम्

दिसंबर	पाठ - 14 मध्यम पुरूष द्विवचनम् <ul style="list-style-type: none"> • शब्दरूप – फलम् (चतुर्थी विभक्ति-पर्यन्तम्) • धातुरूप – गम् (लट् लकारः) • शरीरावयवाः
जनवरी	पाठ - 15 उत्तमपुरुष बहुवचनम् पाठ - 16 संख्यावाचि-शब्दाः <ul style="list-style-type: none"> • धातुरूप पुनरावृत्तिः
फरवरी - मार्च	पाठ - 11 – मध्यम पुरूष द्विवचनम् <ul style="list-style-type: none"> • शब्दरूप – राम, लता, फल, • पुनरावृत्तिः

SUBJECT: GK

Book: Memory Quest

MONTH	SYLLABUS
MONTH	THINGS AROUND US L-1 PARTS OF PLANTS AS FOOD. L-2 FUTURISTIC TOYS L-3 TYPES OF PAINTINGS NATURAL WORLD L-4 MEAT-EATING PLANTS L-5 AMAZING TREES
APRIL	NATURAL WORLD L-6 SOME NATURAL WONDERS L-7 MEDICINAL PLANTS SCIENCE AND TECHNOLOGY L-8 NEW TECHNOLOGY L-9 SPACE QUIZ
MAY	SCIENCE AND TECHNOLOGY L-10 SPACE EXPLORATION L-11 CARS ON INDIAN ROADS L-12 TOP IT COMPANIES OF THE WORLD LANGUAGE AND LITERATURE L-13 GESTURE COMMUNICATION AROUND THE WORLD L-14 LANDMARKS OF THE WORLD L-15 UNIQUENESS OF NATIONS L-16 METROS OF THE WORLD
JULY	AROUND THE WORLD L-17 MARVELS OF THE WORLD L-18 GAME CHANGERS

SUBJECT TO CHANGE AS PER CBSE GUIDELINE

	L-19 SOME UNIQUE NATIONAL FLAGS L-20 SEVEN WONDERS OF THE ANCIENT WORLD L-21 GREAT MATHEMATICIANS L-22 SOME GREAT PEOPLE L-23 GRAND PALACES OF THE WORLD
AUGUST	AROUND THE WORLD L-24 FATHERLY FIGURES L-25 UNIQUE LOGOS INCREDIBLE INDIA L-26 UNIQUE INDIA L-27 HILL STATION HOLIDAYS
SEPTEMBER	INCREDIBLE INDIA L-28 BUSINESS TYCOONS L-29 DAMS OF INDIA L-30 INDIAN ART L-31 WEAPON SYSTEM L-32 GREAT KINGS OF INDIA
OCTOBER	THE WORLD OF SPORTS L-33 NATIONAL SPORTS L-34 CUPS AND TROPHIES L-35 CRICKET LEGENDS L-36 SPORTS QUIZ
NOVEMBER	ENTERTAINMENT L-37 DANCES OF THE WORLD L-38 WINNERS OF THE PHALKE AWARD LESSON FOR LIFE L-39 ECO FRIENDLY L-40 MOBILE PHONE ETIQUETTES
DECEMBER	MIXED BAG L-41 SHINING INDIA L-42 DO YOU KNOW? BRAIN TEASERS L-43 TELL ME WHY? L-44 LOGICAL REASONING-I L-45 LOGICAL REASONING-II L-46 MINI SODUKO
JANUARY	REVISION
FEBRUARY- MARCH	MASTI KI PATHSHALA BRIDGE THE GAP ACTIVITIES (BAGLESS DAYS)

SUBJECT: VALUE EDUCATION

Book: Life-an Aradhana (5)

MONTH	SYLLABUS
APRIL	L-10 ASSEMBLY LINE (DS) L-24 THE CHINESE BAMBOO (DS)

SUBJECT TO CHANGE AS PER CBSE GUIDELINE

MAY	L-4 THE COOK AND THE KING (ABL) L-11 A MANUAL FOR LIFE (DS) L-13 ARTHI BECOMES MINDFUL (ABL)
JULY	L-5 NAVRATRI IS HERE (DS) L-12 DIFFERENT BUT EQUAL (ABL) L-7 PROTECTING OUR MOTHER EARTH (ABL) L-9 THE REAL ECO WARRIORS (DS)
AUGUST	L-6 BHARAT'S FOOTSTEPS ON MARS (ABL) L-2 HISS, DON'T BITE (DS) L-14 WARDROBES OF WONDER! (ABL)
SEPTEMBER	L-16 AN AFRICAN POWER REVOLUTION (ABL) L-1 RISE OF THE FIERCE WARRIOR (ABL)
OCTOBER	L-18 SHODASA SAMSKARA (DS) L-3 THE RISHI WHO DISCOVERED ATOM (DS)
NOVEMBER	L-21 VASTU SHAstra (DS) L-17 RISHI VISHWAMITRA (ABL) L-15 HANUMAN'S GIFT OF SPEECH (DS)
DECEMBER	L-19 HOW FAR IS THE RIVER? (ABL) L-20 100 AND 5, OR 105? (ABL) L-8 SETTING THE SENSES RIGHT (DS) L -25 TARANG DANCE ACADEMY (DS)
JANUARY	L-23 THE LAND OF THE ANCIENT (ABL) L-22 A BIRD'S FLIGHT TO INSPIRE (ABL)
FEBRUARY	REVISION
MARCH	BRIDGE THE GAP ACTIVITIES (BAGLESS DAYS)

DS (Detailed Study): 12

ABL (Activity Based Learning): 13

SUBJECT: COMPUTER SCIENCE

BOOK: CODEGPT

MONTH	SYLLABUS
APRIL	CH-1 PHOTO EDITOR AND VIDEO EDITOR
MAY	CH-2 ADVANCED FEATURES OF WORD 2019
JULY	CH-3 MORE ON POWERPOINT 2019
AUGUST	CH-6 INTERNET AND E-MAIL CH-9 MORE ON SCRATCH
SEPTEMBER	REVISION
OCTOBER	CH-4 INTRODUCTION TO EXCEL 2019
NOVEMBER	CH. 5 - EDITING CELL CONTENTS IN EXCEL 2019
DECEMBER	CH. 7 – SAFEGUARDING YOUR COMPUTER
JANUARY	CH. 8 - DATA PROCESSING CH 10. - ROBOTICS
FEBRUARY	REVISION

SUBJECT TO CHANGE AS PER CBSE GUIDELINE

MARCH	REVISION OF BASIC CONCEPTS AND MASTI KI PATHSHALA (BAGLESS DAYS)
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SUBJECT: ART

MONTH	TOPIC
APRIL	SAVE EARTH 1. CRAFT ON EARTH DAY 2. POSTER MAKING ON WORLD ART DAY
MAY	NATURE STUDY 1. DIFFERENT TYPES OF FLOWERS AND LEAVES 2. FREE HAND DRAWING ON HEALTHY AND UNHEALTHY TEETH
JULY	NATURE STUDY 1. QUILLING ART 2. RAINY SEASON DRAWING 3. COLLAGE MAKING ON HEALTHY FOOD AND JUNK FOOD
AUGUST	FESTIVALS 1. CRAFT FOR INDEPENDENCE DAY 2. JANMASHTAMI CRAFT 3. RAKSHA BANDHAN CRAFT
SEPTEMBER	FRUITS AND VEGETABLES 1. DRAWING OF ORANGE, APPLE, POMEGRANATE, BANANA AND MANGO 2. FREE HAND DRAWING ON VEGETABLE SELLER
OCTOBER	BIRDS AND ANIMALS 1. ANIMAL MASK 2. GANDHI JAYANTI CRAFT 3. TATTOO MAKING ON HEALTH AND WELL BEING
NOVEMBER	OBJECT DRAWING 1. FOOTBALL 2. FLOWERPOT 3. DIWALI CRAFT
DECEMBER	HUTS AND HOUSES 1. MUD HOUSE 2. BUILDING 3. CHRISTMAS CRAFT 4. NEW YEAR CARD
JANUARY	FOLK ART 1. RANGOLI 2. WARLI ART 3. REPUBLIC DAY CRAFT
FEBRUARY- MARCH	LANDSCAPE DRAWING 1. RIVERSIDE SCENE 2. PLAYGROUND SCENE 3. VILLAGE SCENE

SUBJECT TO CHANGE AS PER CBSE GUIDELINE

MARCH	MASTI KI PATHSHALA BRIDGE THE GAP ACTIVITIES (BAGLESS DAYS)
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SUBJECT: DANCE

MONTH	SYLLABUS
APRIL	ZUMBA DANCE ASAMYUKTA HASTA MUDRAS, SAMYUKTA HASTA MUDRAS,
MAY	ZUMBA DANCE GRIVA BHEDA, DRISHTI BHEDA(PRACTICAL AND THEORY)
JULY	FOLK DANCE BENGALI JHUMUR DANCE LYRICAL BOLLYWOOD FREESTYLE DANCE(THE HUMBLE PENCIL)
AUGUST	ACTIVITY ON FOLK DANCES OF INDIA AND PROJECT IN FAVOURITE FOLK DANCE
SEPTEMBER	KATHAK TATKAR IN DIFFERENT SPEED CONTEMPORARY DANCE(PAYAL IS A BRAVE GIR)
OCTOBER	FREESTYLE DANCE SHOWING VARIOUS GAPES AND PATTERN
NOVEMBER	KATHAK AND ODISSI FUSION DANCE
DECEMBER	JAZZ FREESTYLE DANCE ON MEDLEY OF CHRISTMAS SONGS
JANUARY	BASIC THEORY ON CLASSICAL DANCES OF INDIA
FEBRUARY- MARCH	TEST ACCORDING TO ALL DANCES LEARNED THROUGHOUT THE YEAR (BOTH VIVA AND PRACTICAL) IMPROVISATION MASTI KI PATHSHALA

SUBJECT: VOCAL MUSIC

MONTH	SYLLABUS
APRIL	<ul style="list-style-type: none"> • (KARCHARAN KRITAM) • OM TRIYAMBAKAMYAJAMAHE • SADASHIV SAMARAMBHAM • HANUMAN GAYATRI • GANESH BHAJAN

SUBJECT TO CHANGE AS PER CBSE GUIDELINE

	<ul style="list-style-type: none"> • SAMASTA JANN (DAINIK PRARTHANA) • SONG (PRATHMIK VIBHAG KE)
MAY	<ul style="list-style-type: none"> • OM GANANAAM • VAKRATUND MAHAKAYE • AJAM NIRVIKALPAM • GUNATEETMANAM CHIDANANDARUPAM • JAGAT KARANAM • SANSKRIT BHAJAN (MURLIDHAR SUNDAR) • HANUMAN CHALISA
JULY	<ul style="list-style-type: none"> • VASUDEV SUTAMDEVAM • MUKAM KAROTI VACHALAM • SHANTAKARAM BHUJAGSHAYANAM • LAXMI KANTAM • LITERACY SONG (KAAT NIRAKSHARTA) • NAITIKTA KI SUR SARITA (PRAYER)
AUGUST	<ul style="list-style-type: none"> • AKHANDA MANDALAKARAM • AGYANTIMI RANDHASYA • GURURBHARMA GURURVISHNU • STAVARAM JANGAMAM • CHIMAYAMVYAPITSARVAM • TWAMEV MATA • PRARTHNA GEETAM • PATRIOTIC SONG
SEPTEMBER	<ul style="list-style-type: none"> • MUSIC GRADES WILL BE GIVEN TO THE STUDENTS BASED ON MUSIC SYLLABUS FOR TERM I. • SARASWATI VANDANA (VARGA MAA)
OCTOBER	<ul style="list-style-type: none"> • SARASWATI NAMASTUBHYAM • YADEVI SARVBHUTESU • YAKUNDENDU TUSHAR • GANPATI GAYATRI • EK DANTAYE VIDMAHE • SARASWATI GAYATRI • SARASVATYE CHA VID MAHE • OM HANS HANSAYE • MEDHA SOOKTAM
NOVEMBER	<ul style="list-style-type: none"> • SOORYA SOMAAYE • BUDDHIR BALAM YASHO • SHARDA STOTRAM • NAMASTE SHARDE DEVI • YA SHRADHA DHARNA • NAMAMI YAMINI • SARGAM GEET • AARTI (OM JAI JAGDISH)
DECEMBER	<ul style="list-style-type: none"> • DASHA AVTAR STOTRAM • RAM HARE KRISHNA HARE • VEDO DWAR VICHAR MATE

SUBJECT TO CHANGE AS PER CBSE GUIDELINE

	<ul style="list-style-type: none"> • MANTHA NACHAL • CHINMAYA ARTI • MAATRU STAVNAM
JANUARY	<ul style="list-style-type: none"> • BHRAMA MURARI • LINGA ASHTAKAM • DEV MUNI • SARVA SUGANDHI • VIDYALAYA SONG • GURU STROTAM
FEBRUARY	<ul style="list-style-type: none"> • MUSIC GRADES WILL BE GIVEN TO THE STUDENTS BASED ON MUSIC SYLLABUS FOR TERM II. • MAHA MRITYUNJAY MANTAR (OM TRIYAM BAKAM)
MARCH	<ul style="list-style-type: none"> • MASTI KI PAATHSHAALA

SUBJECT: INSTRUMENTAL MUSIC

MONTH	SYLLABUS
APRIL	<ul style="list-style-type: none"> • INTRODUCTION & REVISION OF BASICS (POSTURE, HOLDING STICKS, HAND POSITION)
MAY	<ul style="list-style-type: none"> • BASIC RHYTHM PATTERNS (4/4), COUNTING BEATS
JULY	<ul style="list-style-type: none"> • BASIC DRUM RUDIMENTS (SINGLE STROKE ROLL), CAJÓN BASS & SLAP
AUGUST	<ul style="list-style-type: none"> • SIMPLE SONGS (MELODY-BASED)
SEPTEMBER	<ul style="list-style-type: none"> • RHYTHM COMBINATIONS (RESTS, HALF/QUARTER NOTES)
OCTOBER	<ul style="list-style-type: none"> • ENSEMBLE PLAYING (GROUP COORDINATION)
NOVEMBER	<ul style="list-style-type: none"> • INTRODUCTION TO DYNAMICS (LOUD/SOFT), TEMPO CHANGES
DECEMBER	<ul style="list-style-type: none"> • PRACTICE PERFORMANCE PIECES
JANUARY	<ul style="list-style-type: none"> • ADVANCED PATTERNS (SYNCOPIATION BASICS)
FEBRUARY	<ul style="list-style-type: none"> • REVISION & IMPROVISATION BASICS
MARCH	<ul style="list-style-type: none"> • FINAL PERFORMANCE & ASSESSMENT • MASTI KI PATHSHALA

SUBJECT: PHYSICAL EDUCATION

MONTH	SYLLABUS
APRIL	PHYSICAL FITNESS & HEALTH AWARENESS: IMPORTANCE OF PHYSICAL FITNESS, HYGIENE, HEALTHY FOOD, POSTURE. WARM-UP, STRETCHING, COOL-DOWN TECHNIQUES LIGHT ENDURANCE ACTIVITIES (JOGGING, SKIPPING), FOOTBALL SKILLS.
MAY	ADVANCED FUNDAMENTAL SKILLS: LOCOMOTOR SKILLS (RUNNING WITH DIRECTION CHANGE, JUMPING, SKIPPING) NON-LOCOMOTOR SKILLS (TWISTING, BALANCING, STRETCHING) COORDINATION AND REACTION DRILLS, PRACTICE OF FOOTBALL SKILLS INTERNATIONAL DAY OF YOGA RECREATIONAL GAMES/INDIGENOUS GAMES
JULY	AGILITY, SPEED & MINOR GAMES: SHUTTLE RUNS, ZIG-ZAG RUNNING REACTION AND AGILITY DRILLS BADMINTON SKILLS AND RELAYS RECREATIONAL GAMES/INDIGENOUS GAMES
AUGUST	BALL GAMES & COORDINATION: THROWING, CATCHING, PASSING, SERVICING. VOLLEYBALL SKILLS NATIONAL SPORTS DAY RECREATIONAL GAMES/INDIGENOUS GAMES
	MID-TERM REVIEW & ASSESSMENT: PRACTICE AND REVISION OF ALL ACTIVITIES PHYSICAL FITNESS TEST (SPEED, ENDURANCE, FLEXIBILITY)
SEPTEMBER	STRENGTH & ENDURANCE DEVELOPMENT: PLANKS, MODIFIED PUSH-UPS, SIT-UPS ENDURANCE RUNNING OBSTACLE AND CIRCUIT TRAINING BASKETBALL SKILLS RECREATIONAL GAMES/INDIGENOUS GAMES
NOVEMBER	SPORTS EVENT PREPARATION: TRAINING FOR SPORTS DAY RACES, RELAYS, TEAM COMPETITIONS DISCIPLINE AND TEAMWORK RECREATIONAL GAMES/INDIGENOUS GAMES
DECEMBER	TEAM STRATEGIES AND FAIR PLAY CRICKET SKILLS RECREATIONAL GAMES/INDIGENOUS GAMES
JANUARY	CRICKET: PRACTICE OF SKILLS FUN AND RELAXATION SESSIONS RECREATIONAL GAMES/INDIGENOUS GAMES
FEBRUARY	FINAL ASSESSMENT & REFLECTION: EVALUATION OF PHYSICAL AND GAME SKILLS RECREATIONAL GAMES/INDIGENOUS GAMES
MARCH	MASTI KI PAATHSHALA (BAGLESS DAYS)

SUBJECT TO CHANGE AS PER CBSE GUIDELINE