

**SESSION 2023-24**  
**SYLLABUS**  
**FIRST TERM**  
**CLASS VI**

**CONTENTS**

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4.	Sanskrit
5.	Mathematics
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10.	Work Experience <ul style="list-style-type: none"><li>- English Literary Club</li><li>- Hindi Literary Club</li><li>- Mathematics Club</li><li>- Electronics and Eco Club</li><li>- Integrity Club</li><li>- Cultural and Heritage Club<ul style="list-style-type: none"><li>❖ Fine Arts</li><li>❖ Aesthetic Art</li><li>❖ Connoisseurs Club</li><li>❖ Commercial Art</li></ul></li><li>- Vocal Music</li><li>- Instrumental Music</li><li>- Contemporary Dance</li><li>- Yoga</li></ul>
11.	Art Education (Visual Arts)
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# 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- 6 (MCB)
2. Enhanced English Alive Literature Reader- 6 (LR)
3. Revised Collins English Grammar and Composition-6
4. Birbal- The Clever Courtier by Anupa Lal

### General Note:

A thorough reading of the text on a 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 note books.

### Reading Comprehensions

- LR - 1. The Pobble Who Has No Toes  
MCB- 2. Saving Dory

### Writing Skills

1. Notice Writing
2. Display Advertisement
3. Informal Letter Writing

## **Grammar**

1. Kinds of Sentences
2. Phrases and Clauses
3. Nouns
4. Nouns : Number
5. Countable and Uncountable Nouns
6. Nouns : Gender
7. Possessive Nouns
8. Verbs
9. Tenses
10. The Present Tense
11. The Past Tense
12. The Future Tense
13. Active and Passive Voice
14. Test 1

## **Literature and Long Reading Text**

- LR - 1. Be the Best (Poem)  
MCB - 2. Cypress Street (Poem)  
3. What Can You Do? (Poem)  
LR - 4. Kali and the Rat Snake  
5. Amigo Brothers  
MCB - 6. Travelling with Grandfather's Zoo  
7. Eat From the Edges

**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)

Kali and the Rat Snake

**Birbal – The Clever Courtier** Chapters 1 to 11

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

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

MCB-

1. Children at Work (pg. 124)
2. Saving Dory (pg. 54)
3. The Man on the Island (pg. 63)
4. Eat From the Edges (pg. 148)

## **Creative Writing (Expressions)**

1. Imagine you are a shipwrecked sailor rescued from an uninhabited island after four years. Make a survival handbook so that others can learn from your experience. Write the do's and don'ts for survival on an island, including information about the things one would

- need to survive there. Refer to the chapter 'Robinson Crusoe'. (LR)
2. Read the chapter 'The Girl Who Became Queen' (LR) about Rani Laxmibai's bravery and courage. Write a paragraph describing her personality and strong will power.
  3. Read the poem, 'The Laburnum' (LR) and write a diary entry describing a day when you spent some time in the lap of nature and felt relaxed and refreshed.

## HINDI

### हिन्दी 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 स्वतन्त्र व स्वाभाविक, मौखिक एवं लिखित प्रतिक्रिया व्यक्त करने की क्षमता का विकास करना ।
3. विभिन्न साहित्यिक विधाओं का आनन्द उठाने की क्षमता का विकास करना ।
4. पठित, लिखित और सुने हुए भाषिक ज्ञान से सम्बन्धित 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. भाषा की नियमबद्ध प्रकृति को पहचानना और उसका विश्लेषण करना ।
8. मौखिक एवं लिखित अभिव्यक्ति के संदर्भ और आवश्यकता के अनुसार समुचित भाषा-शैली व प्रयोग को चुनने की समझ का विकास करना।

### नोट :

1. प्रत्येक पाठ से शब्दार्थ, नए शब्द, वाक्य प्रयोग, प्रश्नोत्तर और 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-1 (एन.सी.ई.आर.टी)
2. रामायण सार (अविचल पब्लिशिंग कंपनी)
3. परिचय हिंदी व्याकरण एवं रचना भाग-6 ( एकलव्य लर्नर्स पब्लिशिंग )

### वसंत भाग-1

#### गद्य-पाठ -

1. बचपन
2. टिकट-अलबम
3. ऐसे-ऐसे

#### पद्य-पाठ -

1. वह चिड़िया जो (कविता)
2. चाँद से थोड़ी-सी गप्पें (कविता)

पूरक-पुस्तक  
रामायण सार -

1. बाल-कांड (राम-जन्म, राम-विवाह)
2. अयोध्या-कांड (कैकेयी के दो वरदान, राम का वन-गमन, चित्रकूट में राम-भरत मिलन)
3. अरण्य-कांड (दंडकवन, सीताहरण, सीता की खोज)

व्याकरण

1. भाषा, लिपि एवं व्याकरण
2. वर्ण-विचार
3. संज्ञा
4. संज्ञा के विकार (लिंग, वचन और कारक)
5. सर्वनाम
6. पर्यायवाची शब्द (1 से 15 तक)
7. विलोम शब्द (उदय से प्रकाश तक)
8. अनेक शब्दों के लिए एक शब्द (1 से 20 तक)
9. अनेकार्थी शब्द (1 से 15 तक)
10. मुहावरे (1 से 10 तक)

रचना-कौशल -

1. अपठित - गद्यांश :-  
संसार पुस्तक है (वसंत)
2. अपठित-पद्यांश :- मैं सबसे छोटी हूँ (वसंत)
3. चित्र-वर्णन- 2
4. संवाद-लेखन- 2
5. निबंध-लेखन- 2

ग्रीष्मावकाश (प्रयोज्य कार्य हेतु) -

1. एक दौड़ ऐसी भी (वसंत)
2. छूना और देखना (वसंत)

## FRENCH

**Learning Objectives:**

1. To acquaint the students with the Culture and Civilisation of France.
2. To develop speaking and listening skills by teaching the pronunciation of the alphabets in French and accents.
3. To explain the concept of linking greetings for different moments of the day.
4. To enable the students to express themselves more effectively, naturally, and correctly in the productive skill of writing.
5. To enable the students to write in an appropriate style for communication purposes.
6. To enhance the level of vocabulary and strengthen their concepts of grammar.
7. To develop the basic understanding of the conjugation of verbs with different subject pronouns, to differentiate between definite and indefinite articles, colours, numbers, adjectives etc.

8. To implement different strategies to make learning French an enjoyable and interesting experience.

**Textbook :** Mon Passeport pour le monde-1

**Workbook:** Cahier d'activités-1

**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: La France

Leçon 2 : Bonjour

Leçon 3 : Pour compter

Leçon 4 : On pose des questions

Leçon 5 : Mon meilleur ami

**Workbook :** Leçons-1, 2, 3, 4, 5

**Grammar :**

1. Les salutations
2. La conversation formelle et informelle
3. L'alphabet
4. Les nombres (de 1 à 20)
5. Qu'est-ce que c'est? / Qui est-ce?
6. Les articles indéfinis
7. Le pluriel des noms
8. Les noms irréguliers
9. Les pronoms sujets
10. Le verbe «être»
11. Les adjectifs

**SANSKRIT**

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, कर्तृक्रिया-पदचयन, विशेषण-विशेष्य, संज्ञा, सर्वनाम-प्रयोग आदि करवाये जाएंगे।
2. रुचिरा के पाठ्यक्रमानुसार पाठों का सम्पूर्ण अभ्यास तथा समस्त शब्दार्थ करवाये जाएंगे।
3. पाठों का कथाक्रम और श्लोकों का अन्वय परीक्षा में आएगा।
4. कारक, संख्या, विशेषण-विशेष्य सम्बन्धित नियम, अव्यय, शब्दरूप और धातुरूप वाक्यों में आएंगे।
5. प्रश्नपत्र संस्कृतभाषा में आएगा।

- पाठ्य-पुस्तकें -
1. रुचिरा (प्रथमो भागः)
  2. संस्कृत व्याकरण मणिका (6)

### 1. रुचिरा-

1. प्रथमः पाठः - शब्दपरिचयः - I
2. द्वितीयः पाठः - शब्दपरिचयः - II
3. तृतीयः पाठः - शब्दपरिचयः - III
4. चतुर्थः पाठः - विद्यालयः
5. सप्तमः पाठः - बकस्य प्रतीकारः

### 2. व्याकरण-

1. वर्णसंयोजनम्, वर्णवियोजनम्
2. कारक और विभक्तियों का सामान्य परिचय (वाक्यों में)
3. विशेषण प्रकरण - विशेषण-विशेष्य सम्बन्धित नियम (वाक्यों में प्रयोग)
4. शब्द रूप (वाक्यों में) - बालक, बालिका, फल, किम् (पुल्लिंग में)
5. धातु रूप (वाक्यों में) - (लट् और लृट् लकार) धातुएँ - पठ्, गम्, पा, नी
6. वाक्यसंशोधनम् - वचन, लिंग, पुरुष, लकार, कारक तथा विशेषण-विशेष्य पर आधारित।

### 3.

1. अपठित-गद्यांश
2. चित्रवर्णनम् - प्रदत्तचित्र के आधार पर संस्कृत में वाक्य
3. हिंदी से संस्कृत में अनुवाद (पाँच वाक्यों का)

## MATHEMATICS

### Learning Objectives

Teaching of Mathematics helps the learners to -

- acquire knowledge and understanding 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 analyze, 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 VI (NCERT)

**Practice Book** : Practice and More Mathematics (Ratna Sagar) CLASS 6

### **Chapter 1 : Knowing Our Numbers**

— Introduction

— Comparing Numbers

— Large Numbers in Practice

Ex. 1.1 and 1.2 with examples

**Practice Book** : Page no. 3 to 9 and 12

### **Chapter 2 : Whole Numbers**

— Introduction

— Whole Numbers

— The Number Line

Ex. 2.1 with examples

**Practice Book** : Page no. 13 to 15, 19 and 20

### **Chapter 3 : Playing With Numbers**

— Introduction

— Factors and Multiples

— Prime and Composite Numbers

— Tests for Divisibility of Numbers

— Common Factors and Common Multiples

— Prime Factorisation

— Highest Common Factor

— Lowest Common Multiple

— Some Problems on HCF and LCM

Ex. 3.1 to 3.7 with examples

**Practice Book** : Page no. 21 to 30

### **Chapter 4 : Basic Geometrical Ideas**

— Introduction

— Points

— A Line Segment

— A Line

— Intersecting Lines

— Parallel Lines

— Ray

— Curves

— Polygons

— Angles

Ex. 4.1 to 4.3 with examples

**Practice Book** : Page no. 31 to 36 and 39

### **Chapter 7 : Fractions**

— Introduction

— A Fraction



- Fraction on the Number Line
- Proper Fractions
- Improper and Mixed Fractions
- Equivalent Fractions
- Simplest Form of a Fraction
- Like and Unlike Fractions
- Comparing Fractions
- Addition and Subtraction of Fractions

Ex. 7.1 to 7.6 with examples

**Practice Book** : Page no. 58 to 67

### **Vedic Mathematics**

1. Addition by “Ekadhikena Poorvena” Method
2. Subtraction by “Ekanyunena Poorvena” Method
3. Squaring of numbers by “Urdhava Sutra”
4. Multiplication by 11 using “Urdhava Tiryak Sutra”

## **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, terms etc.
- to develop scientific aptitude/temper
- to apply the theoretical knowledge of Science to daily life
- To update the students with the latest technological developments that have taken place.

**Textbook** – Science Textbook for Class VI (NCERT)

**Assignment Book** – Science Exemplar Problems for Class VI (NCERT)

### **Chapter 1: Components of Food**

What do different food items contain? What do various nutrients do for our body? Balanced diet, deficiency diseases.

### **Chapter 2: Sorting Materials into Groups**

Objects around us, properties of materials.

### **Chapter 4: Getting to Know Plants**

Herbs, shrubs and trees, stem, leaf, root, flower.

### **Chapter 7: Motion and Measurement of Distances**

Story of transport, how wide is this desk? Some measurements, standard units of measurements, correct measurement of length, measuring the length of a curved line, moving things around us, types of motion.

### **Chapter 9: Electricity and Circuits**

Electric cell, a bulb connected to an electric cell, an electric circuit, electric switch, electric conductors and insulators.

# 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 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 Pasts-I : Textbook in History for Class VI (NCERT)
2. Social and Political Life-I : Textbook for Class VI (NCERT)
3. The Earth Our Habitat : Textbook in Geography for Class VI (NCERT)
4. Atlas - Oxford School Atlas

## **Our Pasts-I**

Chapter-1 : Introduction : What, Where, How and When?

**Map Work** : A site for hunting and gathering, sites where early agriculture developed, sites where first cities flourished

Chapter-2 : From Hunting - Gathering to Growing Food

**Map Work** : Important Palaeolithic sites, Important Neolithic sites

Chapter-3 : In the Earliest Cities

**Map Work** : Important Harappan Cities, River around which Harappan civilization flourished

Chapter-4 : What Bones and Burials Tell Us (Project)

Chapter-5 : Kingdoms, Kings and An Early Republic

**Map Work** : Important Janapadas and Mahajanapadas

## **Social and Political Life-I**

Chapter-1 : Understanding Diversity

Chapter-2 : Diversity and Discrimination

Chapter-3 : What is Government?

Chapter-4 : Panchayati Raj

## **The Earth : Our Habitat**

Chapter-1 : The Earth in the Solar System

**Diagram** : Solar System

Chapter-2 : Globe : Latitudes and Longitudes

**Diagram** : Heat Zones, Grid

Chapter-3 : Motions of the Earth

**Diagram** : Day and Night on the Earth due to Rotation, Revolution

of the Earth and Seasons

**Map Work** : Continents and Oceans.

## **COMPUTER SCIENCE**

### **Learning Objectives:**

- to develop the basic skills of using various tools of MS-Excel
- to develop the basic skills of programming using Python
- to familiarize the students with the concept of Artificial Intelligence

**Textbook** - Code AI - IT Planet (Class 6)

### **Lesson 1 : Computer Memory**

- Computer Memory
- Memory Units
- Primary Memory
- Cache Memory
- Secondary Memory

### **Lesson 3 : Excel-Creating Worksheet**

- Microsoft Excel
- Starting Excel
- Creating Worksheet
- Formatting Worksheet

### **Lesson 4 : Excel-Functions and Charts**

- Introduction to Formula
- Creating a Formula
- Functions in Excel
- Cell Reference
- Changing Number Formats
- Charts in Excel
- Types of Charts
- Creating a Chart
- Inserting Sparklines

## **GENERAL KNOWLEDGE**

### **Learning Objectives**

The course in General Knowledge will help learners:

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

**Textbook: GK Planet-6 (PMP Planet)**

### **Unit-1 Flora and Fauna**

1. Cone-bearing Trees
2. Plant Quiz
3. Cool Primates

#### 4. The World of Fishes

### **Unit-2 Science and Technology**

5. Engineering Marvels
6. Body Quiz
7. Coronavirus
8. Geographical Structures

### **Unit-3 Exploring India**

9. Major Civilian Awards
10. Ancient India
11. National Parks and Sanctuaries
12. Nicknames of Freedom Fighters

### **Unit-4 Exploring the World**

13. The Continent of Africa
14. Social Reformers
15. Famous Museums
16. Traditional Outfits

### **ASSIGNMENT-I**

#### **Unit-5 Sports and Entertainment**

17. Olympic Legends
18. Water Sports
19. Space Adventure Films
20. String Musical Instruments

#### **Unit-6 Language and Literature**

21. Unforgettable Characters
22. From the Epics
23. Terms for Phobias
24. Popular Newspapers

#### **Unit-7 Mental Ability**

25. Maths Booster
26. Verbal Reasoning
27. Problems on Nets

#### **Unit-8 Life Skill and Personality Development**

28. Mall Etiquette
29. Surya Namaskar
30. Coding in Python

### **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 equipment 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. Reading Newspaper and Writing News (Children will read newspaper and on the basis of their reading they'll write news).
2. Speaking thought for the day.
3. Poetry Recitation/Reading (nature, bravery, education, humour etc.)
4. Character Dramatisation (Literary Characters from the textbook).
5. Story telling, Spin-a-Yarn
6. Slogan Writing
7. Group Discussion
  - Hardwork is the key to success
  - Technology – a boon or a bane

### **हिंदी साहित्यिक समिति**

1. शब्दकोश देखना / बनाना (वर्णमाला के क्रमानुसार)
2. कविता पाठ
3. नारे लेखन
4. समाचार - पत्र वाचन
5. शब्द अंताक्षरी
6. संवाद-लेखन

### **MATHEMATICS CLUB**

1. Solving a Sudoku
2. Sieve of Eratosthenes – finding prime and composite numbers
3. Solving pattern questions
4. Word search – Mathematical terms
5. Coin game
6. Making shapes using a Pair of Set Squares
7. Create colourful figures of the given perimeters using squared paper

## **ELECTRONICS AND ECO CLUB**

1. Kitchen Garden - 'The Organic Way'
2. Making a torch using reusable materials
3. Role play on Eminent Indian Scientists.
4. Recycle, Reuse, Rethink - making of dustbins from trash
5. Making a vacuum cleaner
6. Cleanliness Drive

## **INTEGRITY CLUB**

1. Collage Making - 'Indian Temples'
2. Flag Making - 'Neighbouring countries of India'
3. Role Play - 'Rulers of Ancient India'
4. Virtual Tour - Red Fort (followed by asking questions)
5. 'Just A Minute' session - 'National Parks'

## **CULTURE AND HERITAGE CLUB**

### **FINE ARTS**

1. Abstract Art
2. Nature scape
3. Folk Art: Warli Art
4. Mandala Art
5. Folk Art: Rangoli
6. Pattern Art

### **AESTHETIC ART**

1. Colourful Abstract Art
2. Zentangle Art
3. Handmade card Making
4. Warli Art
5. Tribal Mask Making
6. Creative Art

## **CONNOISSEURS CLUB**

1. Tie and Dye (one or two colour)
2. Gel candle
3. Bhelpuri/Jhalmuri
4. Russian Salad
5. Mix Veg Sandwich
6. Quick Dahi Vada
7. Lemonade
8. Mobile Making
9. Chocolate Making
10. Canopies Salad

## 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 Music
4. Definition of Aaroh and Avroh
5. Written practice of Teen 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 Yaman
4. Bhajan- ' Avadh Mein Ram Aaye Hai'
5. Lokgeet – ' Assamese' (Ohr Motiyo Megho Re)
6. Patriotic songs – 'Jai Hind Jai Bharat' (School Diary)  
'Bharat Vande Mataram' (School Diary)
7. Practice of prayers and songs from school diary
8. English Songs- 'We all clap hands together'  
' Santa Claus Rock'

## MUSIC ( INSTRUMENTAL )

1. Practice of 5 Alankaars
2. Practice of Sargam Geet on keyboard
3. Practice of 2/4 pattern
4. Practice of Keherva and Dadra Taal

## CONTEMPORARY DANCE

### Flamenco and Jamaican

1. Body movements
2. Exercise (warming work-out)
3. Stretching exercise for flexibility of body

शास्त्रीय नृत्य तथा लोक नृत्य

## कथक

1. भूमि प्रणाम
2. हस्त मुद्राएं
3. गणेश वंदना

## लोक नृत्य

1. लावणी

## YOGA

### (i) Introduction

- What Is Yoga
- Importance of Yoga

### (ii) Some General Instructions

#### (a) ASANAS

- |                |               |
|----------------|---------------|
| - Bhujangasana | - Makarasana  |
| - Naukasana    | - Sukhasana   |
| - Sarvangasana | - Dhanurasana |
| - Shavasana    | - Padamasana  |

#### (b) PRANAYAM

- |              |                |
|--------------|----------------|
| - Kapalbhata | - Anulom-Vilom |
|--------------|----------------|

#### (c) Dhyān (Meditation)

- Tratak

## ART EDUCATION (VISUAL ARTS)

### Learning Objectives -

- Introduce the students to new media and technique 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 - 6

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

### It's Time to Learn – 6

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. Definition of Sangeet and Saptak
4. 10 alankaars
5. Knowledge of Classical Dance and Folk Dance
6. Basic knowledge of Theatre and Drama

### **Practical**

1. Practice of Alankaars
2. Practice of Taal
3. Practice of Dance, Drama and Nukkad Natak
4. Folk Song- Pahadi Geet (बेड़ पाको)
5. Bhajan- मेरा आपकी कृपा से
6. English Songs – ‘Mary’s boy child’  
‘Teaching Peace’
7. Exercises of Classical and Western Dance

## **PHYSICAL EDUCATION AND HEALTH EDUCATION**

### **Learning Objectives**

- To make the students physically, mentally and emotionally fit
- To develop team-spirit
- To develop qualities like co-operation and good sportsmanship
- To be familiar with the effects of exercises

### **Theory:**

1. Aims and objectives of Physical Education and Health Education.
2. Knowledge of communicable diseases and their effects on our health.
3. Give brief knowledge about major games (indoor and outdoor games)
2. Knowledge of first aid treatment during games

### **Practical**

1. Volleyball
2. Basketball
3. Badminton
4. Table Tennis
5. Cricket
6. Warming up and Cooling down exercises
7. Free hand exercises