

**CLASS VII
(2026-2027)
MONTHLY SYLLABUS**

ENGLISH

PRESCRIBED BOOKS

1. OXFORD ENGLISH FOR LIFE COURSEBOOK
2. OXFORD LEARNER'S GRAMMAR AND COMPOSITION
3. SUPPLEMENTARY READER - MALGUDI DAYS – R.K.NARAYAN

Month	Chapter
<u>APRIL & MAY</u>	LITERATURE Unit- 1 The Bonds of Love Section-1 Eidgah Section – 2 The Desirable Shawl Section – 3 Poem: Paper Boats – Rabindranath Tagore GRAMMAR – L-2 Articles L-16 The Sentence L- 17 Phrases and Clauses WRITING- Factual Description(places and Person) Notice Writing SR- Malgudi Days - Gateman's Gift

<p><u>JULY</u></p>	<p>LITERATURE</p> <p>Unit- 2 Voices of the Earth</p> <p>Section -4 The rightful Inheritors of the Earth Section – 5 The Secret Garden Section -6 Poem: Daffodils</p> <p>GRAMMAR- L- 3 Pronouns L-4 Adjectives L- 5 The Verbs</p> <p>WRITING - Formal Letter Letter to the Principal Letter to the Editor</p> <p>SR- Malgudi Days - THE Tiger’s Claw</p>
<p><u>AUGUST</u></p>	<p>LITERATURE</p> <p>Unit-3 Unforgettable Journeys Section -7 : The Girl Who Fell from the Sky Section -9 Poem: The Sea Fever</p> <p>GRAMMAR- L - 6 Present Tense L-7 Past Tense L –8 Future Time L-9 Perfect Tense L-12 Active and Passive voice</p> <p>WRITING Article Writing</p> <p>S.R – Malgudi Days - Ishwaran</p>
<p><u>SEPTEMBER</u></p>	<p>LITERATURE Revision</p>

<p><u>OCTOBER</u></p>	<p>LITERATURE Unit-4 Heroes Among Us Section - 10 Marching to Freedom Section – 12 Poem : Don't Quit</p> <p>GRAMMAR L- 13 Adverbs L – 14 Prepositions</p> <p>WRITING Speech Writing</p> <p>S.R -Malgudi Days- Father's Help</p>
<p><u>NOVEMBER</u></p>	<p>LITERATURE Unit-4 Heroes among us Section -11 Playing against the odds Section – 12 Poem : The Listeners</p> <p>GRAMMAR L-9 Conjunction L- 19 Reported Speech</p> <p>WRITING- Formal E-Mail writing Diary Entry S.R -Malgudi Days- A Shadow</p>
<p><u>DECEMBER</u></p>	<p>LITERATURE Unit-5 Clues and Crimes Section – 14 The Adventure of the Blue Carbuncle</p> <p>GRAMMAR L-11Modals L-19 Reported Speech Contd.</p> <p>WRITING - Factual Description (Events) S.R -Malgudi Days- A Willing Slave</p>
<p><u>JANUARY</u></p>	<p>GRAMMAR L- 22 Vocabulary S.R -Malgudi Days- Cat Within Hungry Child</p>
<p><u>FEBRUARY</u></p>	<p>REVISION</p>

SUBJECT: HINDI

पाठ्य पुस्तकें:-

मल्हार

ज्ञान सागर (सहायक पुस्तकमाला-7)

हिंदी व्याकरण सधा भाग-7

<u>अप्रैल:-</u>	<p>मल्हार:-</p> <p>पाठ 1. माँ, कह एक कहानी पाठ-2 तीन बुद्धिमान व्याकरण: पाठ 4. शब्द विचार विज्ञापन लेखन (20 से 25 शब्दों में), अनुच्छेद लेखन, औपचारिक पत्र, अपठित गद्यांश ज्ञान सागर:- पढ़ने के लिए- पाठ 1 किसान की सज़ाबुझ पाठ 3 अर्जुन और भीम का अभिमान क्रियाकलाप- छात्रों को कहानी सुनाई जाएगी और कहानी जहाँ छोड़ी जाएगी वहाँ से लेकर अंत तक उनको कहानी अपने शब्दों में लिखनी होगी</p>
<u>मई:-</u>	<p>ज्ञान सागर पाठ-2 कौन सा धर्म श्रेष्ठ है पढ़ने के लिए- पाठ 7 बीरबल की स्वर्ग वापसी क्रियाकलाप-एक सजाए हुए डिब्बे में अलग-अलग संज्ञा शब्दों की पर्चियाँ रखी जाती हैं। छात्र 3 पर्चियाँ उठाती हैं और उन शब्दों (जैसे: 'हाथी', 'चाँद', 'छाता') को जोड़कर मौँके पर एक छोटी कहानी सुनाती है। व्याकरण: पर्यायवाची शब्द (1-20), मुहावरे (1-20), संवाद लेखन (50 शब्दों में), चित्र वर्णन (50 शब्दों में)</p>
<u>जुलाई:-</u>	<p>मल्हार पाठ-4- पानी रे , पाठ-3- फूल और काँटे (कविता)</p> <p>व्याकरण :-</p> <p>पाठ 6. शब्द रचना: उपसर्ग, प्रत्यय, पाठ 12. समुच्चयबोधक और विस्मयादिबोधक, अनुच्छेद लेखन, पठित और अपठित गद्यांश</p> <p>ज्ञान सागर : पाठ-6 सबका भला अपना भला पढ़ने के लिए- पाठ 4 धोबी की सज़ा विषय संवर्धन क्रियाकलाप: वाचन।</p>
<u>अगस्त:-</u>	<p>मल्हार -पाठ 5- नहीं होना बीमार, पाठ 6- गिरिधर कविराय की कुंडलियाँ व्याकरण-लोकोक्तियाँ (1-25)</p> <p>पाठ 8. कारक</p> <p>पाठ 10: विशेषण, अनेक शब्दों के लिए एक शब्द (1-20), औपचारिक पत्र, अनौपचारिक</p>

	<p>पत्र, अपठित गद्यांश व पद्यांश</p> <p>मल्हार -पाठ-8- गौतम बुद्ध पढ़ने के लिए- पाठ 9 सच्चा धन विषय संवर्धन क्रियाकलाप: श्रवण</p>
<u>सितंबर:-</u>	<p>मल्हार :- पाठ 7. वर्षा बहार (कविता)</p> <p>व्याकरण:-</p> <p>पाठ 15. वर्तनी तथा वाक्य संबंधी अशुद्धि-शोधन।</p> <p>अनेकार्थी शब्द (1-20)</p> <p>अपठित गद्यांश व पद्यांश।</p> <p>ज्ञान सागर :-</p> <p>पाठ 11 गुरु भक्त उपमन्यु पढ़ने के लिए- पाठ 16 संगति का असर, सत्संगति क्रियाकलाप-यह पाठ कक्षा में पढ़ाया जाएगा और सत्संगति के विषय पर छात्राएँ अपने विचार A4 साइज शीट पर अनुच्छेद के रूप में लिखेंगे।</p>
<u>अक्टूबर :-</u>	<p>मल्हार पाठ 8 बिरजू महाराज</p> <p>व्याकरण:</p> <p>पाठ 13. वाक्य विचार</p> <p>पाठ 14- विराम चिह्न, विलोम शब्द 1 से 20, अनुच्छेद लेखन, संवाद लेखन (50 शब्दों में), अपठित गद्यांश व पद्यांश।</p> <p>ज्ञान सागर :-</p> <p>पाठ 15 चंद्रगुप्त की विजय का रहस्य पढ़ने के लिए- पाठ 16 अर्जुन की एकाग्रता क्रियाकलाप-पाठ के अंतर्गत छात्राएँ अपनी योग्यताओं के बारे में व्याख्यान करेंगी एवं उसे लक्ष्य को प्राप्त करने के लिए किस तरह परिश्रम करते हैं उसके बारे में भी कक्षा में चर्चा करेंगे।</p>
<u>नवंबर: -</u>	<p>मल्हार पाठ 9 चिड़िया</p> <p>व्याकरण:-</p>

	<p>पाठ 11- क्रिया</p> <p>औपचारिक एवं अनौपचारिक पत्र, विज्ञापन लेखन (20-25 शब्दों में)</p> <p>लोकोक्तियाँ (1-25)</p> <p>ज्ञान सागर :-</p> <p>पाठ 13 अशोक का शस्त्र त्याग पढ़ने के लिए-</p> <p>पाठ 12 राजकवि 'भारवि '</p> <p>पाठ 14 कालिदास की खोज</p> <p>गतिविधि का नाम: "हृदय परिवर्तन का मंच" इस यह गतिविधि छात्राओं को सम्राट अशोक की मनोदशा और उनके बदलाव को गहराई से समझने में मदद करेगी।</p>
<u>दिसंबर:-</u>	<p>मल्हार पार्ट 10 मीरा के पद</p> <p>व्याकरण: समश्रुत भिन्नार्थक शब्द -(1 से 20)</p> <p>अनुच्छेद लेखन, चित्र वर्णन (25-30 शब्दों में), अपठित गद्यांश और पद्यांश</p> <p>ज्ञान सागर:-</p> <p>पाठ 17 छल का फल</p> <p>पढ़ने के लिए-</p> <p>पाठ 18 दानवीर बीमेशा</p> <p>विषय संवर्धन क्रियाकलाप: श्रवण, वाचन</p>
<u>जनवरी:-</u>	<p>विषय संवर्धन क्रियाकलाप:वाचन</p> <p>समस्त पाठ्यक्रम की पुनरावृत्ति</p>

MATHEMATICS

TEXTBOOK PRESCRIBED: NEW ENJOYING MATHEMATICS

MONTH	CHAPTER
APRIL	CH1:INTEGERS CH5: POWERS AND EXPONENTS
MAY	CH10:LINES AND ANGLES CH13: REPRESENTING 3-D IN 2-D
JULY	CH2:FRACTIONS CH3: DECIMALS
AUGUST	CH6:ALGEBRAIC EXPRESSIONS CH11: PROPERTIES OF TRIANGLES CH12:SYMMETRY
SEPTEMBER	CH4:RATIONAL NUMBERS
OCTOBER	CH7: SIMPLE LINEAR EQUATIONS CH8:RATIO AND PROPORTION
NOVEMBER	CH16:PERIMETER AND AREA CH17: COLLECTING AND ORGANISING DATA
DECEMBER	CH9:PERCENTAGE AND IT'S APPLICATIONS
JANUARY	CH15:CONGRUENCE OF TRIANGLES CH14:CONSTRUCTIONS

SUBJECT-SCIENCE

Prescribed book: Living Science

Publication: Ratna Sagar

SUBJECT : PHYSICS

MONTH	UNIT/CHAPTER
APRIL	CH - 3 : Electricity : Circuits and Their Components
MAY	CH - 3 : Electricity : Circuits and Their Components(Continued)
JULY	CH - 8 : Measurement of Time and Motion
AUGUST	CH - 8 : Measurement of Time and Motion (Continued)
SEPTEMBER	Revision
OCTOBER	CH - 7 : Heat Transfer in Nature
NOVEMBER	CH - 7 : Heat Transfer in Nature (Continued)
DECEMBER	CH- 11 : Light: Shadows and Reflections
JANUARY	CH - 12: The Earth, The Moon, and The Sun
FEBRUARY	Revision

SUBJECT : CHEMISTRY

MONTH	UNIT/CHAPTER
APRIL	CH - 1: Structure of Matter
MAY	CH - 1: Structure of Matter (Continued)
JULY	CH - 2 : Substances : Acidic, Basic and Neutral
AUGUST	CH - 2 : Substances : Acidic, Basic and Neutral (Continued)

SEPTEMBER	Revision
OCTOBER	CH - 5 : Changes Around Us: Physical and Chemical
NOVEMBER	CH - 5 : Changes Around Us: Physical and Chemical (Continued)
DECEMBER	CH - 4: The World of Metals and Non- Metals
JANUARY	CH - 4: The World of Metals and Non- Metals(Continued)
FEBRUARY	Revision

SUBJECT : BIOLOGY

MONTH	UNIT/CHAPTER
APRIL	CH - 6 : Adolescence: A stage Of Growth and Change
MAY	CH - 6 : Adolescence: A stage Of Growth and Change (Continued)
JULY	CH - 9 : Life Processes in Animals
AUGUST	CH - 9 : Life Processes in Animals (Continued)
SEPTEMBER	Revision
OCTOBER	CH -10 : Life Processes in Plants
NOVEMBER	CH -10 : Life Processes in Plants (Continued)
DECEMBER	CH - 9 : Life Processes in Animals (Revision)
JANUARY	CH -10 : Life Processes in Plants (Revision)
FEBRUARY	Revision

SUBJECT :- SOCIAL SCIENCE

**Prescribed book :- Society and Beyond :- A Journey to Social Science
(Part I & Part II) Publication:- Focus learning**

Month	Chapter
April	Chapter :- 1 (Geo):- Geographical Diversity of India (Part - I) Chapter :-5 (History):- The Rise of Empires (Part - I)
May	Chapter :- 9 (Political Science) :- From Rulers to the Ruled :- Types of Governments (Part - I) Chapter :- 4 (History) :- New Beginnings:- City and States (Part - I) (Activity based lesson) Chapter :- 6 (History):- The Age of Reorganization (Part - I)
July	Chapter 2 :- (Geo):- Understanding the Weather (Part - I) Chapter - 7 :- (History):- The Gupta Era - An age of tireless creativity (Part - I) Chapter 8 :- (History):- How Land becomes Sacred (Part - I) (Activity based lesson)
August	Chapter 3 :- (Geo):- Climates of India (Part - I) Chapter 10 :- (Political Science):- The Constitution of India (Part - I) Chapter 11 :- (Political Science):- From Barter to Money (Part - I) (Activity based lesson) Chapter 12 :- (Political Science):- Understanding Markets (Part - I)
September	Revision
October	Chapter 1 :- (Geo):- The Story of Indian Farming (Part II) Chapter 3 :- (History):- Empires and Kingdoms :- 6 th to 10 th centuries (Part II)
November	Chapter 6 :- (Political Science):- The State, Government and You (Part II) Chapter 4 :- (History):- Turning Tides - 11 and 12 centuries (Part II)
December	Chapter 5 :- (History):- India a home to many (Part II) Chapter 2 :- (Geo):- India and her neighbours (Part II)
January	Chapter 7 :- (Geo):- Infrastructure - Engine of India's Development (Part II) Chapter 8 :- (Political Science):- Banks and the magic of finance (Part II) (From Pg no 190 to Pg 201)
February	Revision

SANSKRIT

पाठ्यसामग्री

1.दीपकम्

अप्रैल	रुचिरा- 1) वन्दे भारतमातरम् 2) नित्यं पिबामःसुभाषितरसम् व्याकरणम्- वर्णविचार, सन्धि, अपठित अवबोधनम् ।
मई	3) मित्राय नमः व्याकरणम्- धातुरूपाणि, कारक विचार, चित्राधारित प्रश्नाः ।
जुलाई	4) न लभ्यते चेत् आम्लं द्राक्षाफलम् 5) सेवा हि परमो धर्मः व्याकरणम्-शब्दरूपाणि, पत्रलेखनम्, अनुच्छेदलेखनम् ।
अगस्त	7) ईशावास्यम् इदं सर्वम् 8) हितं मनोहारी च दुर्लभं वचः व्याकरणम्- उपसर्ग- अव्यय प्रकरणम्, संवादाः ।
सितम्बर	पुनरावृत्ति
अक्तूबर	10) दशमःकः? 11)द्वीपेषु रम्यःद्वीपोऽण्डमानः व्याकरणम्- प्रत्ययाः, पत्रलेखनम्, समयलेखनम् ।
नवंबर	12.)वीराङ्गना पन्नाधाय व्याकरणम्- चित्रवर्णनम् ।
दिसम्बर	व्याकरणम्- अपठित अवबोधनम्, अनुच्छेद लेखनम् संवादाः।
जनवरी	पुनरावृत्ति

SUBJECT: FRENCH

Prescribed book: Enchanté
Publication: Rachna sagar Pvt. Ltd.

MONTH	UNIT/ CHAPTER
APRIL	Leçon 0: Découvrons la France! Leçon 1: Belles Images
MAY	Leçon 2: Voici Paul!
JULY	Leçon 3: Les habits
AUGUST	Leçon 4: Les animaux du zoo Leçon 5: Quel temps fait-il?
SEPTEMBER	Révision
OCTOBER	Leçon 6: Au Travail!
NOVEMBER	Leçon 7: Chez Clara Leçon 8: La Maison de Marie
DECEMBER	Leçon 9: Bon appétit!
JANUARY	Leçon 10: Ma ville,mon quartier
FEBRUARY	Révision

CLASS - VII SUBJECT: COMPUTER SCIENCE (2026-27)

Book: CODE BUDDIES

APRIL & MAY: Ch.7, Exploring Text and Statistical Data + AI Domains and Applications (CT & AI)

- AI domains
- Predictive Techniques
- Small datasets
- Computer Vision
- Natural Language Processing
- Data Science

JULY: Ch.6, The Web Builders + AI in Industries (CT & AI)

- AI in healthcare, Education, Transport, Communication, Benefits of AI

AUGUST : Ch.2, Decode the Digits

SEPTEMBER: Ch 3. Building Virtual Worlds

OCTOBER: Ch 9 : The Digital Dilemma + Ethics and AI Bias Awareness

- Ethics in AI
- Bias in AI,
- Responsible and fair use
- Digital citizenship

NOVEMBER: Ch.5 Making Decisions with Python + Data Visualization and Analysis (CT & AI)

- Collecting and organising data
- Data visualization
- Interpreting Data

DECEMBER: Ch.4 Mission : Food Rescue + Ch.1 The Robotic Core

JANUARY: Ch.8 From Sketch to Motion

FEBRUARY: Revision

Subject : Value Education

MONTH	CHAPTER
APRIL	CHAPTER 1 TRUTH CHAPTER 2 THE CHOICE OF LIFE
MAY	CHAPTER 3 ANGER MANAGEMENT CHAPTER 4 HANDLING CRITICISM
JULY	CHAPTER 5 A MASK FOR YOU, A MASK FOR ME CHAPTER 6 THE QUEST FOR KNOWLEDGE
AUGUST	CHAPTER 7 GETTING GREAT RESULTS BY MAKING CHECKLIST CHAPTER 8 WHAT HAVE YOU DONE TODAY?
OCTOBER	CHAPTER 9 RESPONDING VS REACTING CHAPTER 10 FRIENDS - ASSETS OF LIFE
NOVEMBER	CHAPTER 11 NO STOP IN LIFE CHAPTER 12 GOAL SETTING FOR SUCCESS
DECEMBER	CHAPTER 13 A NEW AGE CHAPTER 14 GREEN EVOLUTION
JANUARY	CHAPTER 15 A TRUE PATRIOT
FEBRUARY	CHAPTER 16 FAITH IN ACTION

GENERAL KNOWLEDGE

Prescribed book :- The Knowledge Generation Book 7

Publisher :- Indiannica Learning Private Limited

<p>APRIL EARTH SCAPE 1. The globe's green 2. Islands of India 3. Himalayan heights 4. Standing tall SPLENDID SCIENCE 5. Know your body 6. Areas of study 7. Science in our daily lives</p> <p>MAY OUR SURROUNDINGS 8. What's under water? 9. Swachh Bharat Mission 10. Live green 11. Endemic species of India 12. Nature's wrath 13. Majestic rivers</p> <p>JULY POLITY AND STATE 14. Forms of government 15. Incredible India 16. India's neighbours</p> <p>HISTORICAL TALES 17. Famous movements 18. Caves and caves temples 19. Ancient Indian cities 20. Heritage trail (Board game)</p> <p>AUGUST</p>	<p>OCTOBER RECREATION ZONE 25. National Film Awards 26. Checkmate 27. Film fever 28. Para athletes of India</p> <p>NOVEMBER WEB WORLD 29. Tech giants 30. Computer cache CULTURAL SYMPHONY 31. Ethnic people of India 32. Bagru: the art of block printing 33. Art and craft 34. Dress to express 35. Theatre tales</p> <p>DECEMBER FINANCIAL AFFAIR 36. ABC of economics. 37. Shopping platforms. 38. Banks in India LIFE SKILLS 39. Healthy lifestyle 40. Recycled paper (DIY)</p> <p>JANUARY BRAIN BOGGLER 41. Analogies (Logical reasoning) 42. Puzzle trouble (Logical reasoning) 43. Brain thriller (Logical reasoning) 44. Game of numbers</p>
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<p>LANGUAGE AND LITERATURE</p> <p>21. Endangered languages of India</p> <p>22. The land of literary</p> <p>23. Nobel Prize winners</p> <p>24. Famous Indian authors</p> <p>SEPTEMBER</p> <p>Revision</p>	<p>FEBRUARY</p> <p>Revision</p>
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SUBJECT : FINANCIAL LITERACY

<p>APRIL & MAY</p>	<p>Where in the world is Bruha?</p>
<p>JULY</p>	<p>Clues in the safety deposit box</p>
<p>AUGUST</p>	<p>Jay to the rescue!</p>
<p>SEPTEMBER</p>	<p>Revision</p>
<p>OCTOBER</p>	<p>Scorch becomes a tax fugitive</p>
<p>NOVEMBER</p>	<p>A visit to the Income Tax Department</p>
<p>DECEMBER</p>	<p>The life of a numismatist</p>
<p>JANUARY</p>	<p>The Great Coin Treasure Hunt</p>
<p>FEBRUARY</p>	<p>Revision</p>

ART AND CRAFT

APRIL and MAY

1. Elements of Art - Unit 1
2. Principles of Art- Unit 2
3. Pencil shading techniques - Unit 3
4. Still life study - Unit 5
5. Earth Day Activity

JULY

1. Colouring Techniques - Unit 4
2. Nature Study- Unit 6.
3. Craft Activity

AUGUST

1. Human Anatomy- Unit 7
2. Raksha Bandhan Activity
3. Independence Day Activity

SEPTEMBER

1. Portrait study in pencil shading - Unit 8
2. Cartoons - Unit 9
3. Teachers Day Activity

OCTOBER

1. Design and Decor- Unit 10
2. Folk Art
3. Diwali Activity

NOVEMBER

1. Calligraphy
2. Contemporary Western artists- Unit 11
3. Abstract Art

DECEMBER

1. Sustainable development goal- Unit-12
2. Christmas Activity

JANUARY

1. Calligraphy
2. New Year Activity

SUBJECT - MUSIC

Month	Course Guidelines
April	Rhythm Foundation 1 <ul style="list-style-type: none">● Djembe basics (Bass/Tone)● Body percussion● Keys: Black keys only● Guitar: Muted strum● Ukulele: Down strum open strings● Bass: One note, steady beat
May	Rhythm Foundation 2 <ul style="list-style-type: none">● Djembe basics (Bass/Tone)● Body percussion● Keys: Black keys only● Guitar: Muted strum● Ukulele: Down strum open strings● Bass: movement note, steady beat
July	Rhythm Foundation 3 <ul style="list-style-type: none">● Djembe basics (Bass/Tone)● Body percussion● Keys: Black keys only● Guitar: Muted strum● Ukulele: Down strum open strings● Bass: basslines , steady beat
August	Simple Groove Building <ul style="list-style-type: none">● 4-beat patterns● Rotate student leaders● Introduce call & response between stations

<u>September</u>	<p>Performance</p> <ul style="list-style-type: none"> • Each group prepares 30-second groove <p>Assessment: Participation + teamwork.</p>
<u>October</u>	<p>Chords 1</p> <ul style="list-style-type: none"> • Keys: C major chord • Ukulele: C chord • Guitar: Em chord • Bass: Root note on beat 1 • Djembe: Two-layer rhythm
November	<p>Chords 2</p> <ul style="list-style-type: none"> • Keys: C major chord • Ukulele: C chord • Guitar: Em chord • Bass: Root note on beat 1 • Djembe: Two-layer rhythm
December	<p>Simple Groove Building</p> <ul style="list-style-type: none"> • 4-beat patterns • Rotate student leaders • Introduce call & response between stations
January	<p>Performance</p> <ul style="list-style-type: none"> • Each group prepares short musical progression • Assessment: Participation + teamwork.
February	<p>Performance</p> <ul style="list-style-type: none"> • Each group prepares short musical progression • Assessment: Participation + teamwork.

TAEKWONDO

INTRODUCTION:

- Warm-up exercises and stretching - Head to toe.
- On the spot jogging and jumping.
- Running and jumping in different variations.
- Warm-up kicks and punches.

MONTHS	EXERCISES
APRIL	<ol style="list-style-type: none">1. Stretching exercises and warm-up.2. Front kick (both legs).3. Double leg slap kick.4. Face level slap kick.
MAY	<ol style="list-style-type: none">1. Stretching exercises and warm-up.2. Front kick (both legs).3. In-to-out Hammer kick.4. Out-to-in Hammer kick.
JULY	<ol style="list-style-type: none">1. Stretching exercises and warm-up.2. Tornado kick (360° kick).3. Poomsae-1 (1 to 4 steps) total 16 steps in poomsae-1
AUGUST	<ol style="list-style-type: none">1. Stretching exercises and warm-up.2. Fighting training in an open stance.2. Poomsae-1 (5 to 8 steps) total 16 steps in poomsae-1
SEPTEMBER	<ol style="list-style-type: none">1. Stretching exercises and warm-up.2. Double slap kick.3. Tornado kick.
OCTOBER	<ol style="list-style-type: none">1. Stretching exercises and warm-up.2. Poomsae1 (9 to 12 steps) total 16 steps in poomsae -13. Side Kick.
NOVEMBER	<ol style="list-style-type: none">1. Stretching exercises and warm-up.2. Poomsae-1 (13 to 16 steps) total 16 steps in poomsae -13. Back Kick.

DECEMBER	<ol style="list-style-type: none">1. Stretching exercises and warm-up.2. Revision (Poomsae 1 all 1 to 16 number steps)3. Fighting practice.
JANUARY	<ol style="list-style-type: none">1. Stretching exercises and warm-up.2. Revision (All kicks from the month of April to November)
FEBRUARY	<ol style="list-style-type: none">1. Stretching exercises and warm-up.2. Revision (All kicks from the month of April to November).3. Will conduct Inter House Competition.

Physical Education (Sports)

Warming Up

Slow Jogging (5 min.) in Sports Field, Stretching exercises Head to Toe for warming up their muscles, 50 meters stride & Shuttle run.

March Past

All students will form a straight line according to their heights and will do on-the-spot marching and then they will start Forward March with a Drum beat.

April-May	Athletics: Running event Games: Raiding & Defensive Skills (Kabaddi) Yoga: Asanas
July	Athletics: Running event / Bird Catcher Yoga: Asanas March Past: Forward March
August	Games: Holding and Shooting (Basketball) Aerobics March Past
September	Games: Basketball, roll into the goal Aerobics Yoga: Asanas

<p>October</p>	<p>Athletics: Jumping event</p> <p>Games: Leg Cricket/ Basketball</p> <p>Yoga: Asanas</p>
<p>November</p>	<p>Games: Handling and Serving (Volleyball)</p> <p>Yoga: Asanas</p> <p>Mass PT</p>
<p>December</p>	<p>Athletics: Running events, Long Jump</p> <p>Games: Chasing and Running Skills (Kho Kho)</p> <p>Yoga: Asanas</p>
<p>January</p>	<p>Athletics: Shuttle Run, Long Jump</p> <p>Games: Basketball</p> <p>Yoga: Asanas</p>
<p>February</p>	<p>Revision</p>