

Delhi Public School, Gandhinagar (2023-24) Class-1 Syllabus Subject: English

Month	Course book	Literature Reader	Writing	Grammar	Activities
April/May	Ch-1-The Clever Rat Ch-2 At the Zoo[Poem]	Ch 1- The Joy of Sharing	Myself	Ch 1 – Letters and Words Ch- 10 A, An, The	Recognize the Pictures and Colour it. Speak about your home.
June	Ch -3 Going for a Picnic.	Ch -2 The Smiling Shark		Ch -2 – Naming words Ch -3 One and Many	SEA-1 One and Many
Syllabus for PT -I Course book: Ch- 1 The Clever Rat, Ch- 2 At the Zoo, Ch- 3 Going for a Picnic, Grammar: Ch- 1 Letters and Words Ch- 2 Naming Words Ch- 10 A, An, The , Creative Writing: Myself					
July	Ch-4 Now We Are Six[Poem Oral] Ch -5 School is Fun	Ch -3 The Horse and his Rider	My School	Ch- 4 Pronouns Comprehension -1	Walk-through the school campus. Joining dots to draw a picture and colour
August	Ch -6 The Moon in a Bowl Ch-7 I Wonder! [Poem Oral]	Ch -4 Malini's Idea	My Favourite Fruit	Ch -6 Doing Words Ch -7 Is, Am, Are	AIL -1 Pronouns
September	Ch -8 Little Topsy Gets Lost	Ch -5 A Friend in Need is a Friend Indeed		Ch-5 Describing Words	Riddles on animals
Syllabus for Half yearly Course Book : Ch-5 School is Fun, Ch- 6 The Moon in a Bowl , Grammar: Ch-2 Naming Words, Ch-10 A, An, The, Ch-3 One and Many Ch-4 Pronouns , Ch-6 Doing Words, Ch-7 Is, Am, Are, Creative Writing: My Favourite Fruit, My School, Comprehension [unseen passage]					
October	Ch -9 Animal Parade [Poem Oral] Ch -10 The Clever Frog	Ch -6 Slippery finds a New Home.	My Mother	Comprehension -2 Ch -9 Prepositions	Enact and Recite a Poem with animal sound.
November	Ch -11 To the Market	Ch -7 George and the Echo	My Favourite Toy	Ch -8 Has and Have Ch -11 Sentences	SEA-2 Prepositions
December	Ch -14 Food Monster	Ch -8 There Was a Monkey		Ch-12 Punctuation Past Tense	Listening and speaking [Conversation]
Syllabus for PT-II Course Book: Ch- 8 Little Topsy Gets Lost, Ch- 10 The Clever Frog ,Ch- 11 To the Market, Grammar: Ch -5 Describing Words, Ch- 8 Has/ Have, Ch- 9 Prepositions, Ch -11 Sentences., Creative Writing: My Mother, My Favourite Toy. Comprehension: Granny 's Garden [unseen passage]					
January	Ch -15 Little Boy Blue [Poem] Ch - 16 Little Red Hen	Ch -9 Noddy and the Cow.	Our National Animal	Comprehension-3 Ch -13 Fun with words	Role Play of farmers (social awareness)
February	Ch -12 Days of the Week Ch-13 The Calendar and the Clock [Oral]		My Best Friend	Present Continuous Tense Ch -14 Calendar	AIL-2 Calendar
Syllabus for Annual Examination Course Book: Ch- 12 Days of the week, Ch- 14 Food Monster, Ch -15 Little Boy Blue, Ch- 16 Little Red Hen , Grammar: Ch- 14 Calendar, Ch- 13 Fun with Words, Ch- 12 Punctuation, Ch- 11 Sentences, Ch -9 Prepositions, Ch- 7 Is, Am, Are , Ch- 5 Describing Words ,Ch-6 Doing Words, Ch- 4 Pronouns, Ch- 3 One and Many , Past Tense, Present Continuous Tense, Creative Writing: My Best Friend, Our National Animal, My Mother , Comprehension [unseen passage]					

Subject: Hindi

माह	पाठ के नाम	व्याकरण	क्रियात्मक कार्य
अप्रैल / मई	नन्हा बचपन, आओ कहानी कहे वर्णमाला , पाठ 1- बिना मात्रावाले शब्द	वर्ण और वर्णमाला	1.अक्षरों को जोड़ो और शब्द बनाओ
जून	पाठ 2 - आ (ा) की मात्रा	समान तुक वाले शब्द	SEA-1 समान तुक स्क्रेप बुक में स्वर एवं व्यंजन सजा के लिखना
अभ्यास क्रम (PT-1)			
वर्णमाला पाठ 1 - बिना मात्रावाले शब्द , पाठ 2- आ (ा) की मात्रा व्याकरण : समान तुक वाले शब्द			
जुलाई	पाठ 3 - इ (ि) की मात्रा पाठ 4 - ई (ी) की मात्रा पाठ 5 - उ (ु) की मात्रा	लिंग बदलिए	1.चित्र बनाओ और कहानी सुनाओ
अगस्त	पाठ 6 - ऊ (ू) की मात्रा पाठ 7 - ऋ (ृ) की मात्रा पाठ 8 - ए (े) की मात्रा	वाहनों के नाम जानवरों के नाम	1.चित्र बनाना 2. विभिन्न वाहनों में सफर के अनुभव बताएं 2.जानवरों के मुखौटे(मास्क) बनाना 3.रंगीन कागज़ के नाव , हवाईजहाज़ बनाना
सितम्बर	पुनरावर्तन कार्य (अर्ध-वार्षिक परीक्षा)	वचन बदलिए	बूझो तो जाने , AIL -1 वचन बदलिए
अभ्यास क्रम (Half Yearly)			
पाठ 3 - इ (ि) की मात्रा पाठ 4 - ई (ी) की मात्रा पाठ 5 - उ (ु) की मात्रा पाठ 6 - ऊ (ू) की मात्रा पाठ 7 - ऋ (ृ) की मात्रा पाठ 8 - ए (े) की मात्रा, वाहनों के नाम, जानवरों के नाम, व्याकरण : वचन बदलिए , लिंग बदलिए			
अक्टूबर	पाठ 9- ऐ (ै) की मात्रा, पाठ 10 - ओ (ो) की मात्रा पाठ 11 - औ (ौ) की मात्रा, पाठ 18 - रोमा की आदत (मौखिक)	मेरा परिचय	1.अपने पसंद के खिलौने के बारे में बोलना (चार वाक्य) 2. छात्रों का हिंदी में साक्षात्कार
नवम्बर	पाठ 12 - अनुस्वार (ं) का प्रयोग, पाठ 20 - आम कविता (मौखिक)	संज्ञा, पक्षियों के नाम, रंगों के नाम	SEA-2, पक्षियों के नाम 2. कच्चे तथा पक्के आम से बनी चीजों के बारे में चर्चा 3.. इन्द्रधनुष बनाना और रंग भरना
अभ्यास क्रम (PT-2)			
पाठ 9 - ऐ (ै) की मात्रा पाठ 10 - ओ (ो) की मात्रा पाठ 11 - औ (ौ) की मात्रा पाठ 12 - अनुस्वार (ं) का प्रयोग, पाठ 18 - रोमा की आदत (मौखिक) ,पाठ 20 - आम (मौखिक) व्याकरण : संज्ञा, पक्षियों के नाम, मेरा परिचय, रंगों के नाम			
दिसम्बर	पाठ 13 - अनुनासिक का प्रयोग (ँ), पाठ 14 - अः की ध्वनि (:), पाठ 19 - गुणकारी सब्जियाँ	विलोम शब्द	1.अपने पसंद की कोई दो सब्जियों के गुण के बारे में जानकारी देना 2. रोल प्ले 3. पूछो पहेली
जनवरी	पाठ 22 - हाथी की बारात, पाठ 24- स्कूल बस (मौखिक) पाठ 15 - ओं की ध्वनि (ँ),	व्याकरण : गिनती, सब्जियों के नाम	1.स्कूल के बारे में पाँच वाक्य लिखेंगे 2,विभिन्न प्रकार के सलाद (फलों और सब्जियों के) टिफिन में लाएँगे और सलाद दिवस मनाएँगे 3.सामान चित्रों को गिन कर इकट्ठा करना
फ़रवरी	पाठ 16 - संयुक्त अक्षर ,पाठ 17- र के रूप पाठ 20 - वरुण के खिलौने (मौखिक अभ्यास) पाठ 23 - गौरैया का घर (मौखिक अभ्यास) व्याकरण : क्रिया, समानार्थी शब्द ,चित्र वर्णन ,चित्र कथा	व्याकरण : क्रिया समानार्थी शब्द ,चित्र वर्णन ,चित्र कथा	1.अभिनय द्वारा क्रिया को पहचानो 2.अभिनय खेल AIL-2 गिनती 3.रोल प्ले
अभ्यास क्रम (Annual Examination)			
पाठ 2 - आ (ा) की मात्रा, पाठ 3 - इ (ि) की मात्रा, पाठ 4 - ई (ी) की मात्रा, पाठ 5 - उ (ु) की मात्रा,पाठ 6 - ऊ (ू) की मात्रा, पाठ 7 - ऋ (ृ) की मात्रा, पाठ 8 - ए (े) की मात्रा, पाठ 9 - ऐ (ै) की मात्रा,पाठ 10 - ओ (ो) की मात्रा, पाठ 11 - औ (ौ) की मात्रा, पाठ-12 अनुस्वार (ं) का प्रयोग, पाठ 13 - अनुनासिक का प्रयोग (ँ),पाठ 14 - अः की ध्वनि (:), पाठ 19 - गुणकारी सब्जियाँ, व्याकरण : लिंग, वचन, गिनती, विलोम शब्द, सब्जियों के नाम, संज्ञा, पक्षियों के नाम, क्रिया, समानार्थी शब्द, चित्र वर्णन, चित्र कथा			

Subject: Maths

MONTH	TOPICS	ACTIVITIES
April/may	Revision of pre number concepts Ch-1 Numbers up to 20 Ch-2 Addition up to 20	Learning numbers with the help of abacus 1. SEA- 1 Comparing Numbers
June	Ch-3 Subtraction up to 20	Subtraction game using dice. Subtraction games using hand's cut outs
Periodic Test-I Ch-1 Numbers up to 20, Ch-2 Addition up to 20 and Ch-3 Subtraction upto 20		
July	Ch - 4 Numbers up to 50 Ch - 9 Numbers up to 100	Activity with Number and Number Names .(Matching the flash card of numbers to their number names.)
August	Ch - 5 Addition and Subtraction up to 50 Table of 2	AIL - 1 Subtraction (Fun Worksheet)
September	Ch-10 Addition and Subtraction up to 100 Table of 10	Let's Play (Two students will add or subtract their roll numbers)
Half-yearly Examination Ch-4 Numbers up to 50, Ch - 5 Addition and Subtraction up to 50, Ch - 9 Numbers up to 100, Ch-10 Addition and Subtraction up to 100 Table of 2 and 10		
October	Ch - 6 Shapes Ch-7 Patterns	SEA - 2 Create your imagination using different shapes.
November	Ch-8 Measurement Ch-14 Handling Data	Activity: - Students will use different grains to make different patterns. Students will compare live objects or stationeries in the class with the help of different units of measurement
Periodic Test-II Ch - 6 Shapes, Ch-7 Patterns, Ch-8 Measurement and Ch-14 Handling Data		
December	Ch-13 Money Ordinal numbers	AIL -2 Add and count the value of money
January	Ch-12 Time Table of 5	Activity: Students will be divided into a group of seven and assign them a week name. Now the teacher will call out any number and the students will respond accordingly. Worksheet (based on multiplication tables)
February	Ch-11 Multiplication	Students will do repeated addition with flowers and leaves, draw and colouring of trees and flower pots, etc
Annual Examination Ch - 9 Numbers up to 100, Ch-10 Addition and Subtraction up to 100, Ch-11 Multiplication, Ch-12 Time, Ch-13 Money, Ch-14 Handling Data, Ordinal Numbers Table of 5		

Subject: EVS

Month	Topics	Activities
April/ May	Ch-1 About Me Ch-2 My Body	1." Good Touch & Bad Touch"- Teacher will explain to the students about good touch and bad touch.
June	Ch-3 Looking after My Body Ch-4 Clothes We Wear	1. "My Clothes" - Students will segregate the different clothes and will colour them accordingly. (SEA-1)
July	Ch-5 Food We Eat Ch-6 Safety Rules	1. "Don't Waste Food" - Students will bring any one food product and speak a few lines about that.
<u>PT- I Syllabus</u>		
Ch-1 About Me , Ch- 2 My Body, Ch-3 Looking after My Body, Ch- 4 The Clothes We Wear		
August	Ch-7 My Family Ch- 8 We Need Shelter	1. " I Know" - Students will write the names of different houses and will colour the picture of the house. (AIL-1)
September	Ch-9 Our Neighbourhood	1."My world " - Students will discuss their Neighbourhood places.
<u>Half-Yearly Examination</u>		
Ch-5 Food We Eat, Ch-6 Safety Rules, Ch-7 My Family, Ch-8 We Need Shelter, Ch-9 Our Neighbourhood		
October	Ch-10 My School Ch-11 People Who help Us	1."I Love My School" - Students will take a visit to the school.
November	Ch-12 Festivals We Celebrate Ch-13 Travelling is Fun	1. "Be Festive" - Students will discuss different festivals in the classroom.
December	Ch-14 The World of Plants Ch-15 The World of Animals	1. "My Garden" - Students will classify different plants in proper groups. (SEA-2)
<u>PT- II Syllabus</u>		
Ch-10 My School, Ch-11 People Who help Us, Ch-12 Festivals We Celebrate, Ch-13 Travelling is Fun		
January	Ch-16 Water and Air Ch-17 Weather	1. "Save Water"- Students will write sources of water and colour the slogan of Save Water. (AIL-2)
February	Ch-18 In the Sky	1. " OMG!!" - Students will paste different Phases of the moon in the scrapbook.
<u>Annual Examination</u>		
Ch-4 Clothes We Wear, Ch-5 Food We Eat, Ch-14 The World of Plants Ch-15 The World of Animals, Ch-16 Water and Air, Ch- 17 Weather, Ch-18 In the Sky		

Subject: GK

MONTH	TOPICS	ACTIVITIES
APRIL/ MAY	Ch-1 In the Sky Ch-2 Seasons Ch-3 Natural Wonders Ch-4 Parts of Plants Ch-5 Lovely Flowers Revision Time -I	Speak two lines on anyone season (FRUITS, FOOD, CLOTHES)
JUNE	Ch-6 Vegetables Ch-7 Food for Thought Ch-8 What am I? Ch-9 Sort and Jot	SEA 1- Paste Green Vegetable pictures in scrap book
JULY	Ch-10 Birds Crossword Ch-11 Animal Homes Ch-12 Animal Sounds Ch-13 Who's my Parent? Revision Time -III	AIL-1 Find the sets of vegetables and fruits, Revision Time -II
AUGUST	Ch- 14 National Symbols Ch-15 Great Indians Ch-16 Incredible India Ch-17 Festivals of Joy Ch-18 Famous Indians Revision IV Ch-19 Rhyming Words Ch-20 Story Time	Paste the pictures of National Symbols worksheet
SEPTEMBER	Ch-21 Fairy Tales Ch-22 Colour Zone Ch-23 Matching opposites	Quiz
Half-yearly Examination Ch-1 In the Sky. Ch-2 Seasons.Ch-3 Natural Wonders. Ch-4 Parts of Plants.Ch-5 Lovely Flowers, Ch-6 Vegetables, Ch-7 Food for thought, Ch-8 What am I?, Ch-9 Sort and Jot, Ch-10 Birds Crossword, Ch-11 Animal Homes, Ch-12 Animal Sounds, Ch-13 Who's my Parent?, Ch- 14 National Symbols, Ch-15 Great Indians ,Ch-16 Incredible India, Ch-17 Festivals of Joy, Ch-18 Famous Indians, Ch-19 Rhyming Words,Ch-20 Story Time, Ch-21 Fairy Tales ,Ch-22 Colour Zone, Ch-23 Matching opposites, General awareness / Current affairs questions		
OCTOBER	Ch-24 Household Items Ch-25 Important Days Ch-26 Good Touch and Bad Touch Ch-27 Water is Life Revision Time- V & VI	SEA-II Draw the picture of save water in scrap book
NOVEMBER	Ch-28 Safety on Road Ch-29 Our Helpers Ch 30 Vehicles Ch-31 Communication Devices Ch-32 Communication Revision Time- VII	AIL-II Draw the traffic signals and label them.
DECEMBER	Ch-33 Cartoon Friends Ch-34 Picture Puzzle Ch-35 Popular Games Ch-36 Hobbies Ch-37 Brain Teasers Revision Time-VIII	Worksheet
JANUARY	Ch-38 Indoor Games Ch-39 Outdoor Games Revision Time-IX	Quiz
FEBRUARY	Revision Time-X Test Paper-I Test Paper-II	
Annual Examination Ch-24 Household Items, Ch-25 Important Days, Ch-26 Good Touch and Bad Touch, Ch-27 Water is Life, Ch-28 Safety on Road, Ch-29 Our Helpers, Ch 30 Vehicles, Ch-31 Communication Devices, Ch-32 Communication, Ch-33 Cartoon Friends , Ch-34 Picture Puzzle, Ch-35 Popular Games, Ch-36 Hobbies, Ch-37 Brain Teasers , Ch-38 Indoor Games, Ch-39 Outdoor Games, General awareness / Current affairs questions		

Subject: Computer Science

Months	TOPICS	ACTIVITIES / PRACTICALS
APRIL /MAY	Chapter-1 Computer -A Magic Machine	Activity land : Pg No: 8 (Name the machines)
JUNE and JULY	Chapter-2 Uses of Computers	SEA-1 : Prepare a Model on any one main part of the computer.
Periodic Test-1: Computer Worksheet of L-1		
AUGUST /SEPTEMBER	Chapter-3 Parts of Computer, Revision	AIL-1:- Turn On and Turn Off the Computer.
Syllabus for Half Yearly Examination (Sept.): Ch. 1, 2, 3.		
OCTOBER /NOVEMBER	Chapter-4 Using the Computer's Mouse	SEA-2: Activity land Pg. No- 35 Label the fingers.
DECEMBER /JANUARY	Chapter-5 Fun with Tux Paint	AIL-2: Draw and colour various drawing in Tux Paint.
Periodic Test-2: Computer Worksheet of L-4		
FEBRUARY / MARCH	Chapter-6 Keys of the Keyboard, Revision	Activity: Typing Myself or any Poem from English book.
Syllabus for Annual Examination (March): Ch. 4, 5, 6.		

Subject: Gujarati Toran

Month	Topic	Activity
APRIL /MAY	૧. વળાંકો ૨. મૂળાક્ષર (ક, ખ, ગ, ઘ)	પરિચય અભિનય ગીત - હાથીભાઈ તો જાડા ...
JUNE	૩. મૂળાક્ષર (ચ, છ, જ, ઝ)	ટમેટું રે ટમેટું
JULY	૪. મૂળાક્ષર-ટ, ઠ, ડ, ઢ	અભિનય ગીત - મે એક બિલાડી પાળી છે
AUGUST	૫. મૂળાક્ષર-(ણ, ત, થ, દ) ૬. મૂળાક્ષર-(ધ, ન, પ, ફ)	અભિનય ગીત - બા મને ચપટી વગાડતા.
SEPTEMBER	૭. મૂળાક્ષર-(બ, ભ, મ, ય) ૮. મૂળાક્ષર-(ર, લ, વ)	શરીરના અંગો રમત દ્વારા
OCTOBER	૯. મૂળાક્ષર-(શ, ષ, સ)	ટ્રીન ટ્રીન ટેલીફોન

NOVEMBER	૧૦. મૂળાક્ષર-(હ, ળ, ક્ષ, જ્ઞ) ૧૧. શરીરના અંગો	અભિનય ગીત (પુનરાવર્તન)
DECEMBER	૧૨. સ્વર - અ, આ, ઇ, ઈ, ઉ, ઊ	પ્રાણીઓ અને પક્ષીઓ રમત દ્વારા
JANUARY	૧૩. સ્વર - ઋ, એ, ઐ, ઓ, ઔ, અં, અઃ	પ્રાણીઓ અને પક્ષીઓ રમત દ્વારા
FEBRUARY	પુનરાવર્તન	પુનરાવર્તન

Subject: Art/Craft





















S.No	MONTH	TOPICS
1	APRIL	Ch - 1 Colour Concept Ch - 2 Bottle Gourd Ch - 3 Lion Face Ch - 4 Vegetables
2	MAY	Ch - 5 Fruits Ch - 6 Ball Ch - 7 Three-Dimensional Objects
3	JUNE	Ch - 8 Battery Ch - 9 Ice Cream Cone Ch - 10 Conical Cap
4	JULY	Ch - 11 Half and half Ch - 12 Lion Ch - 13 House
5	AUGUST	Ch - 14 Joker Ch - 15 Design using Square Ch - 16 Design using Circle
6	SEPTEMBER	Ch - 17 Design using Triangle Ch - 18 Design using Rectangle Ch - 19 Apple
7	OCTOBER	Ch - 20 Bell Pepper Ch - 21 Lotus
8	NOVEMBER	Ch - 22 Elephant Ch - 23 Jellyfish
9	DECEMBER	Ch - 24 Hot Air Balloon Ch - 25 Boy
10	JANUARY	Ch - 26 Girl Ch - 27 Funny Man
11	FEBRUARY	Ch - 28 Pleased- Expression Ch - 29 Crying- Expression

Subject: Performing arts [dance]

Term	Month	Total Periods	Contents to be covered
1	April/ May	03 01	Basic step [Rock-n-Roll]
	June/ July	02 04	Western dance
	August/ September	04 03	Fusion western – free style
2	October/ November	03 02	Contemporary and Garba Style
	December/ January	04 03	Western Dance Free Style
	February/ March	05 01	Zumba Free Style]

Subject: Music

Sr.no	MONTH	Working Days	TOPICS	ACTIVITIES
1	APRIL	4	1 Alankars 2 Song - Hey bhagwan tujhe pranam	1. Alankar writing.
2	MAY	1	Definition of Music, Swar	SUMMER HOMEWORK –Listening to some Baal geets at home and performing any one in the music class.
3	JUNE	2	1. National Anthem.	Lyrics writing of song –“National Anthem”
4	JULY	4	1. Song on season-“Dekho (2) badal aaye”	1. Lyrics writing of the song –“Dekho (2) badal aaye...”
5	AUGUST	4	1. Patriotic song- Ek do (2) badhte kadam	1. Lyrics writing of song - Ek do (2) badhte kadam
6	SEPTEMBER	2	Song on festival 1. Chhoti (2) Gaiya 2. Morya re bapa	1. Lyrics writing of song –1. Chhoti (2) gaiya 2.Morya re bapa
7	OCTOBER	3	Song –Maa tu kitni achchhi	Lyrics writing
8	NOVEMBER	3	1.Diwali Song –“Aayee Diwali”	DIWALI HOMEWORK - Listening some Baal geets at home and perform any one song in the music class
9	DECEMBER	4	Christmas song- 1.Jingle bell 2.Chanda mama gol matol	Lyrics writing
10	JANUARY	4	Patriotic song- Hum bharat ke bachche	Lyrics writing of song- Hum bharat ke
11	FEBRUARY	4	Song- Ooper pankha chalta hai	Basic Taal information

NO	MONTH	TOPIC	REQUIRED MATERIAL	SAMPLE DRAWING	TOPIC RELATED LINK
1	APRIL	Paper Bird (- Paper Dish)	A 4 Size Colour Paper, Fevicol , Googly eyes, Decorative Materials ,Craft Scissor, Paper Thread		
2	MAY	Paper Bag	A 4 Size Colour Paper, Fevicol, Decorative Materials, Craft scissor, Paper Thread		
3	JUNE	Paper Plate Fish	Paper Plate, Small Circles of different Colours, Googly eyes, Fevicol, Decorative Materials, Craft scissor		
4	JULY	Paper Frog	Big Circles of Green Paper, 1 Red colour Paper, Big Googly eyes, One Straw, Fevicol, Craft Scissors		
5	AUGUST	Creative Collage	Different Shapes Colour Papers, Fevicol, Craft Scissors, Googly eyes		
6	SEP	Creation Of Animal Face	Paper Glasses, Different Colour Paper, Fevicol, Craft Scissors, Googly eyes		
7	OCT & NOV	Let's Create Healthy	2 Stone, Rangila Colours, Sponge, Ear Bird, Googly eyes, Fevicol		
8	DEC	Name Plate	Pop Stick, Rangila Colours, Black Bold Marker, Fevicol, Decorative Materials.		
9	JAN	Moving Turtle	Big circle of any Colour, A 4 Size Green Paper, Googly eyes, Craft Scissors, Fevicol ,paper thread		
10	FEB	Paper Puppet	A 4 Size Different Colour Paper, Googly eyes, Fevicol, Craft Scissors		

SYLLABUS ON HEALTH AND PHYSICAL EDUCATION

SESSION – 2023 - 24

Class-I

Term-I

SR. NO	MONTH	TOPICS	SUB TOPICS	THEORY/PRACTICALS/ACTIVITIES	TEACHING AIDS MATERIALS
1.	APRIL & MAY	HUMAN BODY	Body Awareness		
			Who am I?	Observing mirror image and self portrait	Mirror, Live examples of child's own body
			What are my body parts?	Observation of body parts, Drawings, pictures of human body, Body mapping	Charts, Models, Drawings, Pictures
			How does my body move?	Observation, Demonstration, Imitation and practice of natural movements (sitting, standing, walking, running etc.)	Live examples & Study materials
			How do we sit/stand/walk/ sleep?	Demonstration, standing, sitting, walking, sleeping	Posters, Charts, (Materials for) Demonstration
			How do we take care of our body?	Observation, Demonstration and Practices of washing hands.	Pictures, Charts Study materials
2.	JULY	MOVEMENT AWARENESS	Growth & Development		
			What different body parts are involved in different movements?	Observation, imitation and participation	Models, Observation of own body and that of peer group
			How are body parts and sports equipment related?	Touching, feeling and identifying shapes, utility and purpose of the sports equipment	Equipment like ball, bat, racket, shuttlecocks etc.
			What do we like to play to have fun?	Available local equipment/resources e.g.: balls, rope etc.	Available local equipment/resources, e.g.: balls, rope etc.
3.	AUGUST	FOOD AND NUTRITION	Need of food		

			Why do we eat food?	Play-way activities Using picture stories	Food at home/Tiffin Mid-Day Meals Study materials
			Foods that we eat		
			What are the food items that we eat daily?	Observing food items at home Discussion with friends or peer-group Identifying while eating mid-day meals/ home-made food items	Charts & pictures of available food items Mid-day meals .Various kinds of food items
			Eating habits		
			Why should we wash hands before and after eating?	Demonstration and practices	Soap and water, plates, pans, serving utensils
			Why we must not waste food?	Discussion a demonstration Sharing of experiences	Food at home/Tiffin Mid-day meals

			Why must we brush teeth and rinse mouth?	Demonstration of correct ways of brushing teeth and rinsing mouth	Neem-twigs and interlocally available safe cleansing equipment and materials, Toothpaste, Tooth brushes
			Sharing		
			Why it is a pleasant experience when we share food?	Demonstration Teachers' participation in eating with children Sharing of experiences	Food at home/Tiffin Special foods on festival days

Class-I

Term-II

4.	OCTOBER	SAFETY AND SECURITY	Safety rules		
			What hinders safe play?	Identifying play areas in the surroundings (community/school) for safe play	Series of pictures and posters/stories
			How can we avoid mishaps and injuries?	Walk in community places, playing in sports grounds Assessing the hazards and keeping the body safe	Series of pictures and posters/stories

5.	JANUARY	WE AND OUR ENVIRONMENT	Need of water in the body		
			Why should I drink water?	Activities facilitating explanation and understanding	Charts
			Use of Toilets		
			Where do I go for toileting? How do I keep the toilet and myself clean?	Sharing of experiences, Discussion and demonstration	Posters, Visual Aid Toilets (open and closed)
			Cleaning up after meals		
			Why do we clean up after taking food? How do I keep surrounding clean before and after eating meals?	Sharing of experiences, Discussion and demonstration	Mid-day Meals, Tiffin, Taking meals at home

Class -1 Library

S. No.	MONTH	ACTIVITIES	REMARKS
1	APRIL- MAY	<ul style="list-style-type: none"> Read aloud: - Let students read aloud a story of some paragraph From a book when others listen to Ask simple but interesting questions based on the story Let's play Antakshari of story names narrate it. 	
2	JULY-AUGUST	<ul style="list-style-type: none"> Read and narrate moral story Imagine a story & narrate 	
3	SEPTEMBER	<ul style="list-style-type: none"> Make a bookmark GK hunt 	
4	OCTOBER	<ul style="list-style-type: none"> Make your picture story on A4 Size paper 	
5	NOVEMBER	<ul style="list-style-type: none"> Write facts on your favourite animal. 	
6	DECEMBER	<ul style="list-style-type: none"> Story time (story telling & story reading) 	
7	JANUARY	<ul style="list-style-type: none"> Weave a story and exchange the same with your partner 	
8	FEBRUARY	<ul style="list-style-type: none"> vote your favourite character student write in a small piece of paper on their favourite characters 	