

CLASS - 10
SYLLABUS 2025-26 | SUBJECT: ENGLISH

APRIL	
The First Flight	A Letter To God (Prose) Life Skills - Students will be able to comprehend the Story, Appreciate faith in God, Hope, Trust , Gratitude
The First Flight	Dust of Snow (Poem)
The First Flight	Fire and Ice (Poem) Activity - Mind Map/ Discussion
Writing Skill	Letter to the Editor(Views and Concerns) Life Skills - Students will be able to organise ideas and write with clarity
Grammar	Tenses Activity - Format of Writing a Letter to the Editor
Writing Skill	Letters :(Placing Order)
Writing Skill	Complaint Letter
Writing Skill	Enquiry Letter Life Skills - Students will be able to organise ideas and write with clarity Activity - Format of writing a Letter to the Editor
Footprints Without Feet	A Triumph of Surgery
The First Flight	A Tiger in the Zoo (Poem) Life Skills - Skills like Discipline, Trust ,Responsibility are Developed
Grammar	Modals Life Skills - Promoting Emotional Intelligence and having an understanding of other's struggles Activity - Group Discussion on - Does pampering spoil a person ?
MAY	
Grammar	Determiners, If Clause
The First Flight	The Thief's Story Life Skills - Students learn emotional resilience' Dealing with Loss. Activity - Group Discussion
Writing Skill	Analytical Paragraph
The First Flight	Nelson Mandela- A Long Walk to Freedom Life Skills - Students learn adaptability, determination, persistence and Forgiveness

<p>The First Flight Grammar</p>	<p>Activity - Show documentary on freedom fighters of our country and their struggle</p> <p>How to tell Wild Animals (Poem)</p> <p>Integrated Exercise on Grammar</p> <p>Life Skills - Value of Careful Observation , adaptability to various situations , critical Thinking.</p> <p>Activity - Show Pictures of Wild Animals talked about in the poem Stressing on their chief characteristics</p>
JULY	
<p>The First Flight</p> <p>The First Flight Footprints Without Feet</p> <p>The First Flight Footprints Without Feet</p> <p>The First Flight Grammar</p>	<p>The First Flight</p> <p>The Ball Poem</p> <p>The Tale of Custard the Dragon (Poem)</p> <p>The Midnight Visitor</p> <p>Life Skills - Students learn emotional resilience, dealing with Loss.</p> <p>Activity - Mind Map</p> <p>Two stories about Flying</p> <p>Mijbil the otter</p> <p>Life Skills - Values of Perseverance , Self Reliance, Ability to face challenges with confidence.</p> <p>Activity - Students share their views on family support</p> <p>From the Diary of Anne Frank</p> <p>Subject Verb Concord</p> <p>Life Skills - Students learn empathy , hope, optimism, finding meaning and purpose to Life</p> <p>Activity - Discussion on Nazis and their Atrocities</p>
AUGUST	
<p>Grammar</p> <p>The First Flight</p> <p>Footprints Without Feet</p> <p>The First Flight</p>	<p>Reported Speech</p> <p>Life Skills - Students master the Art of effective communication, active listening.</p> <p>Activity - Exercise on reported speech and sharing and revising rules</p> <p>Glimpses of India</p> <p>Life Skills - Appreciation for Nature and Conserving Environment; Respect for Diversity</p> <p>Activity - Collect information on Tea Plantation</p> <p>The Question of Trust</p> <p>Amanda (Poem)</p>

The First Flight	Trees (Poem) Life Skills - An important lesson that building trust requires honesty, consistency and patience. Activity - Discussion on how children feel on being bagged by parents
Footprints Without Feet	Footprints without feet
The First Flight	Fog (Poem) Life Skills - Self acceptance and value . Activity - For Anne Gregory Discussion and critical thinking
SEPTEMBER	
	Revision Mid Term Examination
OCTOBER	
The First Flight	The Proposal (Drama) Life Skills - Importance of conflict resolution through dialogue, understanding and patience. Activity - Role Play
The First Flight	Madam rides the Bus (Prose) The Sermon at Banaras (Prose) Life Skills - Students learn that one has to accept our losses with compassion and empathy Activity - Students express their views on ways to cope up with loss
Footprints Without Feet	The making of a Scientist
Footprints Without Feet	The Necklace Life Skills - Expressing gratitude , consequences of impulsive desires. Activity - Speak on contentment
Footprints Without Feet	Bholi
Footprints Without Feet	The book that saved the Earth Life Skills - Building self worth, power of education specially to a girl child. Activity - Speak on importance of educating a girl child
NOVEMBER	
	Speaking Skill Revision

	Listening Skill Revision Preboard - 1
DECEMBER	
	Revision
JANUARY	
INTERNAL ASSESSMENT # Activity	Preboard - 2 Assessment of speaking and listening skill Term 1 Pictorial presentation of stories: A Letter to God A Tiger in the Zoo Term 2 Mind Mapping of - The Necklace Depicting the Characters of - The book that Saved the Earth Portfolio - Write a page describing yourself

CLASS - 10
SYLLABUS 2025-26 | SUBJECT: HINDI

APRIL	
स्पर्श	• कबीर की साखी जीवनकौशल -चरित्र निर्माण गतिविधि -अन्य कबीर के पदों का लेखन • बड़े भाई साहब
नूतन	जीवनकौशल -बड़ों का आदर व सम्मान • अनुच्छेद लेखन
व्याकरण	• मुहावरे
सुधा	जीवनकौशल -रचनात्मक चिंतन गतिविधि -लेखन में प्रयोग
नूतन	• औपचारिक पत्र
व्याकरण	जीवनकौशल -सृजनात्मक चिंतन
सुधा	गतिविधि -लेखन

MAY	
<p>नूतन व्याकरण सुधा</p>	<ul style="list-style-type: none"> • पदबंध गतिविधि-रेखामानचित्र जीवनकौशल-रचनात्मक चिंतन REVISION I UNIT TEST
JU•Y	
<p>स्पर्श</p>	<ul style="list-style-type: none"> • मीरा के पद गतिविधि-मीरा के अन्य पदों को लिखिए जीवनकौशल-ईश्वरीय भक्ति भाव • लघु कथा
<p>स्पर्श</p>	<ul style="list-style-type: none"> • डायरी का एक पन्ना जीवनकौशल-देशभक्ति • औपचारिक ईमेल लेखन गतिविधि-रचनात्मक लेखन जीवनकौशल-व्यावहारिक ज्ञान
<p>स्पर्श</p>	<ul style="list-style-type: none"> • मनुष्यता गतिविधि-10 महान व्यक्तियों के चित्र चिपकाकर उनके बारे में लिखिए । जीवनकौशल-मानवीय मूल्यों पर ध्यान केंद्रित ।
<p>स्पर्श</p>	<ul style="list-style-type: none"> • ततार्रा वामीरो कथा गतिविधि-लघु कथा लेखन जीवनकौशल-रूढ़ीमुक्त जीवन
AUG	
<p>स्पर्श</p>	<ul style="list-style-type: none"> • पर्वत प्रदेश में पावस • रचना के आधार पर वाक्य रूपांतरण गतिविधि-अनुच्छेद लेखन जीवनकौशल-प्रकृति के प्रति संवेदनशीलता
<p>संचयन</p>	<ul style="list-style-type: none"> • हरिहर काका जीवनकौशल-बड़ों के प्रति सम्मान भाव
<p>स्पर्श</p>	<ul style="list-style-type: none"> • तीसरी कसम के शिल्पकार शैलेन्द्र जीवनकौशल-समाज के प्रति सजगता
<p>नूतन व्याकरण सुधा</p>	<ul style="list-style-type: none"> • समास • सूचना लेखन • विज्ञापन लेखन

	<p>गतिविधि-रेखामानचित्र जीवनकौशल-आलोचनात्मक चिंतन</p>
SEPTEMBER	
नूतन सुधा व्याकरण	<p>REVISION I TERM EXAMINATION</p>
OCTOBER	
स्पर्श	<ul style="list-style-type: none"> • कर चले हम फ़िदा • तोप <p>गतिविधि-रेखामानचित्र जीवनकौशल-देशभक्ति</p>
स्पर्श	<ul style="list-style-type: none"> • आत्मलाग • अब कहाँ दूसरों के दुः ख से दुखी होने वाले <p>गतिविधि-मेरा प्रिय कविअनुच्छेद लेखन जीवनकौशल-सहानुभूति</p>
स्पर्श	<ul style="list-style-type: none"> • पतझर में टूटी पत्तियाँ
स्पर्श	<ul style="list-style-type: none"> • कारतूस <p>गतिविधि-रेखामानचित्र जीवनकौशल-देशभक्ति,आत्मनिरिक्षण</p>
NOV	
संचयन	<p>सपनों के से दिन</p> <p>गतिविधि-विद्यालय में बिताए समय के चित्रों को भित्ति पत्रिका में चिपकाएँ जीवनकौशल-आदर का भाव व समय प्रबंधन</p>
संचयन	<p>टोपी शुक्ला</p> <p>गतिविधि-अपने मित्र के गुण व अवगुण- अनुच्छेद लेखन जीवनकौशल-मित्रता का भाव</p>
DECEMBER	
	<p>PREBOARD REVISION</p>
JANUARY	
	<p>PREBOARDS</p>
FEBRUARY	
	<p>REVISION FOR BOARDS BOARD EXAMINATION</p>

CLASS - 10
SYLLABUS 2025-26 | SUBJECT: MATHEMATICS

April	
Ch-1	Real Numbers Life Skill - To analyze information, identify patterns, to develop logical reasoning, to understand time and distances and finances.
Ch-2	Polynomials Life Skill - To enhance the logical reasoning skills. Activity : Polynomials (Lab Manual)
May	
Ch-3	Pair Of Linear Equations in two Variables. Life Skill - To formulate equations to model real life situations, solving money problems.
Ch 7	Coordinate Geometry Life Skill - Analyzing problems, critical demonstrating the relevance of the subject in everyday life. Activity (Lab Manual) First Periodic Test
July	
Ch - 6	Triangles Life Skill - To understand different perspectives, to evaluate options, to solve real world problems.
Ch-8	Introduction To trigonometry Life Skill - To understand the concept of trigonometry.
Aug	
Ch-9	Applications Of Trigonometry Life skills : Real life applications of trigonometry.
Ch - 11	Area Related To Circles Life Skill - To enhance spatial reasoning skills. Activity (Lab Manual)
Ch - 14	Probability Life Skills - To evaluate the reliability of information of, to acknowledge & manage uncertainty, to identify patterns & trends in data, to make predictions based on available data.
Ch-4	Quadratic Equations
September	
	Revision Mid Term Examination

Oct	
Ch-5	Arithmetic Progression Life Skill- To make the learning process more relevant and engaging.
Ch-12	ACTIVITY (Lab Manual) Surface Areas And Volumes Life Skills- To calculate surface area and volume to solve a practical issue, to visualise object in three dimensions, to understand the efficient space utilisation.
CH-10	Circles Life Skill: To solve a problem or Address a challenge, to develop a critical thinking.
Nov	
Ch-13	Statistics Life Skills- To make decisions based on facts, to understand financial concepts. Activity (Lab Manual) Pre Board 1
Dec.	
	Pre Board 1 Revision
Jan	
	Pre Board 2

CLASS - 10
SYLLABUS 2025-26 | SUBJECT: SCIENCE

APRIL	
Physics Ch-9	Ligh reflection and refraction Activity:: Determination of the focal length of a concave mirror by obtaining image of a distant object
Chemistry Ch-1	Chemical Reaction and Equation Activity: Oxidation reaction in daily life
Biology Ch-5	Life Processes Activity : Chemical reactions in daily life like respiration and digestion
May	
Physics Ch-9	Ligh reflection and refraction Continue

Chemistry Ch-1	Chemical Reaction and Equation Continue
Biology Ch-5	Life Processes Continue REVISION FIRST PERIODIC TEST
JULY	
Physics Ch-9	Light reflection and refraction Activity: Determination of focal length of a convex lens by obtaining image of a distant object Tracing the ray of light through a rectangular glass slab
Chemistry CH-2	Acid Bases and Salts Activity: Reaction of indicators on acid bases and salts
Biology CH-6	Control and Coordination Activity: Understanding the concept of geotropism and phototropism in nature
AUGUST	
Physics Ch-10	Human Eye and the Colourful World Activity Tracing the path of a ray of light through a glass prism
Chemistry CH-3	Metals And Non metals Activity: Importance of metals and non metals in daily life
Biology CH-5	Control and Coordination Our Environment Activity : Reasons of climate change
SEPTEMBER	
	REVISION MID TERM EXAMINATION
OCTOBER	
Physics Ch-11	Electricity Activity :Verification of Ohm's law Determination of the equivalent resistance of two resistors connected in series Determination of the equivalent resistance of two resistors connected in parallel
Chemistry Ch-4	Carbon And Its Compounds Activity :Mind map of carbon compounds
Biology Ch-7	How do Organism reproduce?

	Activity :Study of inherited and acquired traits in students
NOVEMBER	
Physics Ch-12	Magnetic Effect of Electric Current Activity : Make your own electromagnet
Chemistry Ch-4	Carbon And Its Compounds Activity : Importance of carbon compounds in daily life
Biology Ch-8	HEREDITY ACTIVITY : Understanding of dominant and recessive traits in organisms REVISION FIRST PRE BOARD

CLASS - 10
SYLLABUS 2025-26 | SUBJECT: SOCIAL STUDIES

April	
Ch 1	History - The Rise Of Nationalism In Europe
Ch 1	Economics - Development
Ch1	Pol. Sci- Power Sharing
Ch 1	Geography- Resources And Development Life Skills – Patriotism, Critical Thinking, Decision Making, And Environmental Sustainability
May	
Ch 1	History - The Rise Of Nationalism In Europe
Ch 1	Economics - Development
Ch 2	Pol. Sci-Federalism
Ch 2	Geography Forest And The Wildlife Life Skills - Power Sharing, Decision Making, Critical Thinking, And Environmental Awareness
July	
Ch 2	History - Nationalism In India
Ch 2	Economics - Sectors Of Indian Economy
Ch 2	Pol. Sci - Federalism
Ch 3	Geography - Water Resources
Ch 4	Geography-Agriculture Life Skills – Patriotism , Empathy, Critical Thinking And Environmental Sustainability

August	
Ch 2	History - Nationalism In India
Ch 2	Economics -Sectors Of Economy
Ch 3	Pol. Sci - Gender, Religion And Caste
Ch 4	Geography- Agriculture
Ch 3	History -Making Of The Global World
Ch 4	Economics -Globalisation And Indian Economy
Ch 5	Geography - Minerals And Energy Resources
	Life Skills- Critical Thinking And Sustainability
September	
	Revision And Mid Term Exam
October	
Ch 5	History - Print Culture And The Modern World
Ch 3	Economics-Money And Credit
Ch 4	Pol Sci - Political Parties
Ch 5	Geography - Minerals And Energy Resources
Ch 6	Geography - Manufacturing Industries
	Life Skills – Problem Solving And Leadership
	Ch-5- Print Culture And The Modern World
	Ch-3-Money And Credit
	Ch 6- Manufacturing Industries
	Life Skills- Informed Citizenship, Global Prospective, Problem Solving
November	
Ch 5	History- Print Culture And The Modern World
Ch 3	Economics-Money And Credit
Ch 5	Pol Sci - Outcomes Of Democracy
Ch 6	Geography - Manufacturing Industries
	First Pre Board Examination
December	
	First Pre Board Examination
January	
	Second Pre Board Examination
Internal Assessment	Term 1 Activity <ul style="list-style-type: none"> • Cbse Interdisciplinary Project • Map Activities For Geography And History

	Term 2 Activity
	<ul style="list-style-type: none"> • Cbse Project On Any One Topic: • Consumer Awareness • Social Issues • Sustainable Development

CLASS - 10
SYLLABUS 2025-26 | SUBJECT: ARTIFICIAL INTELLIGENCE

APRIL	
PartA-L2	Self management Skills-II Life Skills -Self-awareness, Self-Control
PartA-L2	Activity -PPT based on L2
PartA-L3	ICT Skills -II
PartA-L3	Prepare Project file based on the topic ICT Skills LifeSkill - Digital Literacy
MAY	
Part B-L1	Revisiting AI Project Cycle& Ethical Framework for AI Life Skills - Critical Thinking, Problem-Solving, Collaboration
Part B-L5	Python Programs-Basic Life Skills - Problem Solving skills, Creativity
I UNIT TEST	
JULY	
Part B-L1	Revisiting AI Project Cycle& Ethical Framework for AI Life Skills - Critical Thinking, Problem-Solving, Collaboration
Part B-L5	Python Programs-Advance(Till Page 230)
Part B-L2	Advanced Concepts of Modelling in AI
Part B-L5	Python Programs-Advance(Till Page 230)
AUGUST	
PartA-L1	Communication Skills Active Listening, Empathy and Respect
PartB-L3	Evaluating Model Life Skills - Critical thinking, Decision Making, Analytical Thinking
Part B - L3	Evaluating Model, Activity -Based on AI
Part B- L4	Statistical Data Life Skills - Problem solving

SEPTEMBER	
	REVISION FOR TERM 1 I TERM EXAMINATION
OCTOBER	
Part A-L5	Green Skills-II Life Skills- Self-awareness, Teamwork
Part A-L 4	Entrepreneurial Skill-II Life skills- Leadership and Team work
Part B-L5	Computer Vision (up to Python Lib) Life Skills- Ethical awareness
Part B-L5	Python Programs-Advance(Till Page 230)
NOVEMBER	
Part B-L6	Natural Language Processing (Up to Sentiment Analysis) Life Skills- Adaptability, Critical Thinking
Part B-L6	Natural Language Processing (Upto Sentiment Analysis) REVISION REVISION
DECEMBER	
	I PRE BOARD
JANUARY	
	II PREBOARD

CLASS - 10
SYLLABUS 2025-26 | SUBJECT: MORAL SCIENCE

April	
Chp-1	Live to Relate Life Skills: Self awareness and Empathy Live to relate (Cont.)
Chp-2	Facing Choices Life Skills: Resilience and Problem-Solving
Chp-2	Facing challenges
May	
Chp-2	Facing Choices (Cont.) First Periodic Test
July	
Chp-3	Self- Sacrifice

Chp-3	Life Skills- Self-awareness, self-discipline and empathy Self- Sacrifice (Cont.) Self- Sacrifice (Cont.)
August	
Chp-4	No' in Friendships Life Skills- Self-reflection, assertiveness and decision-making No' in Friendships
Chp-5	Drugs an Alcoholic Dependency Life Skills- Decision-making and self-awareness
Chp-5	Drugs an Alcoholic Dependency
September	
	Mid term examination
October	
Chp-6	Stress Management Like Skills- Self awareness and Time management
Chp-6	Stress Management
Chp-7	The Dignity of Human Labour Life Skills- Empathy, Gratitude and Resilience
Chp-7	The Dignity of Human Labour
November	
Chp-8	Justice Life Skills- Critical thinking, Empathy and Problem-Solving
Chp-8	Justice Revision First Pre Board Examination
December	
	First Pre Board Examination Revision Revision
January	
	Second Pre Board Examination

CLASS - 10
SYLLABUS 2025-26 | SUBJECT: MUSIC

APRIL	Sahoday Anthem Life Skill -respect for the country
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	<p>Activity-children will be divided into groups and sing the anthem</p> <p>National anthem</p> <p>Life skill-respect for the country</p> <p>Activity- children will be divided into groups and sing the anthem</p>
May	<p>Great Indeed</p> <p>Life skills- Appreciation for the creation of the lord</p> <p>Activity- Children will be asked to sing with little actions</p> <p>First periodic test</p>
JULY	<p>It's I who build community</p> <p>Life skill- to be united in community</p> <p>Activity-children will be divided into groups and sing</p> <p>Revision</p> <p>Sargams</p> <p>Life skill- Sharpen the mind as it is like lounge twister</p> <p>Activity-Children will be divided into groups and sing</p> <p>Revision</p>
AUG	<p>Let there be love</p> <p>Life skill-love and compassion for the family and God</p> <p>Activity-children will be divided into groups and sing</p> <p>Revision of the song taught previously</p> <p>Bless the lord</p> <p>Life skills- learn to pray and thank for all the blessing to God</p> <p>Activity-children will be divided into groups and sing</p>
SEPT.	<p>Revision</p> <p>Mid Term Examination</p>
OCT	<p>Just like a child</p> <p>Life skill-trust towards the lord and parents</p> <p>Activity - boys and girls will sing separately</p> <p>Revision of the song taught last week</p> <p>The lord is my shepherd</p> <p>Life skill-trust towards the lord</p> <p>Activity - boys and girls will sing separately</p>
	<p>Revision of the song taught last week</p>

NOV	<p>Ek tu hi bharosa</p> <p>Life skill- to build the belief on god in all the bad and good situation</p> <p>Activity-boys and girls will be asked to sing separately</p> <p>Revision of the song taught last week</p> <p>Silent night</p> <p>Life skill- to build a thinking that life is short so celebrate with Lord</p> <p>Activity-boys and girls will be asked to sing separately</p>
DEC.	FIRST PRE BOARD EXAMINATION

CLASS - 10
SYLLABUS 2025-26 | SUBJECT: DANCE

JAN	SECOND PRE BOARD EXAMINATION
April	<p>Demonstration of Sira Veda</p> <p>8 types of exercises and 6 folk steps</p> <p>Life skills: Body-awareness, Patience and Perseverance</p>
May	<p>6 Basic Chowk steps from odissi dance</p> <p>Life skills: Personal growth and cultural appreciation</p> <p>First Periodic Test</p>
July	Review of previous dance and Khud ki khoj mein nikal
August	<p>Review of previous dance and Khud ki khoj mein nikal</p> <p>Life skills: Self-confidence, Resilience and Self-awareness</p>
September	<p>Review of previous dance</p> <p>Mid term examination</p>
October	<p>Project- Life History of Padmvibhusan Guru Kelucharan Mohapatra</p> <p>Life skills: Perseverance, Leadership and Creativity</p>
November	<p>Mangalacharan</p> <p>Life skills: Patience, self confidence and teamwork</p> <p>First Pre Board Examination</p>
December	<p>Review of previous dance choreography</p> <p>First Pre Board Examination</p>
January	<p>Republic Dance Celebration</p> <p>Second Pre Board Examination</p>

CLASS - 10
SYLLABUS 2025-26 | SUBJECT: ART

April	Elements of Art Shading forms Life skills : fine motor skill
May	photography by grid First Periodic Test
July	Calligraphy Life skills : fine writing skill
Aug	Grid method Sketch Continuation Parabolic curves Stippling art on ivory Life skills: analytical thinking skill
Sept.	Revision Mid Term Exams
Oct	Massaic art collage Continuation Continuation calligraphy by ink Life skills: fine writing skill
Nov	Caricature Life skills : imagination and creative skill First Pre board Examination
Dec.	First Pre board Examination
Jan	Second Pre Board Examination

CLASS - 10
SYLLABUS 2025-26 | SUBJECT: CRAFT

April	
Ch-1	Activity - Glass Bottle decoration Life Skill - Attention to details
Ch-2	Activity - Glass Bottle decoration Life Skill - Attention to details
Ch-3	Activity - Big Flower Making Life Skill - Planning and organization

Ch-4	Activity - Big Flower Making Life Skill - Planning and organization
May	
Ch-1	Activity - Border Making Life Skills - Creativity and imagination First Periodic Test
July	
Ch-1	Activity - Paper Bouquet for jubilee Life Skill - Creativity and imagination
Ch-2	Activity - Paper Bouquet for jubilee Life Skill - Creativity and imagination
Ch-3	Activity - Sculpture with Cardboard Life Skill - Patience and perseverance
Ch-4	Activity - Sculpture with Cardboard Life Skill - Patience and perseverance
Aug	
Ch-1	Activity - Big picture (Best Out of waste) Life Skill - Collaboration and communication
Ch-2	Activity - Big picture (Best Out of waste) Life Skill - Collaboration and communication
Ch-3	Activity - Resin Art Life Skill - Creativity and problem solving
Ch-4	Activity - Resin Art Life Skill - Creativity and problem solving
Sept.	
Ch-1	Activity - Papier Mache Life Skill - Patience and perseverance REVISION FOR TERM 1 I TERM EXAMINATION
Oct	
Ch-1	Activity - Mosaic Life Skill - Planning and organization
Ch-2	Activity - Mosaic Life Skill - Collaboration and communication
Ch-3	Activity - Clay Modelling Life Skill - Patience and perseverance

Ch-4	Activity - Clay Modelling Life Skill - Creativity and problem solving
Nov	
Ch-1	Activity - Craft with wire Life Skill - Confidence and self expression
Dec.	
	FIRST PRE BOARD EXAMINATION
Jan	
	SECOND PRE BOARD EXAMINATION

CLASS - 10
SYLLABUS 2025-26 | SUBJECT: GAMES

April	Athletics running events Athletics field events Chess basic rules Chess gameplay Life skills- self awareness, self care, team work & resilience
May	Relay race Life skills- discipline & time management First Periodic Test
July	Warm-up and cooling down exercises Basic fitness components exercise Strength exercises Speed exercises Life skills- Goal setting, motivation, time management & well -being
Aug	Athletics field events Flexibility exercises Agility exercises Basic motor skills developing exercises Life skills- Dedication, Discipline, Communication & Health awareness
Sept.	Measuring height & weight Mid Term Examination
Oct	Advance motor skills exercises Athletics running events Athletics field events Advance motor skills exercises

	Life skills- Goal Setting, motivation, discipline and time management
Nov	Endurance exercises Flexibility exercises Agility exercises Life skills- Goal Setting, motivation, discipline and time management First Preboard Examination
Dec	First Preboard Examination
Jan	Second Preboard Examination