

SESSION 2023-24
FIRST TERM SYLLABUS
CLASS VII

CONTENTS

S. NO.	Subject
1.	English
2.	Hindi
3.	French
4.	Sanskrit
5.	Mathematics
6.	Science
7.	Social Science
8.	Computer Science
9.	General Knowledge
10.	Work Experience <ul style="list-style-type: none">- English Literary Club- Hindi Literary Club- Mathematics Club- Electronics and Eco Club- Integrity Club- Culture and Heritage Club<ul style="list-style-type: none">➤ Fine Arts➤ Aesthetic Art➤ Connoisseurs Club➤ Commercial Art- Music (Vocal)- Music (Instrumental)- Contemporary Dance- Yoga
11.	Art Education (Visual Arts)
12.	Art Education (Performing Arts)
13.	Physical Education and Health Education

ENGLISH

Learning Objectives –

Reading

To enable the students to -

1. read silently at varying speed depending on the purpose of reading.
2. recognise the organisation of a text.
3. identify the main points of a text.
4. read extensively on their own.

Writing

To enable the students to -

1. express ideas in clear and grammatically correct English, using appropriate punctuation and cohesion devices.
2. write a clear description.
3. expand notes into a piece of writing.
4. use an appropriate style and format to write letters (formal and informal), articles etc.; monitor, check and revise written work.

Listening

To enable the students to -

1. adopt different strategies according to the purpose of listening (e.g. for pleasure, for general interest, for specific information).
2. understand and respond appropriately to directive language (e.g. instruction, advice, request and warning).
3. understand and interpret messages conveyed in person or by telephone.

Speaking

To enable the students to -

1. operate intelligibly using appropriate word stress, sentence series and intonation pattern.
2. narrate incidents and events, real and imaginary, in a logical sequence.

Textbooks

1. Enhanced English Alive Coursebook- 7 (MCB)
2. Enhanced English Alive Literature Reader- 7 (LR)
3. Revised Collins English Grammar and Composition-7
4. Heidi by Johanna Spyri

General Note:

A thorough reading of the text on regular basis is a must as questions from within the lesson will be given in the exams/tests. Questions in the exams are likely to be different from those attempted in the notebooks.

Reading Comprehensions

- MCB - 1. Back from the Brink
2. Maryam Mirzakhani: Leading the Way
3. The Gift to Sing

Writing Skills

1. Notice Writing
2. Poster Making
3. Informal Letter Writing
4. Paragraph Writing

Grammar

1. Kinds of Sentences: Meaning
2. Types of Sentences: Structure
3. Nouns
4. Adjectives
5. Pronouns
6. Transitive and Intransitive Verbs
7. Agreement of Subject and Verb
8. Primary and Modal Auxiliaries
9. Expressing the Present
10. Expressing the Past
11. Expressing the Future
12. Active and Passive Voice
13. Test 1

Literature and Long Reading Text

- LR- 1. The Ballad of Semerwater (Poem)
2. Excuses, Excuses (Poem)
MCB- 3. Try Again (Poem)
LR- 4. The New Teacher
5. The Wrong House
MCB- 6. The Shopping List Mystery
7. Flames in the Forest

N.B.: Diary entry from the following chapter is to be done in class and assessed in literature section as long answer (80-100 words)

Flames in the Forest

Heidi - Chapters 1 to 7

Note: There will be separate assessment of listening and speaking skills.

**Listening Activities to be taken up in the term –
MCB-**

1. The Shopping List Mystery (pg. 26)
2. Flames in the Forest (pg. 57)
3. Maryam Mirzakhani: Leading the Way (pg.117)
4. Back from the Brink (pg. 70)

Creative Writing (Expressions)

1. Read the chapter, 'A Mad Tea Party'(LR). Imagine you are the Queen of Hearts. Write a letter inviting your friends to a tea party. The party should have an exciting theme.
2. The chapter, 'The Quest for Extraterrestrial Life' (MCB) is about the life outside Earth. Imagine you have returned from a space expedition. Today is your first day on the Earth after the voyage. Write a diary entry expressing your emotions.
3. Read the poem, 'Birds of a Feather' (MCB) which is about the different aspects of two birds- the Grackle and the Stork. Imagine you are a bird trapped in a zoo. Write a paragraph expressing your thoughts when you see the other birds flying freely in the sky.

हिंदी

हिंदी शिक्षण का उद्देश्य :

1. भाषा की बारीकी को समझना और सौन्दर्यबोध की क्षमता का विकास करना।
2. दृश्य या श्रव्य माध्यमों की सामग्री को पढ़कर, देखकर और सुनकर समझने तथा उस पर स्वतंत्र व स्वाभाविक मौखिक एवं लिखित प्रतिक्रिया व्यक्त करने की क्षमता का विकास करना।
3. विभिन्न साहित्यिक विधाओं का आनंद उठाने की क्षमता का विकास करना।
4. पठित, लिखित और सुने हुए भाषिक ज्ञान से संबंधित सामग्री का तार्किक दृष्टि से अध्ययन करने की प्रवृत्ति का विकास करना।
5. अपने भावों व विचारों को सहज, स्वाभाविक और शुद्ध अभिव्यक्त करने की क्षमता का विकास करना ।
6. शब्दों, मुहावरों, लोकोक्तियों का सुचिंतित प्रयोग करने की क्षमता का विकास करना।
7. मौखिक एवं लिखित अभिव्यक्ति के संदर्भ और आवश्यकता के अनुसार समुचित भाषा-शैली व प्रयोग को चुनने की समझ का विकास करना।
8. भाषा की नियमबद्ध प्रकृति को पहचानना और उसका विश्लेषण करना।

नोट:- 1. प्रत्येक पाठ से शब्दार्थ, वाक्य-प्रयोग, प्रश्नोत्तर, निबंधात्मक प्रश्न करवाए जाएँगे।

2. परीक्षा में पाठ के मध्य से प्रश्न पूछे जाएँगे, अतः पाठ को ध्यानपूर्वक पढ़ना आवश्यक है।

- पाठ्य पुस्तकें :-**
1. वसंत- भाग- 2 (एन.सी.ई.आर.टी.)
 2. सुनो-सुनाओ (मधुबन)
 3. परिचय हिंदी व्याकरण एवं रचना भाग-7 (एकलव्य लरनर्स पब्लिशिंग)

वसंत भाग - 2

- गद्य पाठ -**
1. मिठाईवाला (कहानी)
 2. वीर कुँवर सिंह (जीवनी)
 3. खानपान की बदलती तसवीर (निबंध)

- पद्य पाठ -**
1. हम पंछी उन्मुक्त गगन के
 2. एक तिनका
 3. रहीम के दोहे

पूरक पुस्तक - सुनो-सुनाओ

1. छुन छुन छुन
2. दोस्ती की परीक्षा
3. छींक मार खान
4. प्रतियोगिता

व्याकरण -

1. वर्ण विचार
2. संज्ञा
3. संज्ञा के विकार (लिंग, वचन, कारक)
4. सर्वनाम
5. विशेषण
6. पर्यायवाची शब्द (1-20)
7. विलोम शब्द (अमीर से अर्वाचीन तक)
8. अनेकार्थक शब्द (1-10)
9. अनेक शब्दों के लिए एक शब्द (1-15)
10. मुहावरे (1-15)

11. श्रुतिसम (समरूपी) भिन्नार्थक शब्द (1-10)

रचना कौशल -

1. अपठित-गद्यांश - संघर्ष के कारण मैं तुनुकमिजाज हो गया :धनराज (वसंत)
2. अपठित-काव्यांश - फूले कदंब (वसंत)
3. चित्र-वर्णन - 2
4. संवाद-लेखन - 2
5. विज्ञापन-लेखन - 2
6. पत्र-लेखन -2 (औपचारिक एवं अनौपचारिक)
7. निबंध-लेखन - 2

ग्रीष्मावकाश (प्रयोज्य कार्य हेतु)

1. विजय और हरि (सुनो-सुनाओ)
2. आश्रम का अनुमानित व्यय (वसंत)

FRENCH

Learning Objectives:

1. To enhance the level of the students both in written and spoken French.
2. To enable the students to express themselves more effectively, naturally and correctly in the productive skill of writing.
3. To enhance the level of vocabulary and strengthen their concepts of grammar.
4. To enable the students to write in an appropriate style for communication purposes.
5. To develop basic understanding, conjugation of verbs in present, articles, prepositions, conjunctions, adjectives and different expressions.
6. To implement different strategies to make learning French an enjoyable and interesting experience.
7. To acquaint them with French culture and civilization.

Textbook : Mon Passeport pour le monde -2

Workbook: Cahier d'activités-2

Dictionary: Collins Gem

General Note:

Question from within the lessons and related to Culture and Civilisation of France will be asked in the exams/tests, so the students must ensure a thorough reading of the text.

Detailed Study

Textbook: Leçon 1: Connaissons la France

Leçon 2: Louis a mal

Leçon 3: C'est lundi

Leçon 4: Les trois souhaits

Workbook: Leçons-1, 2, 3, 4

Grammar:

1. Les adjectifs possessifs
2. Les verbes en (-ER), (-GER) et (-CER)
3. Le cas de deux verbes
4. Féminin des adjectifs
5. Le pluriel des noms
6. Les verbes du 2^e groupe
7. La négation
8. Les nombres ordinaux
9. Les verbes du 3^e groupe
10. Le verbe «faire»
11. L'interrogation (Est-ce que)
12. Les couleurs

संस्कृत

संस्कृत शिक्षण के उद्देश्य :-

1. संस्कृतभाषा एवं साहित्य के प्रति जिज्ञासा उत्पन्न करना ।
2. अर्थबोध के साथ संस्कृत गद्यांश को पढ़ने की क्षमता विकसित करना तथा संस्कृत श्लोकों को स्मरण कर सस्वर वाचन करने की योग्यता उत्पन्न करना ।
3. संस्कृतभाषा का सामान्यज्ञान कराना जिससे संस्कृत के सरलांशों को सुनकर या पढ़कर विद्यार्थी समझ सकें एवं मौखिक तथा लिखित अभिव्यक्ति कर सकें ।
4. संस्कृत में श्रवण-भाषण-वाचन से लेखन-कौशल तथा भाषागत कौशल का विकास करना।
5. दृश्य-श्रव्य साधनों को ध्यानपूर्वक देखकर, पढ़कर तथा सुनकर उन पर अपेक्षित क्रियाएँ करने में समर्थ होना ।
6. विद्यार्थियों में सौन्दर्यबोध, कल्पनाशीलता तथा चिन्तन की क्षमता का विकास करना।

सामान्य निर्देश :

1. रुचिरा में से परीक्षा हेतु पठित गद्यांशों, श्लोकों, संवादों पर आधारित प्रश्नोत्तर का अभ्यास करवाया जाएगा । भाषिक कार्य में जैसे - प्रश्न-निर्माण, पर्यायवाची, विलोम-शब्द, संस्कृत में शब्दों के अर्थ, कर्तृक्रियापदचयन, विशेषण-विशेष्य, संज्ञा, सर्वनाम-प्रयोग आदि करवाये जाएंगे ।

2. रुचिरा के पाठ्यक्रमानुसार पाठों का सम्पूर्ण अभ्यास तथा समस्त शब्दार्थ करवाये जाएंगे।
3. श्लोकों का अन्वय रिक्तस्थान के रूप में आएगा।
4. अव्यय, सन्धि, प्रत्यय, संख्या, शब्दरूप और धातुरूप वाक्यों में आएंगे।
5. प्रश्नपत्र संस्कृतभाषा में आएगा ।

पाठ्य-पुस्तकें -1. रुचिरा (द्वितीयो भागः)

2. संस्कृत व्याकरण मणिका (7)

1. रुचिरा-

1. प्रथमः पाठः - सुभाषितानि
2. द्वितीयः पाठः - दुर्बुद्धिः विनश्यति
3. तृतीयः पाठः - स्वावलम्बनम्
4. चतुर्थः पाठः - पण्डिता रमाबाई
5. अष्टमः पाठः - अहमपि विद्यालयं गमिष्यामि

2. व्याकरण -

1. अव्यय (रिक्तस्थान के रूप में) - समस्त अव्यय शब्द
2. सन्धि (वाक्यों में) - दीर्घ सन्धिः, गुण सन्धिः
3. प्रत्यय (वाक्यों में) - क्त्वा प्रत्यय
4. शब्दरूप (वाक्यों में) - कवि, मधु, नदी, तद् (तीनों लिंगों में)
5. धातुरूप (वाक्यों में) - (लट्, लृट्, लङ् लकारों में) धातुएँ - पा, चुर, स्था, दृश्
6. वाक्यसंशोधनम् - वचन, लिंग, लकार, पुरुष तथा विशेषण-विशेष्य पर आधारित।

3. 1. अपठित गद्यांश

2. पत्रलेखनम् - संकेताधारितं पत्रम्
3. चित्रवर्णनम् - प्रदत्त चित्र के आधार पर संस्कृत में वाक्य
4. हिन्दी से संस्कृत में अनुवाद (पाँच वाक्यों का)

MATHEMATICS

Learning Objectives

Teaching of Mathematics helps the learners to

- acquire knowledge and understand terms, symbols, concepts, principles, processes, proofs etc.
- consolidate the Mathematical knowledge and skills acquired at the primary level.
- develop mastery of basic algebraic skills.
- develop drawing skills.

- apply Mathematical knowledge and skills to solve real life problems by developing abilities to analyse, to see interrelationship involved, to think and reason.
- develop interest in Mathematics as a problem solving tool in various fields.
- develop reverence and respect towards great Mathematicians, particularly towards the Indian Mathematicians for their contributions to the field of Mathematics.

Textbook : Mathematics - Textbook for Class VII (NCERT)

Practice Book : Practice and More Mathematics (Ratna Sagar) Class 7

Chapter-1 : Integers

- Properties of Addition and Subtraction of Integers
- Multiplication of Integers
- Properties of Multiplication of Integers
- Division of Integers
- Properties of Division of Integers

Ex. 1.1 to Ex. 1.3 with examples

Practice Book : Page No. 3 to 12

Chapter-2 : Fractions and Decimals

- Multiplication of Fractions
- Division of Fractions
- Multiplication of Decimal Numbers
- Division of Decimal Numbers

Ex. 2.1 to Ex. 2.5 with examples

Practice Book : Page No. 13 to 15, 17 to 18, 20 to 22

Chapter-5 : Lines and Angles

- Introduction
- Related Angles
- Pairs of Lines
- Checking for Parallel Lines

Ex. 5.1 and Ex. 5.2 with examples

Practice Book : Page No. 41 to 43, 46 to 49

Chapter-8 : Rational Numbers

- Introduction
- Need for Rational Numbers
- What are Rational Numbers?
- Positive and Negative Rational Numbers
- Rational Numbers on a Number Line
- Rational Numbers in Standard Form
- Comparison of Rational Numbers
- Rational Numbers Between Two Rational Numbers

- Operations on Rational Numbers
Ex. 8.1 and Ex. 8.2 with examples

Practice Book : Page No. 78 to 86

Chapter-11 : Exponents and Powers

- Introduction
- Exponents
- Laws of Exponents
- Miscellaneous Examples using the Laws of Exponents
- Decimal Number System
- Expressing Large Numbers in the Standard Form
Ex. 11.1 to Ex. 11.3 with examples

Practice Book : Page No. 112 to 118

Chapter-12 : Symmetry

- Introduction
- Lines of Symmetry for Regular Polygons
- Rotational Symmetry
- Line Symmetry and Rotational Symmetry
Ex. 12.1 to Ex. 12.3 with examples

Practice Book : Page No. 119 to 123

Vedic Mathematics

1. Multiplication of numbers by “Nikhilam Sutra”
2. Multiplication of numbers by “Urdhava Triyagbhayam” method
3. Squaring of numbers by “Yavadunam” method
4. Division of numbers by 9 using “Nikhilam” method

SCIENCE

Learning Objectives

The objectives of teaching Science are:

- to strengthen the knowledge acquired at primary level.
- to emphasize the acquisition of scientific knowledge.
- to appreciate nature and sensitise the students about the environment.
- to understand scientific language i.e. symbols, formulae etc.
- to develop scientific attitude/temper.
- to apply the theoretical knowledge of Science to daily life.
- to make the students abreast with the latest technological developments that have taken place and their impact on the society.
- to enable the students to develop the process of problem solving and decision making.

Textbook: Science Textbook for Class VII (NCERT)

Assignment Book: Science Exemplar Problems for Class VII

PHYSICS

Chapter-9: Motion and Time

Slow or fast, speed, measurement of time, measuring speed, distance - time graph.

Chapter-11: Light

Light travels along a straight line, reflection of light, right or left, playing with spherical mirrors, images formed by lenses, sunlight- white or coloured.

CHEMISTRY

Chapter-4: Acids, Bases and Salts

Acids and bases, natural indicators around us, neutralisation, neutralisation in everyday life.

Note: Introduction of symbols of some common elements and formulae of some common compounds.

BIOLOGY

Chapter-1: Nutrition in Plants

Mode of nutrition in plants, photosynthesis - food making process in plants, other modes of nutrition in plants, saprotrophs, how nutrients are replenished?

Chapter-2: Nutrition in Animals

Different ways of taking food, digestion in humans, digestion in grass eating animals, feeding and digestion in amoeba.

Chapter-6: Respiration in Organisms

Why do we respire? Breathing, how do we breathe? What do we breathe out? Breathing in other animals, breathing under water, Do plants also respire?

SOCIAL SCIENCE

Learning Objectives

The course in Social Science will help learners:

- develop an understanding of the processes of change and development - both in terms of time and space, through which human societies have evolved.
- deepen the knowledge and understanding of environment in its totality, their interactive processes and effects on the future life of people.
- develop scientific temper by promoting the spirit of enquiry and following rational and objective approach in analysing and evaluating data and information as well as views and interpretations.

Textbooks:

1. Our Past-II: Textbook in History for Class VII (NCERT)
2. Social and Political Life-II: Textbook in Civics for Class VII (NCERT)
3. Our Environment: Textbook in Geography for Class VII (NCERT)
4. Atlas - Oxford School Atlas

Our Pasts-II

Chapter 1 : Introduction: Tracing Changes Through A Thousand Years

Chapter 2 : Kings and Kingdoms

Map Work : Kanauj and important temple towns

Chapter 3 : Delhi: 12th to 15th Century

Map Work : Capital of Tomara Rajputs in the 12th century-Delhi, Capital of Chauhans in the 12th century- Ajmer, Capital of Delhi Sultans- Delhi

Chapter 5 : Tribes, Nomads and Settled Communities (**Project**)

Social and Political Life-II

Chapter 1 : On Equality

Chapter 2 : Role of the Government in Health

Chapter 3 : How the State Government Works

Chapter 4 : Growing up as Boys and Girls

Our Environment

Chapter 1 : Environment

Diagram : Domains of the Environment

Chapter 2 : Inside Our Earth

Diagram : Interior of the Earth

Chapter 3 : Our Changing Earth

Diagram : A Volcano; Features made by a river

Chapter 7 : Life in the Deserts

Map Work : World Political Map : Continent where Sahara desert lies,
countries situated on the boundaries of Sahara desert
India Political Map : Ladakh, Zojila pass, Zaskar Range,
Karakoram Range, Srinagar, Kargil and Leh

Map Work : World Political Map : Continents and Oceans

COMPUTER SCIENCE

Learning Objectives:

- to develop the basic skills of programming in HTML.
- to develop the basic skills of programming in Python.
- to familiarize the students with the concept of Artificial Intelligence.

Textbook: Code AI-IT Planet (Class 7)

Lesson 1: Number System

- Introduction
- Number System
- Conversion of Number Systems
 - Decimal to Binary Conversion
 - Binary to Decimal Conversion
- Bits and Bytes

Lesson 6: HTML5-Creating Web Pages using CSS

- Introduction to HTML
- HTML5
- Text Editors
- Web Browser for HTML5
- Creating and Saving a Web Page
- Basic HTML Tags
- Modifying Paragraph Text
- Displaying Web Page in a Web Browser
- Heading Tag
- Formatting Text
 - Bold, Italic, Subscript and Superscript Text

Lesson 7: HTML5- Images, Links and Table

- Images in Web Pages
- Inserting Images
 - Specifying the size of image
- Creating List
- Links in Web Page
- Tables in Web Page
 - Creating a Table

GENERAL KNOWLEDGE

Learning Objectives

The course in General Knowledge will help learners:

- grow both on personal as well as academic level.
- improve their reasoning and thinking skills.
- prepare for competitive exams.
- understand and analyse the situations.

Textbook: GK Planet -7 (PMP Planet)

Unit -1 Flora and Fauna

1. Exotic Fruits
2. National Trees
3. Misleading Names
4. Dinosaurs

Unit-2 Science and Technology

5. Blood Quiz
6. Branches of Science
7. Coronavirus and Other Pandemics
8. India in Space

Unit-3 Exploring India

9. Hall of Fame
10. Medieval India
11. New Union Territories
12. Tribes of India

Unit-4 Exploring the World

13. South America
14. Founding Fathers
15. A Glimpse of 20th Century
16. Business Tycoons

ASSIGNMENT-I

Unit-5 Sports and Entertainment

17. FIFA World Cup
18. Gymnastics
19. Legends of Indian Cinema
20. Indian Vocalists

Unit-6 Language and Literature

21. Vedas: Ancient Scriptures
22. Vocab Test
23. Abbreviations and Acronyms
24. Mythical Creatures

Unit-7 Mental Ability

25. Verbal Reasoning
26. Reasoning in AI
27. Integrated Learning

Unit-8 Life Skill and Personality Development

28. Data Interpretation
29. Cyber Security
30. Martial Art

ASSIGNMENT-II

Quiz Contest -I

WORK EXPERIENCE

Learning Objectives:

To help the pupils to develop essential knowledge and understanding in terms of :

- acquainting themselves with productive activities in the community
- understanding facts and scientific principles involved in various forms of work
- knowing the sources of raw material and understanding the use of tools and equipments in the production of goods and services
- understanding the utility of productive work and services to the community
- developing abilities for self-evaluation of performance and entrepreneurship
- creating awareness about our cultural heritage and inculcating in young minds the importance of heritage
- caring for the past so as to create a better future
- taking pride in the unique diversity of India's cultural identity
- valuing and preserving the rich heritage of our composite culture.
- giving an exciting dimension to learning.

ENGLISH LITERARY CLUB

1. Vocabulary enhancing exercises (using Dictionary) and various oral and paper-pen games
2. Newspaper Reading
3. News Report Writing
4. Rewriting the endings
To rewrite the endings or last chapters of various novels and stories by Sherlock Holmes, O' Henry, Saki etc.
5. Spell Check
6. Quotations and Idioms
7. To write short poems with illustrations on a given topic

HINDI LITERARY CLUB

1. कविता पाठ (प्रकृति, साहस, शिक्षाप्रद)
2. नारे (समाज कल्याण से संबंधित)
3. समाचार लेखन तथा वाचन
4. कहानी-लेखन
5. दोहा, कवित्त, पद पाठ (तुलसीदास कबीर, सूरदास, मीराबाई)

MATHEMATICS CLUB

1. Colour the butterfly – Solving integers
2. Mental Athletics
3. Arranging the jumbled months of the calendar

4. Finding the area of cross roads using strips
5. Magic square on fractions
6. Nets of 3D objects
7. Comparison of perimeter and area of plane figures

ELECTRONICS AND ECO CLUB

1. Zero Garbage Concept - Making of compost pit
2. Poster making on processing of e-waste
3. Making water level indicator
4. Green drive with sacred and medicinal herbs
5. Making a portable projector
6. Making natural mosquito repellents

INTEGRITY CLUB

- | | | |
|----------------------------|---|--|
| 1. Collage Making | - | Monuments |
| 2. Flag Making | - | Important Asian Countries |
| 3. Role Play | - | Freedom Fighters of India |
| 4. Virtual Tour | - | Taj Mahal (followed by asking questions) |
| 5. 'Just a Minute' Session | - | Wildlife Sanctuaries |

CULTURE AND HERITAGE CLUB

Fine Arts

1. Flower Composition
2. Madhubani Art
3. Portraiture Art
4. Gond Art
5. Pop Art
6. Abstract Art

Aesthetic Art

1. Madhubani painting
2. Mandala Art
3. Envelope Making
4. 3D Paper flower
5. Utility Box
6. Mosaic Photo Frame

Connoisseurs Club

1. Tie and Die (three colours)
2. Cake Balls
3. Chocolate Making
4. Pizza Making
5. 3D Art
6. Corn in Cup
7. Handmade paper folder
8. Coaster Making
9. Pop up Card
10. Spatula Key Holder

Commercial Art

1. Poster Design
2. Illusion Art
3. Slogan Writing
4. Bookmark
5. Book Cover Designing
6. Caricature

MUSIC (VOCAL)

Theory:

1. 5 alankaars
2. Swar (Shuddh and Komal)
3. Definition of Bhajan
4. Definition of Aaroh and Avroh
5. Written practice of Ek Taal and Dadra (Taali, Khaali and Sum)

Practical:

1. Practice of Alankaars
2. Practice of Teen Taal and Dadra taal
3. Sargam Geet of Raaga Bhairav
4. Bhajan- ‘ Shri ram Janki’
5. Lok Geet – ‘ Rajasthaani’ (Ladli looma jhooma)
6. Patriotic songs – ‘Chorho Kal ki baatein’
7. Practice of prayers and songs from school diary
8. English Songs- ‘We are the world ’

MUSIC (INSTRUMENTAL)

1. Practice of 5 Alankaars
2. Practice of bhajan (achyutam keshavam) on keyboard
3. Practice of 2/4 pattern

4. Practice of one prayer (Tu hi data)
5. Practice of Taal on hands

CONTEMPORARY DANCE

Flamenco and Jamaican

1. Body movements
2. Exercise (warming work-out)

शास्त्रीय नृत्य तथा लोक नृत्य

कथक

1. टुकड़े
2. हस्त मुद्राएं
3. गणेश वंदना

लोक नृत्य

1. लावणी

YOGA

- (i) Yoga – Its History
- (ii) Objectives of Yoga
- (ii) Some General Instructions

(a) ASANAS

- | | |
|----------------|-----------------|
| - Tadasana | - Virbhadrasana |
| - Ushtraasana | - Mandukasana |
| - Utkatasana | - Halasana |
| - Shalabhasana | - Naukasana |

(b) PRANAYAM

- | | |
|----------------|-----------|
| - Anulom-Vilom | - Sheetli |
|----------------|-----------|

ART EDUCATION (VISUAL ARTS)

Learning Objectives -

-Introduce the students to new media and techniques and their use for creative expression and making objects of common use.

-Refine the sense of appreciation of the beauty of nature and the basic elements of art forms.

Textbook –It's Time to Learn - 7

1. Know about colours (Primary, Secondary and Neutral)
2. Basic colouring strokes and techniques.

It's Time to Learn – 7

Pages 4 to 34

ART EDUCATION (PERFORMING ARTS)

Learning Objectives:

- To identify what makes a performance effective.
- To demonstrate an understanding of the relationship between artists and art works.
- To explore and learn about the way in which dance, music and drama communicate the feelings and help us to express them.

Theory

1. Concept of Art Education
2. Basic knowledge of Performing art
3. 10 alankaars
4. Sargam Geet
5. Taal practice (Dadra, Keherva, Teen Taal)
6. Knowledge of Classical Dance and Folk Dance
7. Basic knowledge of Theatre and Drama

Practical

1. Practice of Alankaars
2. Practice of Taal
3. Practice of Sargam Geet
4. Practice of prayers and songs from school diary
5. Folk Songs of Rajasthan and Uttar Pradesh
6. Sufi Song- नित खैर माँगा
7. Exercises of Classical and Western Dance
8. Practice of nukkad natak and voice modulation

PHYSICAL EDUCATION & HEALTH EDUCATION

Learning Objectives

- To develop a scientific point of view regarding Health and Physical Education.
- To give knowledge about Balanced Diet and Nutrition.
- To be familiar with the effects of Exercises on Cardiovascular System.
- To make students aware about the need for a Sports Environment.

Theory

- Effects of Exercise on Respiratory system.
- Knowledge about communicable diseases and their effects on our health.
- Knowledge of sports injuries, first-aid and treatment.
- Knowledge of all physical exercises related to major games and their benefits.

Practical: (Games and Sports)

1. Basketball
2. Volleyball
3. Cricket
4. Badminton
5. Table Tennis
6. Throwball