

SALWAN JUNIOR SCHOOL



SYLLABUS FOR PRE SCHOOL

SESSION: 2018-2019

NAME: _____

MONTH WISE SYLLABUS-ENGLISH

Month	TOPIC/CONTENT –WEEK WISE	ACTIVITIES	RHYMES	EVALUATION
APRIL	<ul style="list-style-type: none"> ❖ Scribbling and pattern writing ❖ Tracing of standing, sleeping and slanting lines 	<ul style="list-style-type: none"> • Pre-writing activities- To develop pincer grip • Circle Time- To enhance communication skills. • Structured Conversations • Pattern Writing- To develop fine motor skills • Balancing Beam-To develop eye-leg coordination 	<ul style="list-style-type: none"> • Chubby cheeks • We say thank you • Head shoulder • Rolly-Polly • When you are happy • Mama darling • Good manners 	<ul style="list-style-type: none"> • Show & Tell
MAY	<ul style="list-style-type: none"> ❖ Pattern tracing-: Curves 	<ul style="list-style-type: none"> • Sand Tray- To understand the letter strokes • Tracing of patterns-To develop fine motor skills 	<ul style="list-style-type: none"> • This is my home • Are you sleeping • Run away coffee 	
JULY	<ul style="list-style-type: none"> ❖ Introduction, vocabulary and writing of letters l, i, t, v, w with phonic sounds (workbook & notebook.) ❖ Sight words – l, my 	<ul style="list-style-type: none"> • Sand Paper Letters (Montessori Apparatus) To develop correct sequence to form letter • Phonic Drill- To develop the clarity of letter sounds. • Circle Time-To enhance communication skills. • Match the letter with the picture 	<ul style="list-style-type: none"> • Rain-Rain go away • I hear thunder • Incy- Wincy spider 	<ul style="list-style-type: none"> • Recognition and writing of letters, phonic sound & vocabulary • Rhyme/Story narration • Match the letter with the picture
AUGUST	<ul style="list-style-type: none"> ❖ Introduction, vocabulary and writing of letters x, z, k, h, n with phonic sounds (workbook & notebook) ❖ Sight words- he, she 	<ul style="list-style-type: none"> • Circle Time- To enhance communication skills. • Sand Tray- To understand the strokes • Sand Paper Letters (Montessori Apparatus) To develop correct sequence to form letter 	<ul style="list-style-type: none"> • Baa -Baa black sheep, • Hello! Mr. Bunny rabbit • Rabbit -Rabbit • Two little dicky birds • Here I am • The elephant • Teddy bear • Five little monkeys 	<ul style="list-style-type: none"> • Show & Tell
SEPTEMBER	<ul style="list-style-type: none"> ❖ Introduction, vocabulary and writing of letters m, u, y, j, with phonic sounds (workbook & notebook.) ❖ Sight word -you ❖ Recap of letters 	<ul style="list-style-type: none"> • Circle Time- To enhance communication skills. • Sand Tray & Sand Paper Letters (Montessori Apparatus) -To understand the strokes and develop correct sequence to form letter • Picture reading – To enhance vocabulary • Circle the correct letter 	<ul style="list-style-type: none"> • Hot cross buns • Found a peanut • Farmer in the dell • Cobbler -cobbler 	<ul style="list-style-type: none"> • Recognition and writing of letters, Phonic sounds & vocabulary • Circle the correct letter

MONTH WISE SYLLABUS-ENGLISH

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OCTOBER	<ul style="list-style-type: none"> ❖ Introduction, vocabulary and writing of letters f, r, c, e, a with phonic sounds (workbook & notebook.) ❖ Sight word – it 	<ul style="list-style-type: none"> • Circle Time- To enhance communication skills. • Sand Tray & Sand Paper Letters (Montessori Apparatus)- To understand the strokes and develop correct sequence to form letter • Write the first letter of the given picture 	<ul style="list-style-type: none"> • Red Light-Red light • Piggy on the railway line • Sail on sail on • Dip - dip 	
NOVEMBER	<ul style="list-style-type: none"> ❖ Introduction, vocabulary and writing of letters d, g, o, q, b with phonic sounds (workbook & notebook.) ❖ Sight words – girl, boy ❖ Introduction & reading of 2 letter words (at, an, ad) 	<ul style="list-style-type: none"> • Circle Time- To enhance communication skills. • Sand Paper Letters (Montessori Apparatus) - To develop the strokes and develop correct sequence to form a letter • Picture reading- To enhance vocabulary • Word Making Box – For two letter words (Montessori Apparatus) 	<ul style="list-style-type: none"> • Out in the garden • Fruits on a tree 	
DECEMBER	<ul style="list-style-type: none"> ❖ Introduction, vocabulary and writing of letters p, s with phonic sounds (workbook & notebook.) ❖ Writing of a-z ❖ Introduction & reading of 2 letter words (am, ap, ag) 	<ul style="list-style-type: none"> • Circle Time- To enhance communication skills. • Sand Paper Letters (Montessori Apparatus)- To develop correct sequence to form letter • Word Making Box (Montessori Apparatus)- For two letter words • Write the first letter of the given picture. 	<ul style="list-style-type: none"> • Five little soldiers • We shall overcome • Carols 	<ul style="list-style-type: none"> • Picture Reading • Rhyme recitation/story narration • Write the first letter • Reading of two letter words • Writing of a-z
JANUARY	<ul style="list-style-type: none"> ❖ Introduction & reading of three letter 'a' vowel words (cat, bat, rat etc.) ❖ Recognition of capital letters A-Z 	<ul style="list-style-type: none"> • Circle Time- To enhance communication skills. • Picture reading- To enhance vocabulary • Matching Aa-Zz • Missing letters- a-z • Reading boxes- For 3 letter words 	<ul style="list-style-type: none"> • My red balloon • Little drops of water 	
FEBRUARY & MARCH	<ul style="list-style-type: none"> ❖ Revision of a-z ❖ Reading of three letter 'a' vowel words (cat, bat, rat etc.) ❖ Writing of a-z 	<ul style="list-style-type: none"> • Circle Time- To enhance vocabulary • Writing of a-z • Missing Letters- a-z • Draw the picture of the given letter • Reading Boxes- For 3 letter words 	<ul style="list-style-type: none"> • Universe • Zoom zoom • Down in the ocean 	<ul style="list-style-type: none"> • Reading of three letter 'a' vowel words (cat, bat, rat etc.) • Missing Letters -a-z • Writing of a-z • Draw the picture of the given letter

MONTH WISE SYLLABUS-हिंदी

Month	TOPIC/CONTENT –WEEK WISE	ACTIVITIES	RHYMES	EVALUATION
JULY	Introduction, Vocabulary and Tracing of letters ❖ ग ❖ म ❖ न ❖ भ	<ul style="list-style-type: none"> • उचित मिलान करो • Sand paper letters (Montessori Apparatus)- To develop correct sequence to form akshar 	<ul style="list-style-type: none"> • पानी बरसा • काले बादल • सर्दी आई 	<ul style="list-style-type: none"> -Tracing of letters - उचित मिलान करो
AUGUST	Introduction, Vocabulary and Tracing of letters ❖ त ❖ प ❖ फ ❖ व	<ul style="list-style-type: none"> • उचित मिलान करो • Sand paper letters • Montessori Apparatus)- To develop correct sequence to form akshar 	<ul style="list-style-type: none"> • हरी नीम की डाल • चुन चुन करती • नन्ही चींटी • हाथी आया • जंगल में जानवर 	
SEPTEMBER	Introduction, Vocabulary and Tracing of letters ❖ ब ❖ क ❖ र ❖ स	<ul style="list-style-type: none"> • उचित मिलान करो • Sand paper letters • (Montessori Apparatus)- To develop correct sequence to form akshar 	<ul style="list-style-type: none"> • धोबी आया • पाँच बंदर 	<ul style="list-style-type: none"> -Tracing of letters - उचित मिलान करो
OCTOBER	Introduction, Vocabulary and Tracing of letters ❖ श ❖ ख ❖ य ❖ थ	<ul style="list-style-type: none"> • चित्र पहचान कर सही अक्षर पर गोला लगाओ • Sand paper letters • (Montessori Apparatus)- To develop correct sequence to form akshar 	<ul style="list-style-type: none"> • लाल पीली • रेल • एक छोटी किशती 	

MONTH WISE SYLLABUS-हिंदी

Month	TOPIC/CONTENT –WEEK WISE	ACTIVITIES	RHYMES	EVALUATION
NOVEMBER	Introduction, Vocabulary and Tracing of letters ❖ ट ❖ ठ ❖ ढ ❖ द ❖ ध	<ul style="list-style-type: none"> चित्र पहचान कर सही अक्षर पर गोला लगाओ Sand paper letters (Montessori Apparatus)- To develop correct sequence to form akshar 	<ul style="list-style-type: none"> आम फलो का राजा है आलू बोला सेब वाह जी टमाटर 	
DECEMBER	Introduction, Vocabulary and Tracing of letters ❖ ड ❖ ल ❖ छ ❖ घ	<ul style="list-style-type: none"> अक्षर के अनुसार सही चित्र में रंग भरो Sand paper letters - (Montessori Apparatus)- To develop correct sequence to form akshar 	<ul style="list-style-type: none"> होली राखी दिवाली एक दो एक दो भारत की शान हम छोटे छोटे 	-Tracing of letters - चित्र पहचान कर सही अक्षर पर गोला लगाओ
JANUARY	Introduction, Vocabulary and Tracing of letters ❖ च ❖ झ ❖ ज	<ul style="list-style-type: none"> उचित मिलान करो Sand paper letters (Montessori Apparatus)- To develop correct sequence to form akshar 	<ul style="list-style-type: none"> सर सर रंग बिरंगे 	
FEBRUARY & MARCH	Introduction, Vocabulary and Tracing of letters ❖ ह ❖ Tracing of क - ह	<ul style="list-style-type: none"> अक्षर के अनुसार सही चित्र में रंग भरो उचित मिलान करो Sand paper letters (Montessori Apparatus)- To develop correct sequence to form akshar 	<ul style="list-style-type: none"> चंदा मामा 	-Tracing for letters - अक्षर के अनुसार सही चित्र में रंग भरो ● उचित मिलान करो

MONTH WISE SYLLABUS-MATHS

Month	TOPIC/CONTENT- WEEK WISE	ACTIVITIES	EVALUATION
APRIL	<ul style="list-style-type: none"> ❖ Pattern – Standing, Sleeping & Slanting line ❖ Pre-number concept – Big/Small, More/Less ❖ Shapes – Circle, Square, Triangle ❖ Introduction & tracing of number 1 	<ul style="list-style-type: none"> • Sand paper number (Montessori Apparatus)- To develop correct sequence to form number • Stringing of beads- For counting • Pink tower- (Montessori Apparatus) for the concept of Big/Small • Cylindrical blocks(Montessori Apparatus) for the concept of Big/Small 	
MAY	<ul style="list-style-type: none"> ❖ Pattern – Curves ❖ Shapes – Rectangle, Oval, Semi-circle ❖ Introduction & tracing of numbers 2,3 ❖ Pre-number concept- Full/Empty 	<ul style="list-style-type: none"> • Sorting of numbers • Geometrical Cabinet (Montessori Apparatus)- for different geometrical shapes 	
JULY	<ul style="list-style-type: none"> ❖ Pre-number concept- Hot/Cold ❖ Writing of numbers 1, 2 in notebook ❖ Introduction and writing of numbers 3, 4,5,6 ❖ Recap of numbers 1-6 	<ul style="list-style-type: none"> • Spindle Box (Montessori Apparatus) For quantify numbers • Number concept through Ganit Mala (1-6) • Count and match the number with the correct picture. 	<ul style="list-style-type: none"> • Shapes • Concept-Big/Small • Writing of numbers-1-5 • Match the number with the correct number
AUGUST	<ul style="list-style-type: none"> ❖ Introduction and writing of number 7, 8, 9 ❖ Pre-number concept – Tall/Short, In/Out 	<ul style="list-style-type: none"> • Cards and shells (Montessori Apparatus)) For relating the number with its quantity 	
SEPTEMBER	<ul style="list-style-type: none"> ❖ Pre-number concept – Heavy/Light, Long/Short ❖ Introduction and writing of number 0,10 ❖ Introduction and writing of numbers 0-10 ❖ Count and write (0-10) ❖ Back counting (5-0) 	<ul style="list-style-type: none"> • Number rods and cards (Montessori Apparatus) For relating the number with its quantity • Brown stairs- For concept of heavy and light • Count & write (0-10) 	<ul style="list-style-type: none"> • Concept- Heavy/light • Count and write (0-10) • Writing of numbers (0-10)

MONTH WISE SYLLABUS-MATHS

Month	TOPIC/CONTENT-WEEK WISE	ACTIVITIES	EVALUATION
OCTOBER	<ul style="list-style-type: none"> ❖ Pre-number concept – Far/Near ❖ Introduction and writing of numbers 11, 12,13 ❖ Back counting (10 – 0) ❖ Recap-Shapes 	<ul style="list-style-type: none"> • Seguin board (Montessori Apparatus) For concept of one's and ten's • Ganit Mala for counting (1-15) 	
NOVEMBER	<ul style="list-style-type: none"> ❖ Introduction and writing of number 14,15,16 ❖ After numbers (0 – 10) ❖ Writing of numbers 0-15 	<ul style="list-style-type: none"> • Number concept through Ganit mala (1-10) • Cards & beads- For concept of numbers and quantity (0-15) • Draw objects according to the number written (0-10) 	
DECEMBER	<ul style="list-style-type: none"> ❖ Introduction and writing of number 17,18 ❖ Missing numbers (0-15) ❖ Backward counting (10 – 0) ❖ Between numbers (0-10) 	<ul style="list-style-type: none"> • Seguin board (Montessori Apparatus) For concept of one's and ten's • Sequential cards- To develop thinking skills 	<ul style="list-style-type: none"> • Missing numbers (0-10) • Dodging (0-10) • Draw objects according to the number written (0-10) • Backward counting(10-0)
JANUARY	<ul style="list-style-type: none"> ❖ Introduction & writing of numbers 19,20 ❖ Writing of numbers (0 – 20) ❖ Missing numbers (0-20) ❖ Between numbers (0-20) 	<ul style="list-style-type: none"> • Cards and shells-(Montessori Apparatus) For concept of numbers and quantity 	
FEBRUARY & MARCH	<ul style="list-style-type: none"> ❖ Introduction & writing of numbers 21-30 ❖ Writing of numbers (0 – 30) ❖ Introduction & writing of numbers 31-40 ❖ Writing of numbers (0 – 40) ❖ Introduction & writing of numbers 41-50 ❖ Writing of numbers (0 – 50) ❖ After numbers (0 – 20) ❖ Dodging (0 – 20) 	<ul style="list-style-type: none"> • Revision of all the concepts learnt 	<ul style="list-style-type: none"> • Writing of numbers (0-50) • After numbers (0-20) • Between numbers (0-20) • Dodging(0-20)

MONTH WISE SYLLABUS-ENVIRONMENTAL STUDIES

Month	TOPIC/CONTENT –WEEK WISE	ACTIVITIES	EVALUATION
APRIL All about me	<ul style="list-style-type: none"> ❖ Myself – Introduction ❖ Discussion about Birthdays ❖ Colours – Red, Yellow, Blue ❖ Parts of the Body, My Senses ❖ My Family 	<ul style="list-style-type: none"> • Peek a-boo game- to understand the functions of different body parts. • Story – Unity is Strength • Colour tablets (Montessori Apparatus) For recognition of colours • Frames- Buttoning, Zipping • Practical life activities 	
MAY My home and My School	<ul style="list-style-type: none"> ❖ My home, rooms in a house ❖ Colours– Orange, Green, Brown ❖ My school 	<ul style="list-style-type: none"> • Story – नन्हा मेमना 	
JULY Seasons	<ul style="list-style-type: none"> ❖ Summer Season ❖ Rainy Season ❖ Winter Season ❖ Spring Season 	<ul style="list-style-type: none"> • Sequencing- winter season- To enhance thinking skills • Story – The Thirsty Crow 	<ul style="list-style-type: none"> • Seasons
AUGUST Animals are friends	<ul style="list-style-type: none"> ❖ Pet and Farm animals ❖ Water Animals ❖ Wild Animals 	<ul style="list-style-type: none"> • Story – The Lion and the Mouse 	
SEPTEMBER Community Helpers	<ul style="list-style-type: none"> ❖ Our Helpers – Introduction of baker, green grocer, gardener, tailor, carpenter, fire fighter and cobbler. 	<ul style="list-style-type: none"> • Visit to school garden • The Elephant & the tailor 	<ul style="list-style-type: none"> • Animals • Helpers
OCTOBER Transport	<ul style="list-style-type: none"> ❖ Land Transport ❖ Water Transport ❖ Air Transport 	<ul style="list-style-type: none"> • Matching of helper and work- to explain the role of different helpers. • Story – My Red Car • Project- Means of transport 	

MONTH WISE SYLLABUS-ENVIRONMENTAL STUDIES

Month	TOPIC/CONTENT –WEEK WISE	ACTIVITIES	EVALUATION
NOVEMBER Plants	<ul style="list-style-type: none"> ❖ Plant life, Parts of a plant ❖ Flowers and Trees ❖ Fruits and Vegetables ❖ Healthy/ Junk Food 	<ul style="list-style-type: none"> • Colour the fruits • Story – The Hungry Caterpillar (My Story Book) To explain the importance of healthy food. • Supermarket Day 	
DECEMBER Our Country	<ul style="list-style-type: none"> ❖ Introduction – Our Country ❖ Currency, National Symbols, Independence Day, Republic Day, Gandhi Jayanti ❖ Festivals 	<ul style="list-style-type: none"> • Story of Republic Day 	<ul style="list-style-type: none"> • Plants • Transport
JANUARY Air and water	<ul style="list-style-type: none"> ❖ Importance of Air and Water ❖ Air - pollution ❖ Concept- Sinking and floating ❖ Sources of water 	<ul style="list-style-type: none"> • Story – Sun and the Wind • Activity for Sinking / Floating • Balloon / Bubble Play (fun play) 	
FEBRUARY & MARCH Our Universe and My World	<ul style="list-style-type: none"> ❖ Earth – Our Home ❖ Save Earth ❖ Moon, Stars, Planets ❖ Day and Night Sky 	<ul style="list-style-type: none"> • Draw Day Sky and Night Sky 	<ul style="list-style-type: none"> • Our Universe • Our Country • Air and Water

MONTH WISE SYLLABUS-ART AND CRAFT

MONTH	TOPIC/CONTENT –WEEK WISE	ACTIVITIES	EVALUATION
APRIL	Introduction to primary colours <ul style="list-style-type: none"> ❖ Blue colour ❖ Yellow colour ❖ Red colour 	<ul style="list-style-type: none"> • Colour Rhymes- to familiarise the students with the names of colours. • Observing the colours of things around us • Scribbling • Finger printing- to develop fine motor skills. • Colouring in flowers 	
MAY	Introduction to secondary colours <ul style="list-style-type: none"> ❖ Mothers’ day 	<ul style="list-style-type: none"> • Rhymes • Scribbling and colouring • Greeting card for mother’s day 	
JULY	<ul style="list-style-type: none"> ❖ Recap of colours ❖ Printing ❖ Fruits ❖ Fruits 	<ul style="list-style-type: none"> • Colouring • Shapes with play dough • Vegetable printing in an umbrella • Finger printing (grapes) 	Colouring-Yellow colour(Mango)
AUGUST	<ul style="list-style-type: none"> ❖ Independence day ❖ Animals ❖ Water Animals 	<ul style="list-style-type: none"> • Hand printing –Group Activity (National Flag) • Drawing –Tortoise & Fish • Origami Activity – Fish 	
SEPTEMBER	Helpers <ul style="list-style-type: none"> ❖ Craft ❖ Drawing and colouring 	<ul style="list-style-type: none"> • Clay moulding (cake and samosa) • Cake (drawing and collage work) • My School Bus 	Drawing – Fish Colouring-Birthday cake

MONTH WISE SYLLABUS-ART AND CRAFT

MONTH	TOPIC/CONTENT –WEEK WISE	ACTIVITIES	EVALUATION
OCTOBER	Transport ❖ Water colouring & Origami ❖ Colouring	<ul style="list-style-type: none"> • Drawing-Traffic Light • Origami Activity - Boat • Aeroplane 	
NOVEMBER	Plants ❖ Printing ❖ Vegetables ❖ Craft	<ul style="list-style-type: none"> • Tree • Flowers • Playdough (vegetables) • Diwali activity 	
DECEMBER	Our country ❖ Drawing ❖ Colouring ❖ Christmas	<ul style="list-style-type: none"> • Peacock • Lotus flower • Christmas decoration 	Drawing and colouring of objects – Tree and flower
JANUARY	❖ Drawing and Colouring ❖ Drawing and Colouring	<ul style="list-style-type: none"> • A boy and a girl • Garden Scene 	
FEBRUARY - MARCH	Universe ❖ Colouring ❖ Drawing ❖ Drawing and colouring	<ul style="list-style-type: none"> • Night Sky-Magic Painting • Rainbow • Free hand drawing 	Drawing-Garden Scene Colouring-Colourful birds

MONTH WISE SYLLABUS-PHYSICAL EDUCATION

MONTH	TOPIC/CONTENT –WEEK WISE	ACTIVITIES	EVALUATION
APRIL	<ul style="list-style-type: none"> ❖ Simple Exercises ❖ Fun Games ❖ PEC- level 1 (Card-4) ❖ Simple Instruction 	<ul style="list-style-type: none"> • Different body part movements- For Strengthening the muscles • Basketball shooting, hoopla etc. -For eye- hand coordination • Running and Jumping games • Reaction games (sit, stand ,run)- To understand simple commands 	
MAY	<ul style="list-style-type: none"> ❖ Basic Formation ❖ If you know 	<ul style="list-style-type: none"> • Line, circle, semi-circle etc. -To understand and follow the commands • Animal Games- For Strengthening the muscles and understanding different movements 	
JULY	<ul style="list-style-type: none"> ❖ Reinforce the concept of basic formation ❖ PEC – level 1 (Card-2) ❖ Fun Games ❖ PEC- level 1 (Card-9) 	<ul style="list-style-type: none"> • Line, circle, semi-circle- To understand and follow the commands • Body Awareness Games – To understand directions • Mouse in the House/tiger run –run- To improve agility • Jumping, hopping, running- Understand different kinds of jumping movements. 	<ul style="list-style-type: none"> • PEC- Level 1 (Card-9)- Jumping, hopping, running • Fun Games- Mouse in the house/Tiger run- run
AUGUST	<ul style="list-style-type: none"> ❖ General Exercises ❖ PEC-level 1 (Card-6) ❖ Strengthening of gross motor skills ❖ Free Play 	<ul style="list-style-type: none"> • Head to toes- To improve Gross-motor skills • Bean bag/rubber ring- To improve body balance • Game-Walking in the jungle- To understand and follow the commands • Playground/swings- For fun play 	
SEPTEMBER	<ul style="list-style-type: none"> ❖ Yoga and Breathing exercises ❖ PEC-level 1 (Card-8) ❖ Running on the line and given lane ❖ PEC-level 1 (Card-9) 	<ul style="list-style-type: none"> • Simple asana (Suryanamaskar) -To improve Flexibility • Introduction handling ball- To improve eye-hand coordination • Game-Mind your step -To improve eye-hand coordination • Rolling a ball- To improve minor muscles 	<ul style="list-style-type: none"> • Yoga and Breathing exercises- Display simple asana (Suryanamaskar) • PEC- Level 1 (Card-8)

MONTH WISE SYLLABUS-PHYSICAL EDUCATION

MONTH	TOPIC/CONTENT –WEEK WISE	ACTIVITIES	EVALUATION
OCTOBER	<ul style="list-style-type: none"> ❖ Rhythmic Movements ❖ PEC –level 1(card-10) ❖ Cones Skills ❖ Balancing Exercises 	<ul style="list-style-type: none"> • Aerobics Steps- To improve rhythmic sense and stamina • Dribbling a ball- To improve eye-hand coordination • Zig- zag, side to side run- To improve agility • Statics, Rhythmic exercises- To improve balance 	
NOVEMBER	<ul style="list-style-type: none"> ❖ Strengthening fine and gross motor skills ❖ Free Play ❖ I am commando ❖ PEC - level 1 (Card-17) 	<ul style="list-style-type: none"> • Game-Tiger run -run (follow the command) • Swings- fun play • Crawling, balancing, crossing-To improve gross motor skills • Kicking a ball- To strengthen leg muscles 	
DECEMBER	<ul style="list-style-type: none"> ❖ Balloons Day ❖ PEC-level 1(Card-15) ❖ Fun Games ❖ PEC- level 1 (Card-16) 	<ul style="list-style-type: none"> • Balancing games, team games- To improve balance and Co-ordination. • Responding to commands- To improve agility, balance and Speed. • Game- Throwing, catching, hitting the ball • Responding to commands 	<ul style="list-style-type: none"> • PEC- Level 1 (Card-17) Activity- Kicking a ball • I am commando Crawling, balancing, crossing(obstacle game)
JANUARY	<ul style="list-style-type: none"> ❖ Winter Break ❖ winter Break ❖ Improve “team spirit” games ❖ PEC-level 1 (Card-18) 	<ul style="list-style-type: none"> • Winter Break • Winter Break • Team Games (Relay, Bean Bag)- To improve team co-ordination • Game- Ring master-To improve agility 	
FEBRUARY - MARCH	<ul style="list-style-type: none"> ❖ Skill Games ❖ PEC-level 1 (Card-19) ❖ Improve agility games ❖ Yoga and Breathing Exercises ❖ PEC-level 1 (Card-20) 	<ul style="list-style-type: none"> • Athletics, Gymnastics, Football etc.-To improve games fundamental • Introduction- skipping- To Strengthen muscles • Simple Asana- To improve flexibility • Treasure hunt- For team coordination and gross motor skills 	<ul style="list-style-type: none"> • PEC- Level 1 (Card-18) Activity- Ring Master PEC- Level 1 (Card-20) Activity- Treasure Hunt