



St THOMAS PUBLIC SCHOOL

ACADEMIC CURRICULUM FOR SESSION 2026-27

CLASS - IX

Subject- English

Month	Section	No of Periods	Chapter name	Month	Section	No of Periods	Chapter name
April (19)	Literature	8	NCERT Kaveri: How I Taught My Grandmother to Read	October (14)	Literature	6	6. NCERT Kaveri: Twin Melodies
		4	1. NCERT Kaveri: Bharat Our Land (poem)				
	Grammar	6	Tenses, Sequence of Tenses, Gap filling — using tenses, Editing based on tenses.		Grammar	4	Clauses, S-V Agreement (Revision)
	Cr Wr	6	Unseen passages for comprehension — descriptive/discursive, and case based.				
May (15)	Literature	7	2. NCERT Kaveri: The Pot Maker	November (18)	Literature	5	6. NCERT Kaveri: A Friend Found in Music (poem)
						6	7. NCERT Kaveri: Carrier of Words
	Grammar	6	Determiners		Grammar	4	Integrated Grammar — Sentence Reordering, Editing/Omission
	Cr Wr	4	Notice Writing				
June (19)	Literature	5	2. NCERT Kaveri: Gifts of Grace: Honouring Our Vocations (poem)	PA – 2 Syllabus Reading: Unseen passages for comprehension — descriptive/discursive, and case based. Writing: Notice Writing, Informal Invitation, Essay Writing. Grammar: Tenses, Sequence of Tenses, Determiners, Modals, S-V Agreement, Reported Speech, Sentence Reordering, Error Correction. Literature: NCERT Kaveri Textbook — Ch — 4,6,7 Poems from NCERT Kaveri: I Cannot Remember My Mother, A Friend Found in Music.			
				6	3. NCERT Kaveri: Winds of Change	December (18)	Literature
	Grammar	4	Modal Auxiliaries, Editing based on Modals.	Grammar	3		
							Cr Wr
PA – 1 Syllabus Reading: Unseen passages for comprehension — descriptive/discursive, and case based. Writing: Descriptive Paragraph Writing, Notice Writing. Grammar: Tenses, Gap filling - using tenses, Editing based on tenses, Determiners, Modals. Literature: NCERT Kaveri Textbook — Ch — 1,2,3 Poems from NCERT Kaveri: Bharat Our Land, Gifts of Grace: Honouring Our Vocations.				December (18)	Cr Wr		4
						3	Formal E-mail Writing
						2	Letter to the Editor (Revision)

Month	Section	No of Periods	Chapter name	Month	Section	No of Periods	Chapter name
July (26)	Literature	5	3. NCERT Kaveri: Canvas of Soil (poem)	January (19)	Literature	5	8. NCERT Kaveri: Follow That Dream NCERT Kaveri: Believe in Yourself (poem)
		9	4. NCERT Kaveri: Vitamin-M			5	
	Grammar	3	Conditional Clause — Type 1		Grammar	3	Reported Speech (Revision), Integrated Grammar Practice.
		6	Clauses — Noun Clause, Relative Clause			Cr Wr	8
	Cr Wr	4	Magazine Article		2		Magazine Article (Revision)
		2	Notice Writing (Revision)	February (20)	Literature	12	Doubt solving classes / Revision
Literature	6	4. NCERT Kaveri: I Cannot Remember My Mother (poem)	Grammar		4		
	8	5. NCERT Kaveri: The World of Limitless Possibilities			Cr Wr	6	
August (23)	Grammar	6	Subject-Verb Agreement	Annual Syllabus Reading: Unseen passages for comprehension — descriptive/discursive, and case based. Writing: Notice Writing, Informal Invitation, Formal E-mails, Letter to the Editor, Descriptive Paragraph Writing, Narrative Essays, Magazine Article, Analytical Paragraph Writing Grammar: Tenses, Sequence of Tenses, Determiners, Modals, Clauses, S-V Agreement, Reported Speech, Sentence Reordering, Sentence Transformation, Error Correction. Literature: NCERT Kaveri Textbook — All chapters (as above)			
		2	Determiners (Revision)				
	Cr Wr	4	Letter Writing: Formal — Letter to the Editor				
		Literature	4				
Grammar	6		Reported Speech — Command, Requests, Statements, Questions.				
	Cr Wr	4	Unseen passages for comprehension — descriptive/discursive, and case based.				
2		Descriptive Paragraph Writing (Revision)					
Half – Yearly Syllabus (Covering syllabus from April to September)							

2-nd Language(Bengali)

Month	No. of Periods.	Chapter	Sub-Topic	Month	No. of Periods.	Chapter	Sub-Topic
April(19)	10	Chhuti, Aam Aantir Venpu	Adhyay - 1,2	October(14)	6	Dam, Aam Aantir Venpu,	Adhyay -11
	8	Sworosandhi			4	Bakyo Priborton	
May(15)	8	Aam Aantir Venpu, Kheya	Adhyay -3,4	November(18)	11	Ei Jibon, Aam Aantir Venpu	Adhyay -12,13
	5	Sworosandhi, Report			5	Bakyo Priborton, Notice	
June(19)	9	Chithi, Aam Antir Venpu	Adhyay -5,6	PA 2 SYLLABUS Literature- Dam, Ei Jibon, Aam Aantir Venpu (adhyay - 11-13) Grammar - Bakyo Priborton, Samas, Notice			
	7	Samas	Dwigu	December(18)	10	Jonmobhumi Aaj, Aam Aantir Venpu	Adhyay -14,15
PA 1 SYLLABUS	Literature-Chhuti, Kheya,ChithiAam Aantir Venpu(Adhyay - 1,2,3,4) Grammar - Sworosandhi, Samas Report				7	Shobdogoto O Bakyogoto Ashuddhi Songsodhon	
	July(26)	14	Byather Banshi, Aam Aantir Venpu,	Adhyay -7,8,	January(19)	10	Aam Aantir Venpu
9		Samas	Tatpurush Bhubrihi	7		Shobdogoto O Bakyogoto Ashuddhi Songsodhon	
August(23)	12	Iliyas,Aam Aantir Venpu	Adhyay -9,10	February(20)	11	Aam Aantir Venpu	Adhyay -19
					7	Shobdogoto O Bakyogoto Ashuddhi Songsodhon Comprehension,Notice	
		7	Samas, Bakyo Priborton, Report, Comprehension		Annual -syllabus: Literature- Whole book Grammar - Whole book, Report, Notice, Comprehension		
September (20)	7						
	5						
Half- Yearly-syllabus:Literature-Chhuti, Kheya,Chithi, Iliyas,Aam Aantir Venpu(Adhyay - 1-10) Grammar - Sworosandhi,Samas, Bakyo Priborton, Report , Comprehension							

2-nd Language(Hindi)

Month	No. of Periods.	Chapter No.	Chapter	Sub-Topic
APRIL	19	1	Grammar- Upsarg Pratya Writing- Anuched Lekhan Comprehension	
MAY	16	1	Literature- Do bailo Ki Katha Grammar- Samanarthi Shabd	
JUNE	19	8 2	Literature- Pad Kya Likhu ? Writing- Patra Lekhan	
	PA - 1		Literature- 1. Do Bailo Ki Kath 2.Pad 3.Kya Likhu Grammar- 1.Upsarg Pratya 2.Samanarthi Shabd	
JULY	27	3 9	Literature- Sambadhin Ram Lakshman Parshuram Sambad Grammar- Muhaware Writing- Sambad Lekhan	
AUGUST	24	4	Literature – Aise v Bate hoti hai Grammar-	

Month	No. of Periods.	Chapter No.	Chapter	Sub-Topic
OCTOBER	16	5 11	Literature- Akhri Chattan Tak Jhasi Ki Rani Grammar- Sangya	
NOVEMBER	19	6	Literature- Ridh Ki Haddi Grammar- Sarwanaam Comprehension	
	Pa-2		Literature i.Akhri Chattan Tak ii.Jhasi Ki Rani iii.Ridh Ki Haddi Grammar Sangya Sarwanaam	
DECEMBER	19	7	Literature Mai Aur Mera Desh Grammar Nipat	
JANUARY	22	12	Literature Ghar Ki Yaad Writing- Drisya \Ghatna Comprehension	
FEBRUARY	23		REVISION	

			Biram chinah	
SEPTEMBER	23	10	Literature Bharti ,Jai Bijay Kare Comprehension	
	Half Yearly		Literature – i.Sambadhin ii.Aise v Bate Hoti Hai iii.Bharti Jai Bijay Kare iv.Ram Lakshman Parshuram Sambad v.Bharti Jai Bijay Kare Grammar- i.Muhaware ii.Biram Chinah Writing- Sambad Lekhan Patra Lekhan Anuched Lekhan Comprehension (including pa -1)	

ANNUAL SYLLABUS			Literature i.Mai Aur Mera Desh ii.Ghar Ki Yaad Grammar- Nipat Writing Drisya \ Ghatna Comprehension (including pa-1,2 and Half Yearly)	



St THOMAS PUBLIC SCHOOL
ACADEMIC CURRICULUM FOR SESSION 2026-27

CLASS - IX

Subject- Mathematics

Month	No. of Periods	Chapter No.	Chapter Name	Sub - Topic					
					OCTOBER (16)	10 6	9 10	Triangles- congruence Theorems 4 - gons	Practical applications of triangles, conditions of congruence of triangle, problems based on application of theorems on triangles. Properties of parallelogram,
APRIL (19)	10	1	Number system	Introduction, Irrational number numbers, Real numbers and their Decimals expansion, operations on real numbers, Laws of exponents.	NOVEMBER (19)	10	11	Circles	Definitions related to circles, chords and the angles they subtend, distance of chords for the centre, subtended angles by an Arc.
	7	2	introduction to polynomials	Introduction, polynomial in one variable, zeroes of a polynomial,		6	12	Area and Perimeter	Perimeter of shapes, perimeter of a circle, Introduction To Pi, Length of an Arc.
MAY(16)	3	2	introduction to polynomials	factorisation of polynomials	DECEMBER (19)	4	12	Area and Perimeter	Introduction To Pi, Length of an Arc.
	10	3	sequences and progression	Introduction to sequences, arithmetic progressions, geometric progressions, application of GP,sum of the first n natural		11	13	Surface area and Volume	Surface area and volume of spheres, (hemisphere and right circular cones)

JUNE (19)	8	4	Exploring Algebraic Identities.	Factorization of algebraic expressions using identities, Identities and their applications, simplifying
PA-1 Exam Syllabus	8	5	Ch- 1, 2, 3 & 4	
JULY (27)	5	5	Linear equations into variables	graphical method, Nature of the solutions, Algebraic methods.
	7	6	Co-ordinate Geometry	2D Cartesian co - ordinate system, Distance between two points, Midpoint of the line segment.
	10	7	Introduction to Euclid Geometry	Introduction, Euclid's definition, Axioms and
AUGUST (24)	13	8	Lines and Angles	Rays and angles , measures of angles, intersecting lines and angles,
SEPTEMBER (23)	13 days for Revesion			
Half Yearly Syllabus	Syllabus for Half yearly exam: Chapter 1, 2, 3, 4, 5, 6, 7 & 8 SEA: Lab work, models, project, field work, games, quiz, class room activity STEM activity.			

PA-2 Exam Syllabus	Ch- 9, 10,11 & 12				
JANUARY (22)	10	Ch - 14	Statistics	Graphical representation of data Measure of Central tendency.	
	7	Ch - 15	Introducti on to probabilit y	Graphical representation of data, Measure of Central tendency.	
FEBRUARY (23)	3	Ch - 15	Introducti on to probabilit y	Measure of Central tendency.	
	15			15 days Revision for Annual	
Annual Exam Syllabus	Syllabus for Annual exam: All Chapters. SEA: Lab work, models, project, field work, games, quiz, class room activity STEM activity.				



ST THOMAS PUBLIC SCHOOL
ACADEMIC CURRICULUM FOR SESSION 2026-2027

CLASS - IX

PHYSICS

Month	No. of Periods.	Chapter	Sub-Topic
April (18)	6	Motion	Distance and displacement, speed; velocity; uniform and non-uniform motion along a straight line; distance-time and velocity-
May (13)	4	Motion	Acceleration; deceleration; equations of motion; graphs; solving numericals
June (16)	5	Motion	Circular motion; Revision
PA-1 SYLLABUS		Motion	
July (23)	7	Forces And Laws Of Motion	Force and Motion, Newton's Laws of Motion, Action and Reaction forces, Inertia of a body, Inertia and mass, Force and Acceleration
August (19)	6	Forces And Laws Of Motion	Applications of Newton's laws of motion; solving numericals
September (12)	4	Forces And Laws Of Motion	Revision
HY SYLLABUS		Motion ; Forces And Laws Of Motion	

October (10)	3	Work, Energy and Simple Machines	Work done by a Force, Energy, power; Kinetic and Potential energy; Law of conservation of energy; power
November (16)	5	Work, Energy and Simple Machines	Sample machines and their mechanical advantage (pulley, inclined plane, lever)
December (17)	5	Work, Energy and Simple	Revision
PA-2 SYLLABUS		Work, Energy and Simple Machines	
January (17)	5	Sound	Nature of sound and its propagation in various media, speed of sound, wavelength; frequency; range of hearing in humans; ultrasound; reflection of sound; echo.
February (18)	6	Sound	Range of hearing in humans; ultrasound; reflection of sound; echo.
ANNUAL SYLLABUS		Motion ; Forces And Laws Of Motion; Work, Energy and Simple Machines; Sound	



ST THOMAS PUBLIC SCHOOL
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CLASS - IX

Chemistry

Month	No. of Periods	Chapter No.	Chapter	Sub-Topic	Month	No. of Periods	Chapter No.	Chapter	Sub-Topic
April	6		Exploring Mixtures and their separation	Composition of matter, States of matter, Different types of mixtures	October	6		Atoms and molecules	Law of conservation of mass, Law of constant proportion,
May	6		Exploring Mixtures and their separation	Solutions, Suspensions, Colloids, Various ways to express concentrations	November	5		Atoms and molecules	Dalton's Atomic theory, Molecules
June	6		Exploring Mixtures and their separation	Separation techniques	December	4		Atoms and molecules	
PA-1 SYLLABUS			Exploring Mixtures and their separation		PA-2 Exam		Chapter- Atoms and molecules		
July	6		Structure of Atom	Sub atomic particles, Atomic models	January	5		Atoms and molecules	Ions, ionic compounds,
August	6		Structure of Atom	Distribution of electrons, Symbols, Valency.	February	5		Atoms and Molecules	writing chemical formulae, molecular mass, formula unit mass
September	4		Structure of Atom	Atomic number, isotopes, isobars	March	Annual Exam		All Chapters	
HY Syllabus		Exploring Mixtures and their separation and Structure of Atom							



St THOMAS PUBLIC SCHOOL
ACADEMIC CURRICULUM FOR SESSION 2026-27
CLASS - IX
Subject- Science(Biology)

Month	No. of Periods	Chapter No.	Chapter Name	Sub - Topic	OCTOBER (12)	4	11	Reproduction: How life continues	Types of Reproduction Sexual reproduction in plants
APRIL (18)	6	2	Cell the building block of life	Prokaryotic & Eukaryotic cell Cell wall & Cell membrane Nucleus & Cytoplasm	NOVEMBER (19)	6	11	Reproduction: How life continues	Human Reproduction Reproductive health and hygiene
MAY(15)	5	2	Cell the building block of life	Structure & function of Different cell organelles	DECEMBER (16)	5	12	Patterns in life: Diversity and Classification	Importance of Classification Five kingdom classification
JUNE (19)	6	2	Cell the building block of life	Animal cell vs plant cell Some facts regarding cells	PA-2 Exam Syllabus	Reproduction: How life continues			
PA-1 Exam Syllabus					JANUARY (15)	5	12	Patterns in life: Diversity and Classification	Binomial nomenclature viruses
JULY (26)	8	3	Tissues in acion	Structure & function of different types of Plant tissues		Revision			
AUGUST (23)	7	3	Tissues in acion	Structure & function of different types of Animal tissues	FEBRUARY (20)				
SEPTEMBER (8)	Revision				Annual Exam Syllabus	Cell the building block of life Tissues in acion Reproduction: How life continues Patterns in life: Diversity and Classification			
Half Yearly Syllabus	Cell the building block of life Tissues in acion								

Social Science

MONTHS	NO OF PERIODS	CHAPTER NO.	CHAPTER NAME	SUB-TOPICS					
APRIL (19)	9	Ch - 1	▪ Understanding Social Science	• Meaning, scope and relevance of Social Science • Understanding Social Science from an Indian perspective	OCTOBER (14)	6	Ch - 1	▪ Oceans and Life	• Introduction to ocean relief, movement of ocean water- waves, tides and currents • Marine resources and their significance; open seas, navigation fishing, and livelihood concerns and challenges • Cyclones and Tsunamis — early warning systems • International maritime rules and regulations
	14	Ch - 6	▪ Democracy	• Meaning features and types of democracy • Roots of democracy in India • Challenges to democracy in India • Democratic systems in the world		8	Ch - 3	▪ Resistance and Resilience (1000CE-1700CE)	• Safeguarding sovereignty: resistance, alliances and confederacies • Development of art and architecture, languages and literature
MAY (15)	8	Ch - 2	▪ Shaping of the Earth's Surface	• Theory of plate tectonics • Interior of the Earth • Role of weathering and erosion; agents of gradation — river, waves and currents, wind, glaciers, and underground water	NOVEMBER (18)	9	Ch - 2	▪ Life on Earth	• Biomes: Distribution and characteristics; biosphere reserves in India • Forest and ecotourism; forest dwellers, their livelihoods, and challenges • Forest and wildlife conservation • Government efforts to support forest dwellers
	11	Ch - 4	▪ Early Humans and Beginning of Civilisation	• Cultural development from 2 million years ago • Early human history, periodisation: Archaeological ages • Who are human ancestors? • Palaeolithic hunter-gatherers and use of stone tools					
JUNE (19)	9 + 2	Ch - 2 + Revision	▪ Shaping of the Earth's Surface	• Landforms and disasters: earthquakes, landslides, avalanches, Glacial Lake Outburst Flood (GLOF) and duststorms		15	Ch - 3	▪ Resistance and Resilience (1000CE-1700CE)	• The Bhakti tradition • Forts and fortifications • Expansion of Indian economy and state

	11+2	Ch - 4, 7 + Revision	▪ Early Humans and Beginning of Civilisation ▪ Elections	• Mesolithic transition to food production: Mesolithic sites and tools • Neolithic and the beginning of farming: Neolithic revolution domestication of plants and animals • Harappan and contemporary cultures • Mesopotamian, egyptian, and chinese civilisation • Factors of importance of elections • Electoral systems • Delimitation Commission
PA1 SYLLABUS	Ch: 1, 2, 4, 6			
JULY (26)	1 + 12	Revision + Ch - 3, 8	▪ Atmosphere and Climate ▪ Building Blocks in Economics	• Structure and composition; elements of weather and climate • Seasons of India and monsoons • Climate change • Floods • Carbon footprint • Scarcity of resources, opportunity cost and the need for making choice. What do economists do?
	2 + 16	Revision + Ch - 7, 5	▪ Elections ▪ State and Society (Upto 1000 CE)	• Election Commission of India and its role • Constituency, electoral rolls, enumerators • Party system in India • Vedic Age — geography; texts; rituals; political institutions, and social order • Administrative structure of early empires

		Ch - 5	▪ Authority	• The Roots of Authority: in Kautilya and shukraniti- danda and relationship with nyaya and bala; the types of nyaya and bala
PA2 SYLLABUS	Ch: 1, 2, 3			
DECEMBER (18)	3 + 5	Revision + Ch - 6	▪ From Ideas to Startups	• What is entrepreneurship and explain the resources required to start a business • Case studies of successful entrepreneurs • Creative destruction with examples • Start-up ecosystem in India. • Make in India initiative, role of MSMEs and the unorganised sector in India's economic growth. • Stages of starting and executing a business idea through a business plan • Some basic accounting concepts
	10+3	Ch - 5	▪ Authority	• Constitutional status of justice and security since ancient times • Links the role of citizens with the elections and the democratic institutions • Types of authority — functional, sensitive, and welfare-oriented

AUGUST (23)	12	Ch - 8, 9	▪ Building Blocks in Economics ▪ The Price Puzzle: What Drives the Market	• What to produce, how to produce, and for whom to produce? • Difference between market, centrally planned, and mixed economic systems • Welfare economy • Laws of demand and supply • Real-world deviations from textbook theory, such as in case of necessities, luxury goods, perishable items, and expectations • Some related concepts — price ceilings and market failures (externalities, information asymmetry, public goods)
	15	Ch - 5	▪ State and Society (Upto 1000 CE)	• Quest for knowledge-educational heritage, institutions, knowledge traditions, and cultural practices • Traders and trade routes, guilds and merchants, crafts and industries
SEPTEMBER (20)	16	Revision and Doubt Clearing		
HALF-YEARLY SYLLABUS	Ch: 1, 2, 3, 4, 5, 6, 7, 8, 9 S.E.A - Quiz, Project, Class Activity, Map Activity , STEM Activity			

JANUARY (19)	11	Ch - 7	▪ Smart Ways to Manage Your Finances	• Relevance of personal financial management in daily life • Inflation and its impact on purchasing power • Simple vs. compound interest rate • Budgeting • Various savings and investment options like fixed deposit, stocks, bonds, mutual funds, etc. • Risk and insurance • Personal income tax
	13	Ch - 4	▪ India and the World – I (1900 BCE - 1200 CE)	• Trade and commerce - trade with Mesopotamia, Greece, Roman Empire, China and Southeast Asia • Cultural Connections-Interactions with Greece and Rome, Central Asia, China, and Influence on South East Asia • Indian Knowledge Systems -Medicine, Mathematics and Astronomy, Medicine, Religion
FEBRUARY (20)	20	Revision and Doubt Clearing		
ANNUAL SYLLABUS	Ch: 1, 2, 3, 4, 5, 6, 7 S.E.A - Quiz, Project, Class Activity, Map Activity , STEM Activity			

Information Technology

Month	No. of Periods.	Chapter No.	Chapter Name	Sub-Topic					
APRIL	8	Unit 2	Data Entry & Keyboarding Skills-II			OCTOBER	6	Unit 4	Electronic Spreadsheet
MAY	6	Unit 1 Unit 2 Unit 1	Communication Skills-I(Self Study) Data Entry & Keyboarding Skills-II Introduction to IT-ITeS Industry			NOVEMBER	8	Unit 4 Unit 5 Unit 5	Entrepreneurial Skills-II Green Skills-II Digital Presentation
JUNE	5	Unit 2 Unit 3	ICT Skills-I Self Management Skills- I			PA-2 SYLLABUS		Unit 4 & Unit 5(Employability Skills) Unit 4 & Unit 5(Subject Specific Skills)	
JULY	7	Unit 3	Digital Documentation			DECEMBER	7	Unit 6	Digital Presentation(Impress)
PA-1 SYLLABUS		Unit 1 & Unit 2(Employability Skills) Unit 1 & Unit 2(Subject Specific Skills)				JANUARY	9		Revision of Digital Documentation and Spreadsheet
AUGUST	8	Unit 3 Unit 4	Digital Documentation Entrepreneurial Skills-I			FEBRUARY	9		Revision of Digital Presentation and Soft Skills
SEPTEMBER	4	Unit 4	Electronic Spreadsheet			ANNUAL EXAM SYLLABUS		ALL THE CHAPTERS	
HALF YEARLY SYLLABUS		Unit 1 & Unit 2(Employability Skills) Unit 1, Unit 2 & Unit 3(Subject Specific Skills)							

Physical Education

MONTHS	NO OF PERIODS	CHAPTER NAME	SUB-TOPICS			
APRIL (19)	6	MASS PT	● Free Hand Exercises	OCTOBER (14)	3	YOGA & GYMNASTICS ● Common Yogasanas & Gymnastics Practice (Matsyasana, Dhanurasana & Back Arch, Split)
	6	YOGA & GYMNASTICS	● General Exercises for flexibility ● Surya Namaskar		5	VOLLEYBALL ● Rules & Regulation of Volleyball ● Practice the Skills ● Field Measurement
	6	CARROM BOARD, CHESS	● Knowledge & Rules ● Practice the skills		2	MARTIAL ART ● Strike: Double Punch (Step Forward & Step-Back), Elbow Strike (Step Forward) ● Block: Inside Block, Outside Middle Block, Upper Block, Lower Block (Step Forward & Step-Back)
	5	MARTIAL ART	● Meaning & Definition ● Importance, Origin Basic Skills of Punch & Block ● Strike : Punch, Double Punch (in ready position) ● Block : Inside Block, Outside Middle Block			
MAY (15)	6	MASS PT	● Free Hand Exercises	NOVEMBER (18)	4	AEROBICS ● Free Hand Exercises with Music
	6	YOGA & GYMNASTICS	● Fitness Exercises for flexibility ● Surya Namaskar		4	KHO -KHO ● Rules & Regulation of Volleyball ● Practice the Skill ● Field Measurement
	6	CARROM BOARD, CHESS	● Knowledge & Rules ● Practice the skills		4	YOGA & GYMNASTICS ● Common Yogasan & Gymnastics Practices (Bridge Pose, Baddhapadmasana & Insider Monkey, Head Stand)
	5	MARTIAL ART	● Meaning & Definition ● Importance, Origin Basic Skills of Punch & Block ● Strike : Punch, Double Punch (in ready position) ● Block : Inside Block, Outside Middle Block		4	MARTIAL ART Kick: Front Kick (In front stance), Side Kick (in Kibadachi) Step Forward & Step-Back
JUNE (19)	2	MASS PT	● Free Hand Exercises	DECEMBER (18)	3	FOOTBALL ● Basic Fundamental of Football ● Rules of the Football ● Field Measurement ● Dribbling & Passing Skill
	2	YOGA & GYMNASTICS	● Overview Meaning of Yoga & Gymnastics		3	ATHELETICS ● Running Event : 100m, 200m, & Relay race ● Jumping Event: Long Jump & High Jump ● Throwing Event : Shot-Put, Javelin, Discuss
	2	MARTIAL ART	Basic Skills of Punch & Block: ● Strike : Step Forward Punch, Step Back Punch (in front stance) ● Block : Upper Block, Lower Block Basic Skill of Kick: ● Kick: Front Kick (In front stance)		4	MARTIAL ART ● Kata : Taikyoku Shodan (1 to 20 Steps)
	2	KABADDI	● Rules & Regulation of Kabaddi ● Practice the Skills ● Field Measurement			
	4	MASS PT	● Free Hand Exercises		4	AEROBICS ● Free Hand Exercises with Music

JULY (26)	4	YOGA & GYMNASTICS	● Importance of Yogasana & Gymnastics ● Common Yogasanas & Gymnastics Practices (Ardha Matsyendrasana, Vekasan & Cart-Wheel, Jump Full Turn)
	4	BASKETBALL	● Basics of Basketball ● Rules of the Football ● Field Measurement ● Dribbling & Passing Skills
	4	MARTIAL ART	● Kata : Taikyoku Shodan (1 to 10 Steps)
AUGUST (23)	4	YOGA & GYMNASTICS	● Common Yogasanas & Gymnastics Practices Sarvangasana, Utkatasana & Balance in one feet
	5	DRILL & MARCHING	● Basic Knowledge of Drill & Marching ● Attention & Stand At Ease Position ● Drill & Marching
	4	MARTIAL ART	● Strike : Punch, Double Punch (in ready position) Step Forward Punch, Step Back Punch (in front stance) ● Block : Inside Block, Outside Middle Block, Upper Block, Lower Block ● Kick: Front Kick (In front stance), Side Kick (in Kibadachi)
SEPTEMBER (20)		FOOTBALL	● Basics of Football ● Rules of the Football ● Field Measurement ● Dribbling & Passing Skills
	2	HALF-YEARLY EVALUATION	● Mass PT
	2		● Yogasanas & Gymnastics
	2		● Martial Art

JANUARY (19)	4	HITS FOR ANNUAL EVENTS	● Running Event : 100m, 200m, & Relay race ● Jumping Event: Long Jump & High Jump ● Throwing Event : Shot-Put, Javelin, Discus
	4	DRILL & MARCHING	● File formation in Parade & Kadam taal
	3	MARTIAL ART	● Attacking Skills ● Defensive Skills
FEBRUARY (20)	2	ANNUAL EVALUATION	● Fitness Skill
	3		● Yogasanas & Gymnastics
	2		● Martial Art

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