

St. Arnold's Central School, Mysore

Split Up 2023-24

ENGLISH

Std: I ABCD

Sl. No.	Month	Content	No. Of periods for each lesson + Unit test	No. Of. Periods available	No. Of. Working	PA/ Term Portions
1	May	1.Let Us Revise	3	3	3	
2	June	2. How Many 3. A Happy Child(Poem) Grammar 1.Letters and words 2.Naming words	8+1 5+1 2 5	22	21	
3	July	1. Hello Revision for PA 1 Periodic Assessment – 1 Grammar 3.Raghu's Bicycle (Comprehension –A) 4.One and Many 5.Pronouns	11+1 9 2 4 2	29	21	PA 1 1.How Many 2.Happy Child (Poem) 3.Hello 4.Letters and words 5.Naming words
4	August	1.What's This 2.Just Me Grammar 5.Pronouns (Contd) 6.Describing Words	12+1 11+1 2 4	31	22	
5	September	1.A Helping Hand 2.The Kitty Ran Up The Tree 3.At the Zoo	8+1 9+1 6 1	26	18	

		Grammar 7.Doing Words	1			
October		1.Term – 1 Revision Grammar 7.Doing Words (Contd) 8.Is, Am, Are Term -1 Exam	19 2 1	22	13	Term – 1 Portion 1.What’s This 2.Just ME 3.A Helping Hand 4.The Kitty Ran Up The Tree 5.Raghu’s Bicycle (Comprehensio n –A) 6.One and Many 7.Pronouns 8.Prounouns (Contd) 9.Describing Words 10.Doing Words 7.Doing Words (Contd) 8.Is, Am, Are
7	November	1.Hina’s Rainbow 2.Mr.Rabbit 3.The Magic Porridge Pot Grammar 8.Is, Am, Are(Conts) 9.Has, Have 10.Friends in the Garden (Comprehension-B)	7+1 6+1 6+1 1 2 1	26	19	
8	December	1.Revion for PA - 2 2.A Beautiful Feather 3.The Garden Grammar 11. Preposition 12.A, An, The 13.Sentences Periodic Assessment - 2	3 6+1 5+1 2 2 2	22	15	Portion for PA -2 1.Hina’s Rainbow 2.Mr.Rabbit 3.The Magic Porridge Pot 4.Is, Am, Are(Conts) 5.Has, Have 6.Friends in the

						Garden (Comprehension-B)
9	January	1.Little Raindrops (Poem) 2.Anita Buys A Book 3.Granny, Granny Please Comb My Hair(Poem) Grammar 14.Punctuation 15.The Village School (Conprehension-C) 16.Fun With Words	6+1 6+1 5+1 3 2 3	28	22	
10	February	1.Revision for Term -2 Grammar 17.Writing Skills 18.Calender	21 5 3	29	21	Portion for Term-2 1.The Garden 2.A Beautiful Feather 3.Little Rain Drops 4.Anita Buys A book 5.Granny, Granny please comb My Hair 6. Preposition 7.A, An, The 8.Sentences 9.Punctuation 10.The Village School (Conprehension -C) 11.Fun With Words 12.Writing Skills 13.Calender

Arch

Revision and Term-2

Signature of Class Teachers

IA-



IB-

IC-



ID-



Split Up Syllabus 2023-24

Class – 1

Subject - Hindi

Month	No of Working Days	No. of Periods available	Topic	No. of periods each lesson	Unit test for each lesson	Remarks
मई जून	3 21	3 21	वर्णमाला अ - अ: + क से श्र तक पाठ -1 अमात्रिक शब्द दो,तीन ,चार वर्ण रचनात्मक लेखन-चित्र बनाकर रंग भरो और नाम लिखो 1.घर 2.कमल 3.अदरक	3 + 8 8 3 2 (UT)	अ - अ: क से श्र तक अमात्रिक शब्द	PA 1 Portion वर्णमाला अ से श्र अमात्रिक शब्द दो, तीन, चार वर्ण
जुलाई	21	21	पाठ -2 आम का अचार (आ- ा) पाठ -3 पिकनिक (इ -ि) पाठ -4 मीठी खीर (ई -ी) रचनात्मक - शब्दों को सही क्रम में लिखकर वाक्य बनाओ।	6 5 5 2 3 (UT)	(आ- ा) (इ -ि) (ई -ी)	आम का अचार(आ) रचनात्मक - चित्र बनाकर रंग भरो और नाम लिखो
अगस्त	22	22	पाठ -5 गुडिया की शादी (उ -ु) पाठ -6 चूहा पकडा गया (ऊ-ू) पाठ- 7 मृग (ऋ-ृ) रचनात्मक लेखन - चित्र और शब्दों को जोडकर नए शब्द बनाइए।	6 5 5 2 3 (UT)	(उ -ु) (ऊ-ू) (ऋ-ृ)	Term1 Portion आम का अचार(आ) To मृग (ऋ-ृ) रचनात्मक -चित्र और शब्दों को जोडकर नए शब्द बनाइए।
सितंबर	18	18	पाठ - 8 रेलगाडी (ए -ै) पाठ- 9 सैनिक (ऐ -ै) Revision and Term - 1 Exam	6 6 2(UT)	(ए -ै) (ऐ -ै)	चित्र देखकर कहानी पूरी करो।
अक्तूबर	13	13	पाठ-10 होली (ओ- ो) रचनात्मक - चित्र देखकर नाम लिखो।	8 4 1 (UT)	(ओ- ो)	PA 2 Portion रेलगाडी (ए -ै) सैनिक(ऐ -ै)
नवंबर	19	19	पाठ - 11 गौरव की नौकरी (औ - ौ) पाठ - 12 जंगल की सैर (अं - ँ) रचनात्मक - आम का चित्र बनाकर रंग भरिए और 4 वाक्य लिखिए।	8 7 2 2 (UT)	(औ - ौ) (अं - ँ)	रचनात्मक - चित्र देखकर कोई चार नाम लिखो।
दिसंबर	15	15	पाठ - 13 चाँदनी (चंद्रबिंदु - ँ) पाठ - 14 शनैः शनैः (अः-ः),बारहखडी	5 5 + 3 2 (UT)	चंद्रबिंदु - ँ (अः-ः)	Term2 Portion होली (ओ- ो) To
जनवरी	22	22	पाठ - 15 कबड्डी पाठ-16 प्रेम और अर्पिता (रेफ और पदेन) पाठ -17 चिडियाघर, गिनती - एक से दस रचनात्मक - बिल्ली का चित्र व रंग और सही उत्तर चुनकर खाली जगह भरो।	5 5 6 2 2 2(UT)	कबड्डी रेफ और पदेन चिडियाघर	चिडियाघर, बारहखडी, गिनती रचनात्मक - फल और सब्जी का चित्र बनाकर नाम लिखो।
फरवरी	21	21	पुनरावर्तन अभ्यास			चित्र में रंग भरकर खाली जगह भरो।
मार्च			Term -2 Exam			

1A - Jasecha

1B - Anshu

1C - Kurni

1D - Farhana

ಕನ್ನಡ ಪಾಠಯೋಜನೆ - 2023-24

ವಿಷಯ : ಕನ್ನಡ

ತರಗತಿ : 1 ABCD

SI NO	Month	No of working days	No of Periods available	Topic	No of Period each lesson	Unit test for each lesson	Remarks
1	ಮೇ	5	3	ವರ್ಣಮಾಲೆ ಅ ಇಂದ ಮ	3		PA-1 ವರ್ಣಮಾಲೆ ಅ ಇಂದ
2	ಜೂನ್	21	21	*ವರ್ಣಮಾಲೆ ಅ ಇಂದ ಳ್ ಗುಣಿತಾಕ್ಷರ ಪರಿಚಯ *ತಲೆಕಟ್ಟು - ಇಳಿ *ಪದ್ಯ : ಆಲಯ ಮೂಲಾಕ್ಷರ ಪರಿಚಯ *ಹಂತ 1 : ರ ಗ ಸ ದ ಅ CW : ಚಿತ್ರಕ್ಕೆ ಬಣ್ಣ ಹಚ್ಚಿ ಚಿತ್ರ ಹೆಸರಿಸಿ	2 4 4 4 2 3	1 1	ವರ್ಣಮಾಲೆ ಅ ಇಂದ ಳ್ ಗುಣಿತಾಕ್ಷರ ಪರಿಚಯ *ತಲೆಕಟ್ಟು - ಇಳಿ *ಪದ್ಯ : ಆಲಯ ಮೂಲಾಕ್ಷರ ಪರಿಚಯ *ಹಂತ 1 : ರ ಗ ಸ ದ ಅ
3	ಜುಲೈ	21	21	*ಗುಣಿಸು ಗುಣಿಸಿನ ದೀರ್ಘ ಹಂತ : 2 ಜ ವ ಮ ಬ ನ : 3- ಪ ಯ ಉ ಡ ಟ ಚ : 4 - ಲ ಷ ಈ ಊ ಕ ಹಂತ : 5 - ಎ ಏ ಇ ಆ ತ ಳ್ ವ್ಯಾಕರಣ : ಲಿಂಗಗಳು CW : ಪದರಚನೆ	4 5 4 3 3	1 1	Term-1 *ವರ್ಣಮಾಲೆ ಅ ಇಂದ ಳ್ ಗುಣಿತಾಕ್ಷರ ಪರಿಚಯ ಗುಣಿಸು ಗುಣಿಸಿನ ದೀರ್ಘ ಕೊಂಬು ಕೊಂಬಿಳಿ ವಟ್ಟಸುಳಿ * ಪದ್ಯ : 1. ಆಲಯ 2. ಗಾಳಿಪಟ ಹಂತ : 2 ಜ ವ ಮ ಬ ನ : 3- ಪ ಯ ಉ ಡ ಟ ಚ : 4 - ಲ ಷ ಈ ಊ ಕ : 5 - ಎ ಏ ಇ ಆ ತ ಳ್ ವ್ಯಾಕರಣ : ವಚನಗಳು, ಲಿಂಗಗಳು
4	ಆಗಸ್ಟ್	22	22	ಕೊಂಬು ಕೊಂಬಿಳಿ ವಟ್ಟಸುಳಿ ಪದ್ಯ : ಗಾಳಿಪಟ ವ್ಯಾಕರಣ : ವಚನಗಳು, CW : ಚಿತ್ರ ನೋಡಿ ಪದ ಗುರುತಿಸಿ ಬರೆಯಿರಿ	5 5 3 3	1 1 1	
5	ಸೆಪ್ಟೆಂಬರ್	18	18	ಪುನರಾವರ್ತನೆ			
6	ಅಕ್ಟೋಬರ್	13	13	ಗದ್ಯ : ರಜನಿಯ ಮನೆ ವ್ಯಾಕರಣ : ಸಮಾನಾರ್ಥಕ ಪದ CW : ಸರಳ ವಾಕ್ಯ	3 2 2 2	1 1 1	PA-2 ಗದ್ಯ : ರಜನಿಯ ಮನೆ ಎತ್ವ - ಎತ್ವನ ದೀರ್ಘ- ಐತ್ವ
7	ನವೆಂಬರ್	19	19	ಎತ್ವ - ಎತ್ವನ ದೀರ್ಘ-ಐತ್ವ ವ್ಯಾಕರಣ : ವಿರುದ್ಧ ಪದ ಹಂತ : 6 - ಓ ಔ ಹ ಶ : 7 - ಐ ಣ ಛ ಒ ಮು CW :: ಟಿಪ್ಪಣಿ ; ಆಕಾಶ	5 5 6 4	1 1	ಹಂತ : 6 - ಓ ಔ ಹ ಶ : 7 - ಐ ಣ ಛ ಒ ಮು ವ್ಯಾಕರಣ : ವಿರುದ್ಧ ಪದ ಸಮಾನಾರ್ಥಕ ಪದ

8	ಡಿಸೆಂಬರ್	15	15	<p>ಒತ್ತು - ಒತ್ತುನ ದೀರ್ಘ ಔತ್ಪ</p> <p>ಹಂತ: 8: ಧ ಧ ಢ ಭ</p> <p>9: ರ ಘ ಝ ಞ</p> <p>ವ್ಯಾಕರಣ: ವಚನಗಳು</p> <p>CW :: ಪದ ಆರಿಸಿ ಬರೆಯಿರಿ</p>	3 3 3 3	1 1	<p>Term-2</p> <p>ಏತ್ತು - ಏತ್ತುನ ದೀರ್ಘ- ಐತ್ತು</p> <p>ಒತ್ತು - ಒತ್ತುನ ದೀರ್ಘ ಔತ್ತು</p>
9	ಜನವರಿ	22	22	<p>ಹಂತ 10: ಅಂ ಅ ಙ ಇ</p> <p>*ಒಚಿದು ಸೊನ್ನೆ- ಎರಡು ಸೊನ್ನೆ</p> <p>ಪದ್ಯ: ಚಂದಮಾಮ</p> <p>ವ್ಯಾಕರಣ: ಕನ್ನಡ ಅಂಕಿಗಳು</p> <p>CW :: ಚಿತ್ರಕಥೆ ಪೂರ್ಣಗೊಳಿಸಿ</p>	6 6 6	1 1 1	<p>ಒಂದು ಸೊನ್ನೆ- ಎರಡು ಸೊನ್ನೆ</p> <p>ಹಂತ : 6- ಓ ಔ ಹ ಶ</p> <p>7- ಐ ಣ ಳ ಒ ಮ</p> <p>8: ಧ ಧ ಢ ಭ</p> <p>9: ರ ಘ ಝ ಞ</p> <p>10: ಅಂ ಅ ಙ ಇ</p>
10	ಫೆಬ್ರವರಿ	21	21	<p>ಪುನರಾವರ್ತನೆ</p>			<p>ಗದ್ಯ: ರಜನಿಯ ಮನೆ</p> <p>ಪದ್ಯ: ಚಂದಮಾಮ</p> <p>ವ್ಯಾಕರಣ: ಸಮಾನಾರ್ಥಕ ಪದ ವಚನಗಳು ಕನ್ನಡ ಅಂಕಿಗಳು</p>

Teacher's Sign : 1 A : M. S. S.

1 B : Geetha M

1 C : Shravan

1 D : Lavanya H M

ST. ARNOLD'S CENTRAL SCHOOL, MYSURU.

Split-up Syllabus - 2023-24

Maths-std-1

Month	No. of working days	No. of periods available	Content	No. of Periods utilised + unit test	PA/ TERM PORTIONS	Remarks
May	3	3	Bridge course 1. Comparison	3		
June	21	26	Bridge course 1. Comparison 2. Number names 0 to 10 3. Addition 0 to 10	8 8 17 23+3		
July	21	25	4. Subtraction up to 10 5. Numbers 11- 20 Revision -PA - 1	9 6 8 23+2	PA:1 1. Comparison 2. Numbers from 0 to 10 3. Addition 0-10 4. Subtraction 0-10	
August	22	27	6. Numbers from 21 - 50 7. Numbers from 51 -100	10 11		
September	19	22	8. Addition up to 99 9. Subtraction up to 99.	10 10 20+2	TERM:1 4. Subtraction Up to 10 5. Numbers Up to 11-20 6. Numbers from 21 50 7. Numbers from 51- 100 8. Addition up to 99 9. Subtraction Up to 99	
October	16	19	Revision - Term - 1			
November	19	23	1. Cardinal and Ordinal numbers 2. Skip Counting 3. Multiplication	7 7 7 21+2		

December	16	19	3.Multiplication 4.Numbers 101 - 500 PA-2-Revision	7S 7 3 17+2	1.PA-2 1.Cardinal and Ordinal numbers 2.Skip Counting 3.Multiplication
January	21	25	5.Measurement 6.Time 7.Money	9 6 8 23+2	
February	21	26	8.Subject Enrichment Shapes And Patterns 9.Fractions 10.Data Handling REVISION	6 10 7 23+3	
March			REVISION Term - 2		Term -2 1.Numbers from 101 - 500 2.Measurement 3.Time 4.Money 5.Fractions 6.Data Handling

Class: 1

Subject: Mathematics

Teacher's Signature

A: 

B:


C: 

D. 


ST ARNOLDS CENTRAL SCHOOL
SPLIT UP SYLLABUS FOR THE YEAR 2022-23
SUB: EVS
STD: I ABCD

Sl.No	Month	Content	No.of Working days	No. of Periods available	No. of periods for each lesson	Unit Test	PA/TERM Portions	R
1	May	Bridge Course *Introduction about the School *Introduction about the Family	2	2	1 1			
2	June	Bridge Course (Contd) *Names of Birds and Animals *Names of Fruits and Vegetables *About Nature Term -1 1. All About Me 2. My Body	21	21	1 1 1 7 9	1 1		
3	July	3. Looking After My Body 4. Meet My Family Periodic Assessment - 1	21	21	9 10	1 1	PA-1 1. All About Me 2. My Body	
4	August	5. My House 6. Food and Water	20	20	9 9	1 1		
5	September	7. Clothes We Wear (Subject Enrichment) Revision and Term - 1	22	22	8	1	Term – 1 3. Looking After My Body 4. Meet My Family 5. My House 6. Food and Water	
6	October	Term – 2 1. My School	13	13	12	1		
7	November	2. My Neighbourhood 3. Animals Around Us Periodic Assessment - 2	20	20	9 9	1 1	PA-2 1. My School 2. My Neighbourhood	

8	December	4. Plants Around Us	17	17	16	1		
9	January	5. Travel and Safety 6. The Earth and The Sky (Subject Enrichment)	21	21	10 9	1 1		
10	February	7. Weather an Seasons	19	19	13	1		
11	March	Revision and Term - 2					Term - 2 1. Animals Around Us 2. Plants Around Us 3. Travel and Safety 4. Weather and Seasons	

Signature of the class teachers: I A: 

I B:

I C: 

I D: 

ST. ARNOLD'S CENTRAL SCHOOL, MYSURU.

Split-up Syllabus - 2023-24

Class: I

Subject: Computer Science

Months	No of working days	Chapters / units	Period available
June	23	Computer - A wonderful Machine	8
July	24	Features of a computer	8
August	25	Uses of a Keyboard (Lab)	8
September	22	Practical Exam + Revision	4
October	16	Places where Computers are used	6
November	22	Parts of a Computer	8
December	18	Uses of a Mouse (Lab)	2
January	23	Introduction to Tux Paint (Lab)	8
February	24	Practical Exam + Revision	8

Teacher's Signature

A: 

B: 

C: 

D: 

St. Arnold's Central School, Mysore

Split Up 2022-23


General Knowledge


STD I

Sl. No.	Months	Content	No. Of. Periods	No. Of. Working	PA/TERM Portion
1	June	1.India Is One 2.Fairy Tales	4	21	
2	July	3.They Made Us Proud To Be Indian 4.Food We Must Eat Periodic Assessment - 1	4	21	PA-1 1.India Is One 2.Fairy Tales
3	August	5.Food For Brain 6.The Sky Above Us	4	22	
4	September	7.Let's Shop 8.Golden Words	4	19	Term – 1 3.They Made Us Proud To Be Indian 4.Food We Must Eat 5.Food For Brain 6.The Sky Above Us 7.Let's Shop 8.Golden Words 9.Months Of The Year 10.Discover The Colours
5	October	9.Months Of The Year 10.Discover The Colours Term -1	4	16	
5	November	1.Take Care Of Earth 2.Sunlight makes You Strong 3.Outdoor Games	3	19	
6	December	4.Animals Kingdom 5.Foods Of India Periodic Assessment - 2	3	16	PA-1 1.Take Care Of Earth 2.Sunlight makes You

					Strong 3.Outdoor Games
	January	6.Traffic Symbols 7.Famous Buildings In India	5	21	
8	February	8.Behaving Well 9.Naming The Group	4	21	
9	March	TERM 2 Exam			Term -2 4.Animals Kingdom 5.Foods Of India 6.Traffic Symbols 7.Famous Buildings In India 8.Behaving Well 9.Naming The Group

Signature of Class Teachers

IA - 

IB - 

IC - 

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St. Arnold's Central School, Mysore
Split Up 2023
Value Education
Std: I ABCD

Sl. No.	Months	Content	No. Of. Periods	No. Of. Working	PA/TERM Portions
1	June	1. Being Honest	04	21	
2	July	2. Being Clean and tidy Periodic Assessment - 1	04	21	PA 1 1. Being Honest 2. Being Clean and tidy
3	August	3. Love your family	04	22	
4	September	4. Being Cheerful TERM - I	04	19	TERM 1 1. Love your family 2. Being Cheerful
5	October	5. Love for God Periodic Assessment - 2	03	16	PA 2 1. Love for God
6	November	6. Being helpful	03	19	
7	December	7. Being content	05	16	
8	January	8. Love for Nature	04	21	
9	February	TERM - 2			TERM 2 1. Being helpful 2. Being content 3. Love for Nature

Signature of Class Teachers

IA - 

IB -

IC - 

ID - 

St. Arnold's Central School, Mysore

Split Up 2022-23

Drawing

STD I

Sl. No.	Months	Content	No. Of. Periods	No. Of. Working	PA/TERM Portion
1	June	Free Hand Drawing 1.Tringle 2.Square 3.Circle 4.Daimond Shape 5.Straight & Sleeping line 6.Slanting & zig zag line 7.Waves & Spiral	7+1	23	
2	July	Draw using circle 1.Bird 2.Cat 3.Lady bird 4.Fish 5.Lolipos & Chocolate 6.Monkey 7.Old Man face	7+1	24	PA-1 Colouring
3	August	Drawing on using English letter- A- to G	7 +1	25	
4	September	Continuation H to M	6+1	22	
5	October	Drawing on using numbers – 1 to 6	6+1	16	Term -1 Drawing on using numbers 1 to 10
5	November	Continuation -7 to 10 5.Kite 6. Car	6+1	22	

	December	1.Caterpillar 2.Rocket 3.Christmas Tree 4.Christmas Cap 5.Crown	5+1	18	PA-2 1.Honey Bee 2.Butterfly 3.Caterpillar
7	January	1.Honey Bee 2.Ant 3.Cake 4.Butterfly 5.Mango 6. Boat 7.Teddy Bear 8.Rainbow	8+1	23	
8	February	1.Ball 2.Scenery 3.Pencil 4.Bus 5.Flower 6.Train 7.carrot	7+1	24	
9	March	Term II Exam			Term II 1.Scenery

Signature of Class Teachers

IA- 

IB-  1/16/23

IC- 

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Year Plan For the year 2023-2024

Class I

<i>Sl no</i>	<i>Content</i>	<i>Month</i>	<i>Activities</i>
1	<p>1. Line Formation, moving in line will be taught.</p> <p>2. Mass PT Exercises will be taught</p> <p>3. Jogging, and 50mts running will be taught</p> <p>4. yoga</p> <p>5. International yoga day.</p>	<p>June</p> <p>June 21</p>	<p>Student will be taught to stand in line and move in line.</p> <p><u>Mass PT Exercises</u></p> <p>1) Standing Series no 1.2.3.4 Will be taught.</p> <p>Students will be taught the initial position to run, and to run.</p> <p>The basic stretching exercises of yoga will be taught.</p> <p>Yoga Day will be celebrated</p>
2	<p>1. 50 Mts running,</p> <p>2. duck walk,</p> <p>3. squat jump will be taught</p> <p>1) <u>PA 1</u> 50 mts Running Frog Leap Shuttle run relay race will be taught.</p> <p>2) Recreation Games</p> <p>3) Yoga</p>	July	<p>Students will be taught to run, jump and to do duck walk in a correct way.</p> <p>Students will be divided into groups, and for the following events heats will be conducted, based on it grades will be given</p> <p>A) Poison ball B) IN – OUT C) Running in the mountain run- run – run. will be taught</p> <p>1) Surya Namaskara 2) Paschimottasana 3) Janu sirasasana will be taught.</p>
3	<p>1. March-past Attention and Stand at ease, Left turn and right turn will be taught.</p>	August	<p>Teacher Shows And Explains the mentioned activities by count, Students Learn them.</p>

4	<p>1.circuit training & Fartlek training</p> <p>2. Game skills (Foot Ball)</p>	September	<p>1. Shuttle Run, 2. Zig – Zag Run 3. Howard Step Running, duck walk, both legs hopping will be taught.</p> <p>1.Dribbling with instep foot and Passing the ball will be practiced</p>
	<p>3. Athletics event's Heats will be conducted for sports Day.</p>	October	<p><u>Events:</u></p> <p>1) 50mts Running 2) Tennis Ball throw 3) Frog Leap / Jumping over small hurdle will be trained and conducted.</p>
5	<p>2.Finals of Inter-Section Athletics events will be conducted</p>	November	<p><u>Events:</u></p> <p>1) 50mts Running 2) Tennis Ball throw 3) Frog Leap / Jumping over small hurdle will be conducted.</p>
6	<p>1. Medical Check-Up</p> <p>2. Yoga Exercises</p>	December	<p>Students routine health checkup will be organized.</p> <p><u>YOGA:</u></p> <p>1)Meditation 2] Paschimottasana 3) Vrukshasana 4) Trikonasana</p>
7	<p>1. Circuit Training (To Improve Agility Of a Child)</p> <p>1.Height & Weight Will be measured</p>	January	<p>1. Sideward Running, Back Ward Running, Forward Running, Deer Jump, Bounding Action</p> <p>1) Height in Cms 2) Weight in Kgs</p>
8	<p>1. Games (Basket ball Skills)</p>	February & March	<p>1) Dribbling the ball below the knee will be taught.</p>

Wilson Es
Shanika B
 King