

ARWACHIN BHARTI BHAWAN SR. SEC.SCHOOL

SYLLABUS (CLASS-I)

SESSION-2019-20

SUBJECT-ENGLISH

Name of the books

1. Glitter Communicative English (MCB)
2. Cursive Writing

Publisher

Cordova Publications

APRIL - MAY

1ST UNIT TEST

- | | | |
|-----------------|---|------------------------|
| MCB | - | Books (Poem) |
| Vocabulary | - | Vowels (a, e, i, o, u) |
| Cursive Writing | - | Pages 1 - 21, 26 - 28 |
| | | Reading, Assignments |

JULY - AUGUST

1ST TERM EXAMINATION

- | | | |
|------------|---|------------------------------------|
| MCB | - | Poem Just Me (Reading is pleasure) |
| | | L-8 Strong and Brave |
| Vocabulary | - | Sound Words oo, ee, ch, sh |
| Grammar | - | Articles |
| | | Nouns |
| | | This, That |
| | | Singular - Plural |
| | | Use of is, am, are |

SEPTEMBER - OCTOBER

2ND UNIT TEST

- | | | |
|-----------------|---|------------------------------------|
| MCB | - | L-1 How many (Reading is pleasure) |
| Vocabulary | - | Sound Words th, pl, |
| | | Rhyming Words |
| Composition | - | Fruit |
| Cursive Writing | - | Pages 22 - 25, 29 - 44 |
| Cursive Writing | - | Pg -22-25, 29-44 |
| | | Reading , Assignments |

NOVEMBER - DECEMBER

2ND TERM EXAMINATION

- | | | |
|------------|---|--|
| MCB | - | Poem - Now that I can read (Reading is pleasure) |
| | | L- 9 An ant and a pattern |
| Vocabulary | - | Sound Words br, ck, ss |
| Grammar | - | These, Those, |
| | | Pronouns |
| | | Punctuation |
| | | Opposites, Genders |

JANUARY - FEBRUARY **ANNUAL EXAMINATION**

MCB	-	L-4 Who is He
Vocabulary	-	Sound Words ch, cl, st,
Grammar	-	Use of Has & Have
		Prepositions
		Action Words
		Nouns
		Opposites
Cursive Writing	-	Pg- 45-58
Composition	-	My best friend, My pet animal

SUBJECT-MATHS

Name of the book

Together with mathematics buzz!

Publisher

Rachna Sagar

APRIL- MAY (U.T I)

Activity - 5 marks
Notebook - 5 marks
Counting (1 - 100)
Table of 2
Number Names (1-10)

JULY - AUGUST (TERM I)

Table of 3 and 4
Counting (101-200)
Number Names (11-30)
Ascending Order (1-100)
Backward counting (50-1)
Addition

SEPTEMBER -OCTOBER (U.T. II)

Activity - 5 marks
Notebook - 5 marks
Counting (201-300)
Table of 5
Number Names (31-50)
Descending Order (1 -100)

NOVEMBER - DECEMBER (TERM II)

Counting (301-400)
Number Names (51-80)
Table of 6 and 7
Subtraction
Days of week

JANUARY - FEBRUARY (ANNUAL TERM)

Counting (401- 500)
Tables 8 and 9
Number Names (81-100)
Time
Months
Addition with carry
Multiplication

SUBJECT-HINDI

पुस्तकें -

नूतन सरल हिंदी माला

प्रकाशन

गोयलब्रदर्स

अप्रैल- मई UT-I

नूतन	-	पाठ-2
रचनात्मककार्य	-	पाठ-3स्वर और मात्राएँ
कॉपी	-	5 Marks
	-	5 Marks

जुलाई-अगस्त TERM I

नूतन	-	पाठ-4(इ, ई)
	-	पाठ-5(उ, ऊ)
व्याकरण	-	लिंग बदलो

सितम्बर-अक्टूबर UT-II

नूतन	-	पाठ-7(ए, ऐ)
व्याकरण	-	वचनबदलो
रचनात्मककार्य	-	5 Marks
कॉपी	-	5 Marks

नवंबर-दिसंबर TERM II

नूतन	-	पाठ-8(ओ, औ)
	-	पाठ-9 (अनुस्वार, विसर्ग चन्द्रबिन्दु)
व्याकरण	-	विलोम शब्द

जनवरी-फरवरी

ANNUAL EXAMINATION

नूतन	-	पाठ-10 संयुक्त अक्षर(क्ष, त्र, श्र, ज्ञ)
		पाठ-12 (ड़, ढ)
		पाठ-14 राखी का त्योहार

व्याकरण

-

पाठ-15 (Reading)
संज्ञा
मेरी माँ

SUBJECT-EVS

Name of the books

New Green Tree

Publisher

Orient Black Swan

APRIL - MAY (U.T. I)

L-1 My Body

L-2 My Body Helps Me

L-8 My Family (Activity) H.H.W

JULY-AUG (TERM I)

L-3 Home Sweet Home

L-4 Clothes

L-7 Our Food

SEPT - OCT (U.T. II)

L-9 We Help Each Other

L-10 Fun and Games with Family

L-6 Road Safety(Activity)

NOV - DEC (TERM II)

L-11 Places Around Us

L-12 Our Helpers

L-13 Places of Worship

JAN-FEB(ANNUAL TERM)

L-14 Festivals

L-15 Plants

L-17 Our Animal Friends

L-20 Seasons

SUBJECT-MORAL VALUE

Name of the book

Bright Hearts

Publisher

Bharati Bhawan

April -September (TERM I)

L-1 I am special
L - 2 Rotti and Notti
L -3 I love my family

October - December (TERM II)

L-4 Gub goes to school
L-5 Gub meets her teacher
L-6 Alone no more

January - March (TERM III)

L-7 Helping Hands
L-8 Kitu and the strangers
L-9 Dirty Doot
L-10 All creatures big and small

SUBJECT-COMPUTER

Name of the book

Integrated Computer world

Publisher

Ubert Learning

TERM I: (APRIL TO AUGUST)

Lesson -1 to 2

Lesson - 1 The computer and its Parts
Lesson- 2 Helping Parts of a computer

TERM II : (SEPTEMBER TO MARCH)

Lesson -3 to 4

Lesson-3 Let us Work on the Computer
Lesson -4 Uses of Computers

THIRD EXAM : (JANUARY TO MARCH)

Lesson -5

Lesson -5 Let us Paint

Final Term (March)

SUBJECT-DRAWING

Name of the books

Mirror Image
My Amazing book of art and activity

FIRST TERM :(APRIL - AUGUST)

Drawing : Sun, Boat, Flowers

Publisher

Pravaah Books
Navdeep Books

(Craft) : Art and Craft-PgNO-1-15

SECOND TERM :(SEPTEMBER - DECEMBER)

Drawing : Tree, Candles, Hut, Birthday Cake

(Craft) : Art and Craft -pgno-16-25

THIRD TERM :(JANUARY - MARCH)

Drawing : Fruits, Butterfly, Letter Box, Scenery.

(Craft) : Art and Craft -pgno-26-34

SUBJECT-PHYSICAL EDUCATION

Grade 1: Lesson Plans & Learning Outcomes

Lesson	Name	Learning Outcomes
<u>FIRST TERM :(APRIL TO AUGUST)</u>		
S1.1	Know the Props	The purpose of this activity is to help children get a feel for all the age-appropriate props; allow children to be creative and innovative; develop a sense of sharing.
S1.2	Ball control	Children love football. Kicking the ball around is how they start their introduction to football. This lesson is focused on the skill of kicking.
S1.3	Fun with Parachute - 1	Parachute is a fun prop used to develop team play and cooperation. We introduce more complex formations with the Parachute which require a lot more cooperative action between the children.
S1.4	Rules are our Friends	The purpose of this activity is to make children realize the importance of rules in our daily lives. In the school context we focus on rules on the playground which help everyone play in a friendly manner taking care of safety.
S1.5	Throw Show	Throwing is a fundamental manipulative skill used in several Sports We focus here on the basics of an underhand throw.
S1.6	Bowl-a-Rama - 1	The purpose of this activity is to make children practice rolling a ball to a target. Hand eye coordination is the focus of learning here.
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S1.7	Body Management Circuit - 1	Knowing your body and being able to move it in a variety of ways is the basis of all physical activity be it sports, dance or even the daily chores. We teach children different body movements, how to transfer weight from one body part to another and balance and how to run around with agility.
S1.8	Formations and Boundaries	To teach the meaning of formations and also to memorize some formations; to teach the concept of boundaries, shapes, within and outside and concepts of space awareness.
S1.9	Throwing for a Distance - 1	To teach children the fundamentals of an overhand throw. Throwing is a fundamental skill required in several sports like cricket, touch rugby, basketball. To learn the correct skill of throwing will improve your throw tremendously.

SECOND TERM :(SEPTEMBER TO DECEMBER)

S1.10	Micro events - 1	To showcase fundamental movement skills along with action, balance and coordination
S1.11	Jumping Monkeys	To make children practice jumping skills. Jumping and landing is a skill which not just increases the strength of the leg muscles but also helps learn balance and coordination.
S1.12	Fun with Parachute - 2	Parachute is a fun prop used to develop team play and cooperation. We introduce more complex formations with the Parachute which require a lot more cooperative action between the children.
S1.13	Animal Farm	To help children practice different movement concepts.
S1.14	Run Hop Jump	To learn the different locomotor skills with the idea of personal space management.
S1.15	Ball Dribble	Ball dribbling is a fundamental skill for learning Basketball. Children learn to dribble with soft balls and slowly get introduced to the various techniques of ball dribbling with the hands.
S1.16	Magic Ball	To help children apply the concept of moving in different directions in a fun game. By practising this children will learn to respond automatically to various directions.
S1.17	Micro event - 2	To showcase hopping and running skills
S1.18	Crazy Frogs	To learn weight transfer and balancing. This lesson focuses on frog jumps, log rolls, egg roll. These are fun activities that children love to do at this age.

THIRD TERM :(JANUARY TO MARCH)

S1.19	Bowl-a-Rama - 2	The purpose of this activity is to make children practice rolling a ball to a target. Hand eye coordination is the focus of learning here.
S1.20	Alphabet Games	To teach children about different types of body movements through a fun activity of spelling simple words. Children have to concentrate and practice quick responses to what the teacher instructs.
S1.21	Fitness Circle	A pulse racing activity focused on giving children a good energising 30 minutes. To make the children practice different locomotor skills.
S1.22	Throwing for a Distance - 2	To teach children the fundamentals of an overhand throw. Throwing is a fundamental skill required in several sports like cricket, touch rugby, basketball. To learn the correct skill of throwing will improve your throw tremendously.

S1.23	Body Movements	Using a fun prop, the hoop, children move their bodies to get in and out of hoops while holding hands with their partners. These are cooperative games which also teach children how to work with their friends.
S1.24	Target Bucket	To develop throwing and catching skills. These are basic manipulative skills used in several sports.

S1.25	Micro event - 3	To showcase running, jumping, sliding, galloping and various locomotor skills.
S1.26	Tortoise, Puppies and Elephants	To develop the concepts of different levels in space. Low, Mid, High are levels that children need to learn to understand and use in various sports. Kho Kho is a great example of a sport in which all these levels are beautifully used. Children sit, run and even swing along the post.
S1.27	Twist, Turn, Hop and Clap	To develop rhythmic and coordinated body movements with some fun aerobic steps.
S1.28	Body Management Circuit - 2	Knowing your body and being able to move it in a variety of ways is the basis of all physical activity be it sports, dance or even the daily chores. We teach children different body movements, how to transfer weight from one body part to another and balance and how to run around with agility.

SUBJECT-MUSIC

FIRST TERM: (APRIL TO AUGUST)

National Anthem - Jan Gan Man

National Song

(Theory and Practical)

SECOND TERM: (SEPTEMBER TO DECEMBER)

Spiritual Song

Exercise of Prayers and Shlokas

(Theory and Practical)

THIRD TERM: (JANUARY TO MARCH)

Sargam and Swachh Bharat song

Action Song

(Theory and Practical)