

**CLASS - 6**  
**SYLLABUS 2025-26 | SUBJECT: ENGLISH**

<b>APRIL</b>	
<b>CH-3</b>	The tree lover (prose) <b>Life skill</b> - Understanding towards environment
<b>CH-4</b>	As i ventured (poem) <b>Life skill</b> – Understanding to save trees
<b>CH-1</b>	The sentence (grammar) <b>Activity</b> - Prepare a chart paper explaining sentences <b>Life skill</b> -Understanding towards the correct usage of sentences
<b>CH-7</b>	I will do it (prose) <b>Life skill</b> – Understanding to overcome difficulties
<b>CH-6</b>	The quiet achiever (poem) <b>Life skill</b> –Inculcating the habit of scaling new heights <b>Activity</b> - Write down a paragraph on a famous person
<b>MAY</b>	
<b>CH-9</b>	Georgina’s wicked sense of humour (prose) <b>Life skill</b> – Students will be sensitized to protect animals <b>Activity</b> - Explain the kinds of nouns with example
<b>CH-3</b>	The noun: its kinds (grammar) Internal assessment <b>Life skill</b> - Identifying the different types of nouns
<b>JULY</b>	
<b>CH-7</b>	The adjective (grammar)
<b>CH-8</b>	The adjective: degrees of comparison (grammar) <b>Life skill</b> – Correct usage of adjectives <b>Activity</b> - Prepare a chart paper explaining adjectives
<b>CH-12</b>	The verb (main and auxiliary verbs) (grammar) <b>Life skill</b> – Correct usage of verbs
<b>CH-14</b>	Simple present tense (grammar) <b>Life skill</b> –Correct usage of present tense
<b>AUG</b>	
<b>CH-32</b>	The Letter writing (informal & leave application) (grammar) <b>Life skill</b> – Understanding of correct method of writing an application
<b>CH-33</b>	The notice writing (grammar) <b>Life skill</b> – Understanding of correct method of notice writing

<b>CH-15</b>	Simple past tense (grammar) <b>Life skill</b> – Correct usage of past tense
<b>CH-16</b>	Simple future tense; the 'going to' form (grammar) <b>Activity</b> - Differentiate the sentences of present, past and future
<b>CH-17</b>	Continuous tenses (grammar) <b>life skill</b> – Correct usage of future tense
<b>SEPT</b>	
	Revision Mid term examination
<b>OCTOBER</b>	
<b>CH-10</b>	Raman as painter (prose) <b>Life skill</b> – Developing the interest in reading books
<b>CH-11</b>	My dog (poem) <b>Life skill</b> – Being kind and sensitive towards the animals
<b>CH-9</b>	Article (grammar) <b>Life skill</b> - Correct usage of article in their daily conversation
<b>CH-12</b>	Father's help ( prose) <b>Life skill</b> – Respecting their elders and developing interpersonal relationship <b>Activity</b> - Write a story
<b>NOV</b>	
<b>CH-14</b>	Australia – The land of kangaroos! (prose) <b>Life skill</b> - Developing skills of decision making, problem solving and information gathering
<b>CH-13</b>	Stairway to the clouds (poem) <b>Life skill</b> - Students will learn to enjoy the nature
<b>CH-21</b>	Subject-verb agreement (grammar)
<b>CH-21</b>	Subject-verb agreement (worksheet) <b>Life skill</b> – Correct usage of subject verb concord <b>Activity</b> - Prepare A4 size sheet on subject verb concord
<b>DEC</b>	
<b>CH-24</b>	The preposition (grammar) <b>Life skill</b> – Correct usage of preposition
<b>CH-27</b>	Punctuation and capital letters (grammar) <b>Life skill</b> – Correct usage of punctuation
<b>CH-30</b>	Synonyms and antonyms (only antonyms) (grammar)

	<b>Life skill</b> – Learning the new vocabulary to make their conversation more effective <b>Activity-</b> Make the sentences by using preposition
<b>JAN</b>	
<b>CH-16</b>	Paragraph writing (grammar) <b>Life skill</b> – Inculcating the habit of writing Revision
<b>FEB</b>	
	Final examination

**CLASS - 6**  
**SYLLABUS 2025-26 | SUBJECT: HINDI**

<b>APRIL</b>	व्याकरण अनुपम
<b>1</b>	· भाषा और व्याकरण <b>रचनात्मक गतिविधि</b> – विभिन्न राज्यों की वेशभूषा और भाषा सचित्र लगाना <b>जीवन कौशल-</b> व्यावहारिक ज्ञान
<b>24</b>	व्याकरण अनुपम · अपठित गद्यांश <b>रचनात्मक गतिविधि</b> – कार्य पत्र <b>जीवन कौशल-</b> तार्किकता
<b>1</b>	· साहित्य(मंथन) कोई नहीं पराया <b>रचनात्मक गतिविधि</b> – स्वरचित प्रार्थना <b>जीवन कौशल-</b> ईश्वरीय भक्ति
<b>2</b>	· साहित्य(मंथन) तलाश <b>रचनात्मक गतिविधि</b> – अपना अनुभव बताना <b>जीवन कौशल-</b> साहस और देशभक्ति
<b>MAY</b>	व्याकरण अनुपम
<b>2</b>	· वर्ण विचार (उच्चारण स्थान को छोड़कर) <b>रचनात्मक गतिविधि</b> – शब्द निर्माण
	<b>REVISION</b> <b>I UNIT TEST</b> <b>SUMMER VACATION</b>
<b>JULY</b>	साहित्य(मंथन)
<b>5</b>	किताब का चक्कर
<b>8</b>	· साहित्य(मंथन) वीरों की पूजा

<p><b>9</b></p> <p><b>4</b></p> <p><b>8</b></p>	<p><b>रचनात्मक गतिविधि</b> – अन्यदेश भक्ति कविता लेखन  <b>जीवन कौशल</b>- देश भक्ति</p> <ul style="list-style-type: none"> <li>· साहित्य(मंथन) ‘चणना’ <b>जीवन कौशल</b>- व्यावहारिक ज्ञान</li> </ul> <p>व्याकरण अनुपम</p> <ul style="list-style-type: none"> <li>· शब्द विचार (उत्पत्ति के आधार पर)</li> </ul> <p><b>रचनात्मक गतिविधि</b> –अवधारणा मानचित्र  <b>जीवन कौशल</b>- व्यावहारिक ज्ञान</p> <p>व्याकरण अनुपम</p> <ul style="list-style-type: none"> <li>· शब्द भेद – अर्थ के आधार पर</li> <li>· विलोम शब्द(1-10)</li> <li>· पर्यायवाची शब्द(1-10)</li> <li>· अनेक शब्दों के लिए एक शब्द(1-10)</li> <li>· अनेकार्थी शब्द (1-10)</li> </ul> <p><b>रचनात्मक गतिविधि</b> –अवधारणा मानचित्र  <b>जीवन कौशल</b>- व्यावहारिक ज्ञान</p>
<p><b>AUG</b></p> <p><b>5</b></p> <p><b>9</b></p> <p><b>9</b></p> <p><b>10</b></p> <p><b>11</b></p> <p><b>SEPT</b></p> <p><b>12</b></p>	<p>व्याकरण अनुपम</p> <ul style="list-style-type: none"> <li>· उपसर्ग(हिंदी व संस्कृत) प्रत्यय(तद्धित)</li> </ul> <p><b>रचनात्मक गतिविधि</b> – चित्रात्मक वृक्ष</p> <p>व्याकरण अनुपम</p> <ul style="list-style-type: none"> <li>· संज्ञा</li> </ul> <p>व्याकरण अनुपम</p> <ul style="list-style-type: none"> <li>· कारक</li> </ul> <p><b>रचनात्मक गतिविधि</b> – संवाद में कारकों का प्रयोग  <b>जीवन कौशल</b>- एकता में बल</p> <ul style="list-style-type: none"> <li>· मुहावरे(1-10 केवल अर्थ)</li> </ul> <p><b>रचनात्मक गतिविधि</b> – अनुच्छेद लेखन में  <b>जीवन कौशल</b>- प्रभावशाली व्यवहार</p> <p>व्याकरण अनुपम</p> <ul style="list-style-type: none"> <li>· अनुच्छेद लेखन</li> </ul> <p><b>रचनात्मक गतिविधि</b> – लेखन प्रतियोगिता</p> <p>व्याकरण अनुपम</p> <ul style="list-style-type: none"> <li>· औपचारिक पत्र</li> </ul> <p><b>रचनात्मक गतिविधि</b> – अन्य पत्र लेखन</p>

	<p><b>जीवन कौशल-लेखन व चिंतन कौशल</b></p> <p align="center"><b>REVISION TERM -1</b></p> <p align="center"><b>FIRST TERM EXAMINATION</b></p>
<b>OCT</b>	
<b>12</b>	<p>साहित्य(मंथन)</p> <p>· सूरदास के पद</p> <p><b>रचनात्मक गतिविधि</b> – अन्य कवि के पद लिखना या सस्वर वाचन</p>
<b>14</b>	<p><b>जीवन कौशल- भक्ति भावना</b></p> <p>· साहित्य(मंथन) हमारे पड़ोसी</p> <p><b>रचनात्मक गतिविधि</b> – संवाद लेखन</p>
<b>15</b>	<p><b>जीवन कौशल- चिंतनशील</b></p> <p>· साहित्य(मंथन) चचा छक्कन ने केले खरीदे</p> <p><b>रचनात्मक गतिविधि</b> – अनुच्छेद लेखन</p>
<b>16</b>	<p><b>जीवन कौशल- बुद्धि- विवेक प्रयोग</b></p> <p>· साहित्य(मंथन) इसका रोना</p> <p><b>रचनात्मक गतिविधि</b> – धन्यवाद कार्ड बनाना</p> <p><b>जीवन कौशल- आभार व्यक्त करना</b></p>
<b>NOV</b>	
<b>24</b>	<p>व्याकरण अनुपम</p> <p>· अपठित गद्यांश</p>
<b>8</b>	<p>· शब्द भंडार-</p> <p>· एकार्थक शब्द(1-10)</p> <p>· श्रुतिसमभिन्नार्थक शब्द(1-10)</p> <p>· लोकोक्तियाँ (1-10 केवल अर्थ)</p> <p><b>रचनात्मक गतिविधि</b> –वर्ग पहेली</p>
<b>22</b>	<p><b>जीवन कौशल-व्यावहारिक ज्ञान</b></p>
<b>13</b>	<p>व्याकरण अनुपम</p> <p>· सर्वनाम सभेद</p> <p><b>रचनात्मक गतिविधि</b> – प्रकृति चित्र</p>
<b>14</b>	<p><b>जीवन कौशल- परस्पर सहयोग</b></p>
<b>15</b>	<p>व्याकरण अनुपम</p> <p>· विशेषण सभेद</p> <p>· क्रिया (कर्म के आधार पर)</p> <p><b>रचनात्मक गतिविधि</b> – अपने और अपने मिल की विशेषताएँ लिखना</p> <p><b>जीवन कौशल- आत्म अवलोकन</b></p>

<b>11</b> <b>16</b>	व्याकरण अनुपम . काल (मुख्य भेद) . वचन <b>रचनात्मक गतिविधि</b> – चिह्नों में क्रिया खोजना <b>जीवन कौशल</b> - कर्मठता
<b>DEC</b> <b>21</b> <b>29</b>	व्याकरण अनुपम . विराम-चिह्न (पहचान व प्रयोग) . अनुच्छेद लेखन <b>रचनात्मक गतिविधि</b> – चित्तात्मक प्रयोग <b>जीवन कौशल</b> - सोच समझ कर कार्य करना <p style="text-align: center;"><b>REVISION</b> <b>II UNIT TEST</b></p>
<b>JAN</b> <b>27</b>  <b>25</b>	व्याकरण अनुपम . चित्र वर्णन <b>रचनात्मक गतिविधि</b> – चित्र देखकर लेखन <b>जीवन कौशल</b> - परिश्रमी और अनुभवी व्याकरण अनुपम . अनौपचारिक पत्र <b>रचनात्मक गतिविधि</b> – अन्य पत्र लेखन <b>जीवन कौशल</b> -व्यावहारिक ज्ञान
<b>FEB</b>	<p style="text-align: center;"><b>REVISION FOR TERM II</b> <b>II TERM EXAMINATION</b></p>

**CLASS - 6**  
**SYLLABUS 2025-26 | SUBJECT: SANSKRIT**

<b>APRIL</b>	
<b>नवीन संस्कृत सुधा</b>  <b>1</b>  <b>2</b>	वर्णमाला व संस्कृत का सामान्य ज्ञान <b>क्रियाकलाप</b> -प्रवाह संचित वर्णमाला <b>क्रियाकलाप</b> - भाषण सः/ एषः, सा / एषा <b>क्रियाकलाप</b> - सामान्य वार्तालापः

<p><b>3</b></p> <p>ते / एते, ताः / एताः</p> <p><b>क्रियाकलाप</b>-संस्कृत वार्तालापः व नाटक प्रस्तुति(नाट्य मंचन कक्षा में)</p> <p><b>4</b></p> <p>अहम् / त्वम्</p> <p><b>क्रियाकलाप</b>-कंप्यूटर के भागो का परिचय व महत्व संस्कृत में, विद्यार्थियों द्वारा बनाए गए मॉडल के माध्यम से।</p>	
<b>MAY</b>	
	<p>व्याकरण</p> <p>संस्कृत व्याकरणम्</p> <p><b>पुनरावृत्ति</b> -प्रश्नोत्तरी व कक्षा परीक्षा के माध्यम से</p> <p style="text-align: center;"><b>I UNIT TEST</b></p> <p style="text-align: center;"><b>SUMMER VACATION</b></p>
<b>JULY</b>	
<p><b>5</b></p> <p>यूयम् / वयम्</p> <p><b>क्रियाकलाप</b>-क्रिया की सारणी द्वारा <b>क्रियाकलाप</b> (पृष्ठ28)प्रवाह संचित द्वारा ।</p> <p>संस्कृत के क्रिया शब्दों को इक्छा कर वचन के अनुसार उन्हें अलग-अलग करना ।</p> <p><b>जीवनकौशल</b>-निर्णय लेने का क्षमता</p> <p><b>6</b></p> <p>एतौ/ एते ,तौ /ते ,युवाम्/ आवाम्</p> <p><b>क्रियाकलाप</b>-रेखामानचित्र का निर्माण</p> <p><b>7</b></p> <p>एतत्/ एते/ एतानि</p> <p><b>क्रियाकलाप</b>-विद्यार्थी अपने आस- पास के वातावरण से अपनी बुद्धिकौशल का प्रयोग कर ऐसी वस्तुएँ संग्रहित करेंगे जिन्हें संस्कृत भाषा में नपुंसकलिङ्ग वर्ग के अंतर्गत रखा गया है जो वचन के अनुसार वो इकट्ठी कर सकते हैं ।</p> <p><b>जीवनकौशल</b>-लक्ष्य निर्धारण व सामूहिक सहयोग ।</p> <p><b>8</b></p> <p>अहं जनकं नमामि</p> <p><b>क्रियाकलाप</b>- विद्यार्थियों को अपने पंसदीदा विषय पर लेख लिखने को दिया जाएगा जिसके बाद वे अपने लेखों को एक-दूसरे को दिखाकर उसमें कर्म कारक की पहचान करेंगे व उसके महत्व को समझेंगे।</p>	
<b>AUG</b>	
<p><b>9</b></p> <p>सः हलेन कर्षति</p> <p><b>जीवनकौशल</b>-रचनात्मक व संचार कौशल</p> <p>। 1-10 तक संस्कृत में गिनती</p> <p>संस्कृत व्याकरणम्</p> <p><b>REVISION FOR TERM 1</b></p>	
<b>SEPT</b>	
	<p><b>पुनरावृत्ति</b> -प्रश्नोत्तरी व कक्षा परीक्षा के माध्यम से।</p>

REVISION FOR TERM 1 I TERM EXAMINATION	
OCT	
10	<p>सः पठनाय गच्छति</p> <p><b>क्रियाकलाप</b>-शब्दांताक्षरी (शब्द अंताक्षरी)आय (के लिए) चतुर्थी विभक्ति सम्प्रदान कारक के शब्द निर्माण ।</p> <p><b>जीवनकौशल</b>-नेतृत्व क्षमता व सृजनात्मक चिंतन ।</p>
11	<p>सः प्रयागात् आगच्छति</p> <p><b>क्रियाकलाप</b>-एक लघु चलचित्र द्वारा अपादान कारक वाले घटनाओं की पहचान ।</p> <p><b>जीवनकौशल</b>-प्रभावी संचार व आत्मजागरुकता ।</p>
12	<p>विमर्शस्य गृहम्</p> <p><b>क्रियाकलाप</b>-(खोजने की खोज)वस्तुओं के मध्य संबंध स्थापित करने लिए अलग-अलग वस्तुओं को ढूँढ़कर उससे संबंधित वस्तुओं के साथ मिलान करवाया जाएगा ।</p> <p><b>जीवनकौशल</b>-आलोचनात्मक चिंतन ,समय प्रबंधन ,सामूहिक सहयोग व नेतृत्व कौशल ।</p>
13	<p>सः ग्रीष्मवकाशे आगच्छति</p> <p><b>क्रियाकलाप</b>-(सामूहिक रूप से) लाए गए कुछ चित्रों को देखकर दिए गए समय पर अधिकरण कारक की पहचान कर वाक्य नियोजन ।</p> <p><b>जीवनकौशल</b>-समय प्रबंधन व आत्म -जागरुकता</p>
NOV	
14	<p>श्वः भविष्यति</p> <p><b>क्रियाकलाप</b>-कक्षा में संवाद के माध्यम से (पाल से संबंधित सहायक सामग्री के माध्यम से)</p> <p><b>जीवनकौशल</b>-संवाद कौशल</p>
15	<p>सुभाषितानि</p> <p><b>क्रियाकलाप</b> -श्लोक गायन (अपने द्वारा निर्माण किए गए धुन द्वारा)</p> <p>श्लोकांताक्षरी</p> <p><b>जीवनकौशल</b>-आत्म -जागरुकता व रचनात्मक सोच ।</p>
16	<p>कति मोदकाः सन्ति</p> <p><b>क्रियाकलाप</b>-अपने आस-पास</p> <p>के वातावरण से संबंधित दृश्यों को दिखाते हुए संस्कृत की गिनतियों से अवगत करवाया जाएगा ।</p> <p><b>जीवनकौशल</b>- चिंतन कौशल</p>
17	<p>सरोवरस्य तटः</p> <p><b>क्रियाकलाप</b>-कारक व प्रत्यय चक्र द्वारा</p> <p><b>जीवनकौशल</b>-चिंतन कौशल(आलोचनात्मक चिंतन)</p>

<b>DEC'</b>	
	संस्कृत व्याकरणम् पुनरावृत्ति -प्रश्नोत्तरी व कक्षा परीक्षा के माध्यम से REVISION II UNIT TEST
<b>JAN</b>	
<b>18</b>	कुशल: चित्रकार: क्रियाकलाप-वाद-विवाद के माध्यम से।
<b>FEB</b>	
	पुनरावृत्ति -प्रश्नोत्तरी व कक्षा परीक्षा के माध्यम से REVISION FOR TERM II II TERM EXAMINATION TERM II FINAL RESULT

**CLASS - 6**  
**SYLLABUS 2025-26 | SUBJECT: SPANISH**

<b>APRIL</b>	
<b>Lección 1</b>	Mi primer contacto con el español El abecedario (Alphabets) Mi primer contacto con el español Las letras y los sonidos (Letters & sounds) El género (Masculino/Femenino) (Singular/Plural) Mi primer contacto con el español Los saludos y las despedidas (Greetings) Los números-I (Numbers: 0-30) <b>Life Skills</b> : Reading and Writing Skills, Pronunciation, Politeness, Cultural Awareness, Financial Literacy, Building Relationship and make smoother interactions.
<b>Lección 2- T</b>	Todo sobre mí Los pronombres personales (Subject pronouns) Los verbos ser, llamarse y tener (Verbs) Formación de las frases (Sentence formation)
<b>MAY</b>	Todo sobre mí Las nacionalidades (Nationalities) Las profesiones (Professions) Mi presentación (Introduction)

	<p><b>Life Skills</b> : Self Introduction, Cultural Awareness, Personal Responsibility, Vocabulary Building, Effective Communication.</p> <p>Mi primer contacto con el español</p> <p>Todo sobre mí</p> <p>REVISION, ACTIVIDAD, CUENTOS, ORAL</p>
<p><b>JULY</b></p> <p><b>Lección 3</b></p>	<p>La clase de español</p> <p>Las expresiones para la clase (Classroom expressions)</p> <p>El uso de "DE" (Use of De)</p> <p>La clase de español</p> <p>Los artículos (Articles)</p> <p>Los colores (Colors)</p> <p>La clase de español</p> <p>Los días y los meses (Days &amp; months)</p> <p>Las estaciones y el clima (Seasons &amp; climate)</p> <p><b>Life Skills</b> : Effective Communication in a class, Organization and Time Management, Cultural Adaptability, Problem - Solving and Flexibility, Color Recognition and Creativity.</p> <p>Todo sobre mí</p> <p>La clase de español</p>
<p><b>AUG</b></p> <p><b>Lección 4-</b></p>	<p>REVISION</p> <p>¡Feliz cumpleaños!</p> <p>Los signos del zodiaco (Zodiac signs)</p> <p>El verbo 'Estar' (Estar verb)</p> <p>¡Feliz cumpleaños!</p> <p>Los usos del Estar (Uses of estar)</p> <p>Los posesivos (Possessive adjectives)</p> <p>¡Feliz cumpleaños!</p> <p>El árbol genealógico (Family tree)</p> <p>Los números- II (Numbers 31-100)</p> <p><b>Life Skills</b> : Self - awareness and identity, Interpersonal Communication , Cultural Appreciation, Emotional Intelligence, Organization and Family Dynamics.</p> <p>¡Feliz cumpleaños!</p>
<p><b>SEPT</b></p>	<p>REVISION</p>
<p><b>OCT</b></p> <p><b>Lección 5</b></p>	<p>Mi casa</p> <p>Las preposiciones de lugar-I (Prepositions of places)</p> <p>Los verbos regulares (Regular verbs)</p> <p>Mi casa</p>

<p><b>Lección 6</b></p>	<p>Formación de oraciones (Sentence formation)          La negación (Negation)          Mi casa          La negación (Negation)          Formación de preguntas (Question formation)  <b>Life Skills</b> : Spatial Awareness and Communication, Critical Thinking and Sentence Construction, Problem Solving and Flexibility, Expressing Opinion, Effective Inquiry and Engagement.          Nuestra escuela          Las asignaturas (Subjects)          Las actividades de la escuela (Activities in school)</p>
<p><b>NOV</b></p>	<p>Nuestra escuela          Las actividades de la escuela (Activities in school)          Los verbos irregulares (Irregular verbs)          Nuestra escuela          Los verbos irregulares (Irregular verbs)          Los números- III (100-1.000)  <b>Life Skills</b> : Goal Setting and Motivation, Time Management and Organization, Adaptability, Numeracy Skills and Practical Application, Collaboration and Teamwork          REVISION          Mi casa          Las preposiciones de lugar-I (Prepositions of places)          Los verbos regulares (Regular verbs)          Formación de oraciones (Sentence formation)          La negación (Negation)          Formación de preguntas (Question formation)          REVISION          Nuestra escuela          Las asignaturas (Subjects)          Las actividades de la escuela (Activities in school)          Los verbos irregulares (Irregular verbs)          Los números- III (100-1.000)</p>
<p><b>DEC</b>  <b>Lección 5</b>  <b>Lección 6-</b></p>	<p>REVISION UNIT-2 EXAM          Mi casa          Nuestra escuela</p>
<p><b>JAN</b></p>	<p>Mi ciudad es tu ciudad</p>



<b>July</b>	
<b>Ch-3</b>	Playing with Numbers- <b>Life Skill</b> - Counting Objects and Estimate Quantity
<b>Ch-7</b>	Fraction- <b>Life Skill</b> - Problem Solving and Logical Thinking
<b>Ch-8</b>	Decimal- <b>Life Skill</b> - Calculation of Money
<b>Aug</b>	
<b>Ch-9</b>	Basic Geometrical Concept- <b>Life Skill</b> - Measurement and Estimation
<b>Sept</b>	
<b>Ch-6</b>	Revision Mid Term Examination Negative Numbers and Integers- <b>Life Skill</b> - Understanding Financial Management, Temperature and Games
<b>Oct</b>	
<b>Ch-6</b> <b>Ch-10</b>	Negative Numbers and Integers- Continuation Understanding Geometrical Shapes <b>Life Skill</b> - Understanding Geometrical Shapes
<b>Nov</b>	
<b>Ch-12</b> <b>Ch-4</b>	Ratio and Proportion- <b>Life Skill</b> - Comparing the Prices and Nutritional Ratio Mensuration- <b>Life Skill</b> - Understanding Field Dimension
<b>Dec</b>	
<b>Ch-4</b> <b>Ch-14</b>	Mensuration- Continuation Second Periodic Test Data Handling- <b>Life Skill</b> - Analysing Data
<b>Jan</b>	
<b>Ch-5</b> <b>Ch-11</b> <b>Ch-13</b>	Algebra- <b>Life Skill</b> - Use of Algebra in Arithmetic way Symmetry - Class Room Activity Practical Geometry - Class Room Activity
<b>Feb</b>	

	Revision for the Final Term Examination
	Final Term Examination

**CLASS - 6**  
**SYLLABUS 2025-26 | SUBJECT: SCIENCE**

<b>April</b>	
<b>Ch-2</b>	Diversity in the living world
<b>Ch-2</b>	Diversity in the living world <b>LIFE SKILL:</b> Problem solving, Critical thinking. <b>Activity:</b> Investigate the adaptative features of Camel, Fish and Cactus.
<b>Ch-2</b>	Diversity in the living world
<b>Ch-2</b>	Diversity in the living world <b>Activity:</b> Find the journey of Bird Man of India.
<b>May</b>	
<b>Ch-3</b>	Mindful Eating a Path to a Healthy Body. <b>Activity:</b> Make slogan on Say No to Junk Food. First Periodic Assessment
<b>July</b>	
<b>Ch-3</b>	Mindful Eating a Path to a Healthy Body.
<b>Ch-4</b>	Exploring Magnets <b>Activity:</b> Exploring properties of a magnet using bar magnet.
<b>Aug</b>	
<b>Ch-5</b>	Measurement of Length and Motion
<b>Ch-5</b>	Measurement of Length and Motion
<b>Ch-6</b>	Materials Around Us. <b>LIFE SKILL:</b> Curiosity, Critical thinking <b>Activity:</b> Classifying matter based on observable physical and chemical characteristics..
<b>Sept</b>	
	REVISION MID TERM EXAMINATION
<b>Oct</b>	
<b>Ch-7</b>	Temperature and Its Measurement <b>LIFE SKILL:</b> Scientific inquiry <b>Activity:</b> Read/ Listen to weathe report to understand how temperature affects our daily life.

<b>Ch-8</b>	A Journey through States of water
<b>Nov</b>	
<b>Ch-8</b>	A Journey through States of water <b>LIFE SKILL:</b> Environmental Awareness <b>Activity:</b> Understanding the role of water cycle in nature.
<b>Ch-9</b>	Methods of Separation in Every day Life. <b>Activity:</b> Find out about Namak Satyagrah
<b>Dec</b>	
<b>Ch-9</b> <b>Ch-10</b>	Methods of Separation in Every day Life. Living Creatures Exploring Their Characteristics. <b>LIFE SKILL:</b> Scientific inquiry <b>Activity:</b> Germination of seed to find out how root and shoot come out, and become a seedling.
<b>Jan</b>	
<b>Ch-10</b>	Living Creatures Exploring Their Characteristics. <b>Activity:</b> Understanding of Intertdependence of living organisms in Nature.
<b>Feb</b>	
	REVISION FINAL TERM EXAMINATION

**CLASS - 6**  
**SYLLABUS 2025-26 | SUBJECT: SOCIAL SCIENCE**

<b>APRIL</b>	
<b>CH-2</b>	Globe: Latitudes and longitudes
<b>CH-2</b>	Globe: Latitudes and longitudes (continued) <b>Life skill-</b> Diagram of latitudes and longitudes <b>Activity-</b> Find out major latitudes and longitude on the map
<b>CH-10</b>	Looking into the past
<b>CH-10</b>	Looking into the past <b>Life skill-</b> Understand the conditions of humans lived earlier days
<b>MAY</b>	
<b>CH-21</b>	Diversity <b>Life skill-</b> Understanding of the diverse cultural heiritage of india <b>Activity-</b> Find out diverse culture of india Revision

<b>JULY</b>	
<b>CH-12</b>	From gatherers to producers
<b>CH-12</b>	From gatherers to producers <b>Life skill-</b> Understanding of the life early man <b>Activity-</b> Draw the tools used by early man
<b>CH-22</b>	Discrimination and equality Discrimination and equality (continued) <b>Life skill-</b> Understanding of the importance of equality <b>Activity-</b> Find out the policies of government to remove inequality
<b>AUG</b>	
<b>CH-3</b>	Motion of the earth <b>Life skill-</b> Understanding of solstices and equinoxes <b>Activity-</b> Show motion of the earth through chart paper
<b>CH-13</b>	The first cities <b>Life skill-</b> Information of first cities of india <b>Activity-</b> Locate the old cities on india on map
<b>CH-23</b>	Government <b>Life skill-</b> Knowing about the functioning of indian govt.
<b>CH-6</b>	Major landforms of the earth <b>Life skill-</b> Informaton about mysteries of devil's triangle <b>Activity-</b> Find out the details about devil's triangle
<b>SEPT</b>	
	Revision (Mid Term Examination)
<b>OCT</b>	
<b>CH-5</b>	Major domains of the earth
<b>CH-5</b>	Major domains of the earth <b>Life skill-</b> Appriciating the beauty of nature <b>Activity-</b> Locate different physical features of india on map
<b>CH-15</b>	Ideals: upanishads, jainism and buddhism
<b>CH-15</b>	Ideals: upanishads, jainism and buddhism
<b>NOV</b>	
<b>CH-15</b>	Ideals: upanishads, jainism and buddhism <b>Life skill-</b> learning to appreciate the different religious beleifs
<b>CH-7</b>	Our country india
<b>CH-7</b>	Our country india <b>Life skill-</b> Awareness of physical features of india

<b>CH-16</b>	<b>Activity-</b> Group discussion The mauryan empire
<b>DEC</b>	
<b>CH-16</b>	The mauryan empire <b>Life skill-</b> Awareness of mauryan empire <b>Activity-</b> Write down a paragraph on king ashoka UT-2 Exams
<b>JAN</b>	
	Local self government in urban areas Local self government in urban areas <b>Life skill-</b> Functioning of the houses of the state assembly Urban livelihood Urban livelihood <b>Life skill-</b> Information of the occupations of urban areas <b>Activity-</b> Learn the functioning of parliament
<b>FEB</b>	
	Map <b>activity</b> and revision FINAL EXAMINATION

**CLASS - 6**  
**SYLLABUS 2025-26 | SUBJECT: COMPUTER**

<b>APRIL</b>	
<b>L1</b>	Malware -Threat to Computers
<b>L1</b>	Practical(PPT on Computer Virus) <b>Life Skill-</b> Critical thinking
<b>L1</b>	Malware -Threat to Computers
<b>L1</b>	Practical(PPT on Computer Virus) <b>Life Skill-</b> Critical thinking
<b>MAY</b>	
<b>L2</b>	Excel Functions and Charts
<b>L2</b>	Practical(Time Table in Excel) <b>Life Skills-</b> Time management
<b>JULY</b>	
<b>L2</b>	Excel Functions and Charts
<b>L2</b>	Practical( <b>Activity</b> on Page No.38) <b>Life Skills-</b> Time management

<b>L2</b>	Excel Functions and Charts
<b>L2</b>	Practical( <b>Activity</b> on Page No.39) <b>Life Skills</b> - Time management &Practical Skills
<b>AUG</b>	
<b>L3</b>	Pencil 2D-Animation Software
<b>L3</b>	Practical( <b>Activity</b> on Page No.50) <b>Life Skills</b> -Creativity
<b>L3</b>	Pencil 2D-Animation Software
<b>L3</b>	Practical( <b>Activity</b> on Page No.53) <b>Life Skills</b> -Creativity &Problem Solving
<b>SEPT</b>	
	REVISION AND MID-TERM EXAM
<b>OCT</b>	
<b>L8</b>	Python-Introduction
<b>L8</b>	Practical( <b>Activity</b> on Page No.119) <b>Life Skills</b> -Problem Solving
<b>L8</b>	Python-Introduction
<b>L8</b>	Practical( <b>Activity</b> on Page No.128) <b>Life Skills</b> -Problem Solving
<b>NOV</b>	
<b>L9</b>	Chatbot
<b>L8</b>	Practical( <b>Activity</b> on Page No.157) <b>Life Skills</b> -Programming
<b>L9</b>	Chatbot
<b>L8</b>	Practical( <b>Activity</b> on Page No.157) <b>Life Skills</b> - Programming
<b>DEC</b>	
<b>L10</b>	Fields of Artificial Intelligence <b>Life Skills</b> -Digital Literacy
<b>JAN</b>	
	Project given on page No.156 <b>Life Skills</b> -Problem Solving
<b>FEB</b>	
	REVISION AND FINAL TERM EXAM

**CLASS - 6**  
**SYLLABUS 2025-26 | SUBJECT: GENERAL KNOWLEDGE**

<b>APRIL</b>	
<b>L1</b>	Ancient Civilization
<b>L2</b>	The Freedom Struggle <b>Activity:</b> Collage using images, quotes and symbols of freedom struggle
<b>L3</b>	Prominent Historical Figures
<b>L4</b>	Historical monuments
<b>MAY</b>	
<b>L3 &amp; 4</b>	<b>Activity:</b> Quiz on famous figures and monuments
<b>L5</b>	Natural Wonders <b>Activity:</b> Research and Compile key facts about natural wonders I UNIT TEST SUMMER VACATION - <b>Activities</b> from L5,7&10
<b>JULY</b>	
<b>L6</b>	Architectural Marvels
<b>L7</b>	L7 Importance of Biodiversity
<b>L8</b>	L8 Conservation of Resources
<b>L9</b>	L9 Sustainable Practices
<b>AUG</b>	
<b>L 8 &amp; 9</b>	<b>Activity:</b> Project on Swachh Bharat Mission
<b>L 10</b>	Importance of balanced diet
<b>L11</b>	Mental Health Awareness
<b>L12</b>	Gender Equality
<b>SEPT</b>	
<b>L11&amp;12</b>	Discussion on various Mental Health Issues & Gender Stereotypes REVISION FOR TERM 1 I TERM EXAMINATION
<b>OCT</b>	
<b>L13</b>	Social Responsibilities
<b>L14</b>	Money and Trade <b>Activity:</b> "The Classroom Market"
<b>L15</b>	Saving and Investment <b>Life skill:</b> Goal Setting and Decision Making
<b>L16</b>	Various career options <b>Activity:</b> SWOT Analysis

<b>NOV</b>	
<b>L17</b>	Skills Needed for Different Professions
<b>L18</b>	Digital Literacy
<b>L19</b>	Cyber Safety
<b>L20</b>	Digital Banking and Transactions
<b>DEC</b>	
<b>L18,19,20</b>	<b>Activity:</b> Discussion on Safe Online Practices
<b>IL21</b>	Importance of Integrity
<b>L22</b>	Importance of Empathy
WINTER BREAK	
<b>JAN</b>	
<b>L23</b>	Respect and Tolerance
<b>L25</b>	Global Peace Effort
<b>L24</b>	<b>Activity:</b> Project on Hunger Index
<b>FEB</b>	
REVISION FOR TERM II	
II TERM EXAMINATION	

**CLASS - 6**  
**SYLLABUS 2025-26 | SUBJECT: MORAL SCIENCE**

<b>April</b>	
<b>Ch-1</b>	Say Hello- <b>Life Skill-</b> We Must Proud of Ourselves
<b>Ch-2</b>	Out of Box The Thinking- <b>Life Skill-</b> How to Generate Ideas
<b>Ch-3</b>	History of Children- <b>Life Skill-</b> Learn About Our Constitution
<b>Ch-4</b>	Poem on Child Rights- <b>Life Skill-</b> Importance of Child Rights
<b>May</b>	
<b>Ch-5</b>	Spell Bee Champion ( <b>Activity</b> )
<b>Ch-6</b>	Every Child is Special, Every Child is Unique- <b>Life Skill-</b> Self Esteem
<b>July</b>	
<b>Ch-7</b>	True Wealth- <b>Life Skill-</b> Self Awareness

<b>Ch-8</b>	Your Body Belongs to You- <b>Life Skill-</b> Be Boss of Your Body
<b>Aug</b>	
<b>Ch-9</b>	Private Part- <b>Life Skill-</b> Understanding Privacy and Boundary
<b>Ch-10</b>	The Invisible Boundary- <b>Life Skill-</b> Effective Communication
<b>Ch-11</b>	The Body Talks to You- <b>Life Skill-</b> Correct Body Language
<b>Sept</b>	
<b>Ch-12&amp; 13</b>	Revision Mid Term Examination Class Room <b>Activity</b>
<b>Oct</b>	
<b>Ch-14</b>	The Man and The Wood- <b>Life Skill-</b> Care for Mother Nature
<b>Ch-15</b>	At The Dinner Table- <b>Life Skill-</b> Importance of Eating Together in the Family
<b>Ch-17</b>	Safe and Unsafe Secret- <b>Life Skill-</b> Share Your Secrets with Loved Ones Only
<b>Nov</b>	
<b>Ch-19</b>	Sportspersonship- <b>Life Skill-</b> Honesty is the Best Policy
<b>Ch-20</b>	An Incident in the Toilet- <b>Life Skill-</b> Protection of Children
<b>Ch-21</b>	Sana is Brave- <b>Life Skill-</b> Obey the Safety Rules
<b>Dec</b>	
<b>Ch-22</b>	A Goal to Remember- <b>Life Skill-</b> Goal Setting in Life
<b>Ch-23</b>	I Can Do Maths- <b>Life Skill-</b> How to Handle Exam Pressure
<b>Ch-24</b>	Seven Steps Safety Rule ( <b>Activity</b> )
<b>Jan</b>	
<b>Ch-25</b>	Bully Bully Bully- <b>Life Skill-</b> Avoid Bullying People

<b>Ch-26</b>	Take A Pledge-
<b>Ch-27</b>	Air Borne Dangers-
	<b>Life Skill-</b> Be Empathetic with Others
	<b>Life Skill-</b> Aware of Healthy Habits
<b>Feb</b>	
<b>Ch-16</b>	Revision of Class room <b>Activity</b>
<b>Ch-18</b>	Final Term Examination

**CLASS - 6**  
**SYLLABUS 2025-26 | SUBJECT: MUSIC**

<b>APRIL</b>	
<b>1</b>	Sahoday Anthem <b>Life Skill</b> - respect for the country <b>Activity</b> -children will be divided into groups and sing the anthem
<b>2</b>	Revision of the anthem taught last previously
<b>3</b>	National anthem <b>Life skill</b> -respect for the country <b>Activity</b> - children will be divided into groups and sing the anthem
<b>4</b>	Revision of the national anthem
<b>MAY</b>	
<b>1</b>	Great Indeed <b>Life skills</b> - Appreciation for the creation of the lord <b>Activity</b> - Children will be asked to sing with little actions First periodic test
<b>JULY</b>	
<b>1</b>	It's i who build community <b>Life skill</b> - to be united in community <b>Activity</b> -children will be divided into groups and sing
<b>2</b>	Revision
<b>3</b>	Sargams <b>Life skill</b> - Sharpen the mind as it is like lounge twister <b>Activity</b> -Children will be divided into groups and sing
<b>4</b>	Revision
<b>AUG</b>	
<b>1</b>	Let there be love <b>Life skill</b> -love and compassion for the family and God

2	<b>Activity</b> -children will be divided into groups and sing
3	Revision of the song taught previously
	Bless the lord
	<b>Life skills</b> - learn to pray and thank for all the blessing to God
	<b>Activity</b> -children will be divided into groups and sing
<b>SEPT.</b>	
	Revision
	Mid Term examination
<b>OCT</b>	
1	Just like a child
	<b>Life skill</b> -trust towards the lord and parents
	<b>Activity</b> - boys and girls will sing separately
2	Revision of the song taught last week
3	The lord is my shepherd
	<b>Life skill</b> -trust towards the lord
	<b>Activity</b> - boys and girls will sing separately
4	Revision of the song taught last week
<b>NOV</b>	
1	Ek tu hi bharosa
	<b>Life skill</b> - to build the belief on god in all the bad and good situation
	<b>Activity</b> -boys and girls will be asked to sing separately
2	Revision of the song taught last week
3	Silent night
	<b>Life skill</b> - to build a thinking that life is short so celebrate with lord
	<b>Activity</b> -boys and girls will be asked to sing separately
4	Revision of the song taught last week
<b>DEC.</b>	
1	Joy to the lord
	<b>Life skills</b> - celebrate the season with the new born lord
	SECOND PERIODIC TEST
2	go tell it on the mountains
	<b>life skills</b> - learn to pray for anything you get in life
	<b>activity</b> -boys and girls will be asked to sing separately
<b>JAN</b>	
1	Everything i am

<b>2</b>	<b>Life Skills-</b> Instil a sense that whatever we are its because of lord <b>Activity-</b> Children will divided into different groups Revision of the song taught last week
<b>3</b>	Tu hi ram hai <b>Life skill-</b> Respect for every religion <b>Activity-</b> children will divided into different groups
<b>4</b>	Revision of the song taught last week
<b>FEB.</b>	
FINAL TERM EXAMINATION REVISION FOR THE FINAL TERM EXAMINATION	

**CLASS - 6**  
**SYLLABUS 2025-26 | SUBJECT: DANCE**

<b>April</b>	Prayer Dance for silver jubilee of sister <b>Life skill :</b> Develop appreciation and respect for punjabi culture and heritage.
<b>May</b>	Prayer dance for silver jubilee I unit test Summer vacation <b>Life skill :</b> Developing resilience and a growth mindset.
<b>July</b>	Opening ceremony classical dance <b>Life skill :</b> Encourage students to express their emotions and thoughts through dance.
<b>Aug</b>	Patriotic dance <b>life skill :</b> Help students develop confidence in their movements and performances.
<b>Sept.</b>	Review of all Previous Chorography Mid Term Examination
<b>Oct</b>	Any indian folk dance forms <b>Life skill :</b> Cultural awareness*: Develop awareness and appreciation of india's diverse cultures and traditions.
<b>Nov</b>	Diwali and christmas dance <b>Life skill :</b> Teamwork : Foster collaboration and unity among team members through group dance performances. First pre-board examination
<b>Dec.</b>	Christmas dance celebration Review of all Previous Chorography

	II unit test Winter break
<b>Jan</b>	Winter break Republic Dance Celebration
<b>FEB</b>	Review of all Previous Chorography Final term examination

**CLASS - 6**  
**SYLLABUS 2025-26 | SUBJECT: ART EDUCATION**

<b>April</b>	
<b>1</b> <b>4</b>	Elements of Art Shading forms <b>Life skill</b> -fine motor skills
<b>May</b>	
	My Body Parts First Periodic Test
<b>July</b>	
<b>16</b>	Force and pressure drawing by pencil colour Water colour composition Dandi March composition <b>Life skill</b> -Critical thinking and diagrammatic representation
<b>Aug</b>	
<b>15</b> <b>17</b>	Grid method Sketch Parabolic curves Stippling art on ivory <b>Life skill</b> -Invented thinking and conceptual understanding
<b>Sept.</b>	
	Revision Mid Term Exams
<b>Oct</b>	
	Massaic art collage Calligraphy by ink <b>Life skill</b> -Critical and comparative thinking
<b>Nov</b>	
	Sculpture

<b>18</b>	Basics of sculpture <b>Life skill</b> -Crafting and innovation skill
<b>Dec.</b>	
<b>4</b>	Poster making
<b>Jan</b>	
	Our constitution
<b>Feb.</b>	
	Revision for the Final Term Examination Final Term Examination

**CLASS - 6**  
**SYLLABUS 2025-26 | SUBJECT: CRAFT**

<b>April</b>	
<b>Ch-1</b>	<b>Activity</b> - Leaf Printing <b>Life Skill</b> - Creative
<b>Ch-2</b>	<b>Activity</b> - Leaf Printing <b>Life Skill</b> - Creative
<b>Ch-3</b>	<b>Activity</b> - Tree with real leaves <b>Life Skill</b> - Imagination and Creative Skills
<b>Ch-4</b>	<b>Activity</b> - Tree with real leaves <b>Life Skill</b> - Imagination and Creative Skills
<b>May</b>	
<b>Ch-1</b>	<b>Activity</b> - Under water scene <b>Life Skills</b> - Creativity and imagination First Periodic Test
<b>July</b>	
<b>Ch-1</b>	<b>Activity</b> - Golden jubilee craft <b>Life Skill</b> - Creativity and imagination
<b>Ch-2</b>	<b>Activity</b> - Golden jubilee craft <b>Life Skill</b> - Creativity and imagination
<b>Ch-3</b>	<b>Activity</b> - Origami craft (Butterfly) <b>Life Skill</b> - Problem-solving, Patience, Concentration, and Perseverance
<b>Ch-4</b>	<b>Activity</b> - Origami craft (Butterfly) <b>Life Skill</b> - Problem-solving, Patience, Concentration, and Perseverance

<b>Aug</b>	
<b>Ch-1</b>	<b>Activity</b> - Big picture (Best Out of waste) <b>Life Skill</b> - Collaboration and communication
<b>Ch-2</b>	<b>Activity</b> - Big picture (Best Out of waste) <b>Life Skill</b> - Collaboration and communication
<b>Ch-3</b>	<b>Activity</b> - Clay work <b>Life Skill</b> - Patience and perseverance
<b>Ch-4</b>	<b>Activity</b> - Clay work <b>Life Skill</b> - Patience and perseverance
<b>Sept.</b>	
<b>Ch-1</b>	<b>Activity</b> - Golden pencil topper <b>Life Skill</b> - Creativity and imagination REVISION FOR TERM 1 I TERM EXAMINATION
<b>Oct</b>	
<b>Ch-1</b>	<b>Activity</b> - Mosaic <b>Life Skill</b> - Planning and organization
<b>Ch-2</b>	<b>Activity</b> - Mosaic <b>Life Skill</b> - Collaboration and communication
<b>Ch-3</b>	<b>Activity</b> - Clay Modelling <b>Life Skill</b> - Patience and perseverance
<b>Ch-4</b>	<b>Activity</b> - Clay Modelling <b>Life Skill</b> - Creativity and problem solving
<b>Nov</b>	
<b>Ch-1</b>	<b>Activity</b> - Children's day craft <b>Life Skill</b> - Creativity and imagination
<b>Ch-2</b>	<b>Activity</b> - Children's day craft <b>Life Skill</b> - Creativity and imagination
<b>Ch-3</b>	<b>Activity</b> - Origami craft <b>Life Skill</b> - Problem-solving, Patience, Concentration, and Perseverance
<b>Ch-4</b>	<b>Activity</b> - Origami craft <b>Life Skill</b> - Problem-solving, Patience, Concentration, and Perseverance
<b>Dec.</b>	
<b>Ch-1</b>	<b>Activity</b> - Christmas craft

<b>Ch-2</b>	<b>Life Skill</b> - Problem-solving, Patience, Concentration, and Perseverance
	<b>Activity</b> - Christmas craft
	<b>Life Skill</b> - Problem-solving, Patience, Concentration, and Perseverance
	Second Periodic Test
<b>Jan</b>	
<b>Ch- 17</b>	<b>Activity</b> - 3D Animal making
	<b>Life Skill</b> - Planning and organization
<b>Ch-30</b>	<b>Activity</b> - 3D Animal making
	<b>Life Skill</b> - Planning and organization
<b>Feb.</b>	
	Revision for the Final Term Examination
	Final Term Examination

**CLASS - 6**  
**SYLLABUS 2025-26 | SUBJECT: GAMES**

<b>April</b>	Basic motor skills developing exercises Advance motor skills exercises Volleyball basic rules and game play Volleyball advance skills training <b>Life skills-</b> self awarness, self care, team work & resilience
<b>May</b>	Badminton rules <b>Life skills-</b> dicipiline & time management
<b>July</b>	Warm-up and cooling down exercises Basic fitness components exercise Strength exercises Speed exercises <b>Life skills-</b> GOAL SETTING, MOTIVATION, TIME MANAGEMENT & WELL BEING
<b>Aug</b>	Football basic skills Football advance skills
	Football game rules Football game play <b>Life skills-</b> SELF CARE, COMMUNICATION & HEALTH AWARENESS

<b>Sept.</b>	Measuring height & weight
<b>Oct</b>	Athletics running events Athletics field events Chess basic rules Chess gameplay <b>Life skills-</b> GOAL SETTING, MOTIVATION, DISCIPLINE & TIME MANAGEMENT
<b>Nov</b>	Endurance exercises Flexibility exercises Agility exercises Basketball basic rules <b>Life skills-</b> GOAL SETTING, MOTIVATION, DISCIPLINE & TIME MANAGEMENT Throw ball rules
<b>Dec.</b>	throw ball gameplay Basic motor skills developing exercises
<b>Jan</b>	Advance motor skills exercises Athletics running events Athletics field events <b>Life skills-</b> SELF CARE, COMMUNICATION & HEALTH AWARENESS
<b>Feb</b>	Measuring height & weight