

FOR SEMESTER I & II

MONTHLY SYLLABUS

[Annual Planning]

STANDARD 5



SPECIMEN

COPY

For Review &
Recommendation

NAVNEET[®]

Navneet ASSESSMENT SCHEME : Jr. to 5

For Semester I & II

Subjects Standard	Main Sub. Jr./Sr.	Main Sub. 1 to 5	Gen. Eng. 1 to 5	Hindi 1 to 4	Guj. 1 & 2	Comp. 4 & 5	G. K. 1 to 5
Formal Written Assessment	40	40	40	40	40	40	40
Informal Assessment	-	40	40	-	-	-	-
Int. / Pra.	10	20	20	10	10	10	10
Total Marks	50	100	100	50	50	50	50

For Semester II

Subjects Standard	Draw. Jr./Sr.	Draw. 1 to 5	Comp. 1 to 3	P. E. 5
Formal Written Assessment	40	80	25	40
Informal Assessment	-	-	-	-
Int. / Pra.	10	20	25	20 + 40
Total Marks	50	100	50	100

Unit Assessment 1 & 2 (20 – 20 Marks)	☛ Main Subjects : Std. 1 to 5
	☛ English, Mathematics & G. K. : Jr. K. G. & Sr. K. G.

SYLLABUS

- ☛ **Unit Assessment 1 : August, 2014** : Course of June '14 & July '14.
- ☛ **Assessment – Semester I : October, 2014** : Course from June '14 to October '14.
- ☛ **Unit Assessment 2 : February, 2015** : Course from November '14 to January '15.
- ☛ **Assessment – Semester II : April, 2015** : Course from November '14 to April '15.
- ☛ Written Assessment for **Drawing** : Jr. K. G. to Std. 5, **Computer** : Std. 1 to 3 and **P. E.** : Std. 5 will be done only once, at the end of Semester II and it will be based on the entire syllabus.

Monthly Syllabus (Annual Planning)

Std. 5

Note : Written Assessment of Semester 1 comes either in September or in October. So you are requested to complete the syllabus accordingly.

* **Semester I :** June to October

* **Semester II :** November to April



1. ENGLISH (FL)



Month	Units
June	1. Rooster's Good Morning 2. The Planets (<i>Poem</i>) (L.B.H.)
July	3. How Clever ! 1. A Bad Foot 2. Quick Thinking * Dialogue Writing * Essay Writing - (1) Save the Environment (2) How Your Mother Prepared Lime (Lemon) Juice (3) The Rainbow 4. The Poor Sour Lime 5. The Rainbow (<i>Poem</i>) (L.B.H.)
August	6. Unity is Strength * Story Writing - (1) The Elephants and the Mice (2) The Crow and a Snake 7. A Shooting Test * Essay Writing - Do you Like Test ? 8. What does the Little Birdie say ? (<i>Poem</i>) (L.B.H.)
September	9. Raju's Party * Letter Writing (Friendly letter) * Essay Writing - An Act of Service 10. Bravo ! Boys and Girls

	<p>11. Swimming (<i>Poem</i>)</p> <p>12. Festivals – Fun Happy Time</p> <ul style="list-style-type: none"> * Essay Writing – My Favourite Festival * Letter writing – To a Pen – friend inviting him to witness and enjoy Dandia Festival of Gujarat
October	Revision
November	<p>13. Who did Patrick’s Homework ?</p> <p>14. School (<i>Poem</i>)</p> <ul style="list-style-type: none"> * Essay Writing – (1) My Day at School (2) What do you feel about doing homework ?
December	<p>15. Don Quixote and the Lion</p> <p>16. Looking for Home</p> <ul style="list-style-type: none"> * Letter Writing – To a friend telling about your pet animal
January	<p>17. Animal Dances (<i>Poem</i>)</p> <p>18. Robots</p> <ul style="list-style-type: none"> * Essay Writing – Computer – Uses <p>19. The Sun (<i>Poem</i>) (L.B.H.)</p>
February	<p>20. Bachendri Pal – A Heroine of the Himalayas</p> <ul style="list-style-type: none"> * Essay Writing – My Favourite Sportsperson <p>21. Monuments of Gujarat</p> <ul style="list-style-type: none"> * Essay Writing – (1) A Visit to a Historical Place (2) Wild Animals <p>22. Legs (<i>Poem</i>)</p>
March	<p>23. Grandpa’s Friend</p> <ul style="list-style-type: none"> * Letter Writing – Leave Application <p>24. Friendship (<i>Poem</i>) (L.B.H.)</p> <ul style="list-style-type: none"> * Essay Writing – (1) Respect Your Elders and Teachers (2) Your Duties to your Friend
April	Revision



2. HINDI



मास	गद्यपाठ	पद्यपाठ	लेखन
जून	चित्रपठन : 1. घर का आँगन 2. हमारे पशु-पक्षी चित्रवार्ता : 1. एकता में ही बल है 2. आसमान गिरा	—	1. अनुलेखन 2. चित्रवार्ता : नीलरंगी सियार
जुलाई	सोपान – 1 से 5 गिनती (1 से 50)	1. नन्हा मुन्ना राही हूँ ... (कंठस्थ)	3. गिनती 4. मैं बनूँगा फ़ौजी
अगस्त	2. गाय (निबंध)	4. रामू और श्यामू	5. गाय माता
सितम्बर	3. जैसे को तैसा (कहानी) 5. सच्चा बालक (जीवनप्रसंग)	6. सीखो (कंठस्थ)	6. रिक्त स्थानों की पूर्ति (वार्ता – सही शब्दों से) 7. मेरा देश
अक्टूबर	पुनरावर्तन	पुनरावर्तन	—
नवम्बर	7. हम भी बनें महान (प्रसंगकथा)	9. झरझर झरता झरना	8. कविता- लेखन 9. मेरे प्रिय नेता 10. श्रुतलेखन

दिसम्बर	8. महान वैज्ञानिक एडीसन (जीवनी)	11. चिड़िया का गीत	11. मेरा प्रिय वैज्ञानिक (कोष्ठक में से सही शब्द चुनकर रिक्त स्थानों की पूर्ति कीजिए।) 12. कहानी- लेखन
जनवरी	10. स्वच्छता (वार्तालाप) 12. मित्र को चिड़ी (चिड़ी)	14. प्यारे बापू (कंठस्थ)	13. पत्र-लेखन 14. मातृभाषा में अनुवाद 15. स्वच्छता
फरवरी	13. साहसी बालक (सत्य घटना) 15. रानी दुर्गावती (जीवनी)	16. चलते रहो	16. कहानी- लेखन 17. रानी दुर्गावती
मार्च	17. जरा मुस्कुराइए (चुटकुले) मौखिक कसौटी, लिखित कसौटी, क्रियात्मक कसौटी, व्याकरण विचार आदि	—	18. मेरा प्रिय त्यौहार (कोष्ठक में से सही शब्द चुनकर रिक्त स्थानों की पूर्ति कीजिए।)
अप्रैल	पुनरावर्तन	पुनरावर्तन	—



3. GUJARATI



Month	Chapters	Composition
June	<p>૧. ચાંદલો ગમે (Poem) (L.B.H.)</p> <p>૨. ઈસપની વાતો (૧) કુંભાર અને ગઘેડો (૨) વરુ અને ઘેટાનું બચ્ચું</p> <p>Grammar</p> <p>* સમાનાર્થી શબ્દો, વિરોધી અર્થવાળા શબ્દો, જોડણી સુધારો</p>	<p>૧. વાતલેખન (સિંહ અને ઉંદર)</p>
July	<p>૩. ચાંદામામા જંગલમાં ૪. જાદુઈ પેટી ૫. સૌ સૌની ભૂખ</p> <p>Grammar</p> <p>* સમાનાર્થી શબ્દો, વિરોધી અર્થવાળા શબ્દો, જોડણી સુધારો</p>	<p>૨. આપણી ઋતુઓ ૩. ટેલિવિઝન</p>
August	<p>૬. ડુગડુગિયાવાળી (Poem) (L.B.H.)</p> <p>૭. સાચી મિત્રતા ૮. કબૂતરને ઓળખો</p> <p>Grammar</p> <p>* સમાનાર્થી શબ્દો, વિરોધી અર્થવાળા શબ્દો, જોડણી સુધારો</p> <p>* જાતિ બદલો</p> <p>* શબ્દોને શબ્દકોશની કક્કાવારીના ક્રમ પ્રમાણે ગોઠવીને લખો</p> <p>* શબ્દસમૂહ માટે એક શબ્દ લખો</p> <p>* રૂઢિપ્રયોગોના અર્થ લખો</p> <p>* નમૂના પ્રમાણે શબ્દ-જોડી બનાવો : નમૂના : આવ્યું- આવવું સરકવું- સરક્યો</p>	<p>૪. કબૂતર ૫. રાષ્ટ્રધ્વજ ૬. રક્ષાબંધન</p>

<p>September</p>	<p>૯. છોગાળા, હવે તો છોડો! ૧૦. કરો રમકડાં કૂચકદમ (Poem) (L.B.H.) Grammar * સમાનાર્થી શબ્દો, વિરોધી અર્થવાળા શબ્દો, જોડણી સુધારો * જાતિ બદલો * શબ્દોને શબ્દકોશની કક્કાવારીના ક્રમ પ્રમાણે ગોઠવીને લખો * શબ્દસમૂહ માટે એક શબ્દ લખો * રૂઢિપ્રયોગોના અર્થ લખો * નમૂના પ્રમાણે શબ્દો બનાવો : નમૂનો : એક બચ્ચું – બે બચ્ચાં</p>	<p>૭. મારી શાળા ૮. વાતાલેખન ૯. દિવાળી</p>
<p>October</p>	<p>પુનરાવર્તન</p>	<p>—</p>
<p>November</p>	<p>૧૧. માણસ પરખાય વાણીથી ૧૨. ખડખડ ખડખડ ખોદત હે Grammar * સમાનાર્થી શબ્દો, વિરોધી અર્થવાળા શબ્દો, જોડણી સુધારો * જાતિ બદલો * શબ્દોને શબ્દકોશની કક્કાવારીના ક્રમ પ્રમાણે ગોઠવીને લખો * શબ્દસમૂહ માટે એક શબ્દ લખો * રૂઢિપ્રયોગોના અર્થ લખો</p>	<p>૧૦. રજાચિઠ્ઠી</p>
<p>December</p>	<p>૧૩. સિંહ અને સસલું ૧૪. સિંહની પરોણાગત (Poem) (L.B.H.) Grammar * સમાનાર્થી શબ્દો, વિરોધી અર્થવાળા શબ્દો, જોડણી સુધારો * જાતિ બદલો * શબ્દોને શબ્દકોશની કક્કાવારીના ક્રમ પ્રમાણે ગોઠવીને લખો * શબ્દસમૂહ માટે એક શબ્દ લખો * રૂઢિપ્રયોગોના અર્થ લખો</p>	<p>૧૧. સિંહ ૧૨. મારી પ્રિય રમત : લંગડી</p>

January

૧૫. સૌનો માલિક એક

૧૬. ખજૂર

Grammar

- * સમાનાર્થી શબ્દો, વિરોધી અર્થવાળા શબ્દો, જોડણી સુધારો
- * જાતિ બદલો
- * શબ્દોને શબ્દકોશની કક્કાવારીના ક્રમ પ્રમાણે ગોઠવીને લખો
- * શબ્દસમૂહ માટે એક શબ્દ લખો
- * રૂઢિપ્રયોગોના અર્થ લખો
- * નમૂના પ્રમાણે શબ્દો બનાવો :
નમૂનો : કમાલિ - માલિક

૧૩. ઉત્તરાયણ

૧૪. ખજૂર

February

૧૭. ફાગણિયો લહેરાયો (Poem)

(L.B.H.)

૧૮. મધમાખી અને પતંગિયું

Grammar

- * સમાનાર્થી શબ્દો, વિરોધી અર્થવાળા શબ્દો, જોડણી સુધારો
- * જાતિ બદલો
- * શબ્દોને શબ્દકોશની કક્કાવારીના ક્રમ પ્રમાણે ગોઠવીને લખો
- * શબ્દસમૂહ માટે એક શબ્દ લખો
- * રૂઢિપ્રયોગોના અર્થ લખો
- * નમૂના પ્રમાણે શબ્દો બનાવો :
નમૂના : ફાગણ - ફાગણિયો
બોર - બોરડી

૧૫. ગાંધીજી

૧૬. વાર્તાલેખન

* શ્રુતલેખન

<p>March</p>	<p>૧૯. સાચું તીર્થ ૨૦. ઉખાણાં</p> <p>Grammar</p> <ul style="list-style-type: none"> * સમાનાર્થી શબ્દો, વિરોધી અર્થવાળા શબ્દો, જોડણી સુધારો * જાતિ બદલો * શબ્દોને શબ્દકોશની કક્કાવારીના ક્રમ પ્રમાણે ગોઠવીને લખો * શબ્દસમૂહ માટે એક શબ્દ લખો * રૂઢિપ્રયોગોના અર્થ લખો 	<p>૧૭. હોળી</p> <ul style="list-style-type: none"> * અનુલેખન
<p>April</p>	<p>પુનરાવર્તન</p>	<p>—</p>



4. MATHEMATICS



Month	Chapters
June	1. Calculator 2. Numbers
July	3. Addition and Subtraction 4. Multiplication and Division
August	5. Average 14. Fundamental Concepts of Geometry
September	6. Profit and Loss 7. Perimeter and Area
October	Revision
November	8. Divisibility Tests
December	9. Factors and Multiples 10. Highest Common Factor and Least Common Multiple
January	11. Whole Numbers 12. Fractions
February	13. Decimal Fractions 15. Triangle
March	16. Circle
April	Revision



5. SCIENCE AND TECHNOLOGY



Month	Chapters	Experiments
June	1. Fun with a Magnifying Lens 2. Learn Preparing Groups	1. To obtain the image of a distant tree on a screen by using a magnifying lens. 2. To prepare a magnifying lens from a fused electric bulb.
July	3. Living – Non-living 4. Let us know the Soil	1. To verify that soil contains air, water and humus. 2. To compare the filtration power and moisture holding power of different types of soil.
August	5. Seed and its Germination 6. Water and its Importance	* To prove that air, water and temperature are essential for seed germination.
September	7. Observation of Living World 8. Diversity in Animals	—
October	Revision	—
November	9. Food and Health	—

December	<p>10. The Sky as seen by an Unaided Eye</p> <p>11. Air</p> <p>12. Light and its Properties</p>	<p>1. To prove that air occupies space.</p> <p>2. To prove that light is necessary to see object.</p> <p>3. To prove that light travels in a straight line.</p>
January	<p>13. Measurement of Time</p> <p>14. Measurement of Length</p>	<p>1. To prepare water-clock.</p> <p>2. To prepare one minute sand-clock.</p>
February	<p>15. Sound</p> <p>16. Energy</p>	<p>* To prove that vibrations in an object are necessary to produce sound.</p>
March	<p>17. Who Simplified Our Work?</p> <p>18. Science and Everyday Life</p>	—
April	Revision	—



6. SOCIAL SCIENCE



Month	Chapters
June	History : 1. History of a Village Geography : 14. Maps
July	History : 2. History of a District Political Science : 11. Local Self-government Organisations : Rural Area Geography : 15. Village : Location, Boundaries and Physiography Mapwork : Map of Your Village
August	History : 3. Dhruv Geography : 16. Gujarat : Location, Boundaries and Physiography Mapwork : Physiography of Gujarat
September	History : 4. Shravan Political Science : 12. Local Self-government Organisations : Urban Area Geography : 21. Gujarat : Routes and Modes of Transport
October	Revision
November	History : 5. Shabari Geography : 17. Gujarat : Climate
December	History : 6. Luv-Kush 7. Eklavya Geography : 18. Gujarat : Natural Wealth Mapwork : Gujarat : Rivers, Forest and Minerals

January	History : 8. Krishna – Sudama Political Science : 13. Justice at Local Level Geography : 19. Gujarat : Soil, Agriculture and Irrigation Mapwork : Gujarat : Crops and Irrigation Projects
February	History : 9. Gautam Buddha Geography : 20. Gujarat : Industries Mapwork : Industries of Gujarat
March	History : 10. Mahavir Swami Geography : 22. Gujarat : Social Life
April	Revision



7. GENERAL ENGLISH



Month	Units	Details
June	1. The Sentence 2. The Subject and the Predicate 3. Kinds of Sentences 14. Punctuation 28. Sounds and Cries	* Learn the definition of sentence, identify the meaningful sentence * Learn definition of subject and predicate, identify subject and predicate in the sentence * Learn four kinds of sentences * Learn different punctuation marks * Learn sounds of different things, cries of animals
July	5. Verbs – Transitive and Intransitive 6. Is or Are 7. And, But 8. Nouns : Proper Nouns 9. Nouns : Common Nouns 20. Questions and Answers	* Learn Transitive and Intransitive verbs * Learn use of 'Is' or 'Are' * Make use of conjunctions to join the sentence * Learn proper nouns and common nouns
August	4. Kinds of Sentences (Revision) 10. Nouns : Collective – Abstract – Material 26. Spellings	* Learn four kinds of sentences * Learn collective, abstract and material nouns * Learn to spell the correct words

	<p>27. Words often Confused</p> <p>42. The Noun : Gender</p> <p>45. Picture Composition</p>	<p>* Learn pair of words that sound alike but are different in meaning and spelling</p> <p>* Learn gender of the noun</p>
September	<p>11. The Adverb</p> <p>12. Kinds of Adverbs</p> <p>23. Opposites</p> <p>24. Comprehension</p> <p>30. The Indefinite Article : A or An</p> <p>47. Present Progressive (Continuous) Tense</p>	<p>* Learn definition of Adverb and learn kinds of Adverbs</p> <p>* Answer the questions from comprehension</p> <p>* Learn Indefinite Article – A or An</p>
October	Revision	—
November	<p>22. Possessive Adj. and Possessive Pronouns</p> <p>40. Matching – Questions and Answers</p> <p>43. Comprehension</p>	<p>* Learn kinds of adjective and pronouns</p> <p>* Match the correct answers</p> <p>* Read the passage and answer the questions</p>
December	<p>15. Simple Present Tense</p> <p>16. Simple Past Tense</p> <p>17. Future Non-Progressive Tense</p> <p>39. Choosing the Best Answer</p>	<p>* Learn Simple Present Tense, Past Tense and Future Non-Progressive Tense</p> <p>* Choose the best answer from the options given</p>
January	<p>13. Adjectives</p> <p>18. Framing Questions</p> <p>19. Short Answers</p> <p>25. Opposite sentences</p>	<p>* Learn definition of an adjective</p> <p>* Frame questions to the given answers</p> <p>* Write long and short answers to the questions</p> <p>* Learn to use opposite words in sentence</p>

	31. The Definite Article : The 46. Picture Composition	* Learn use of Definite Article – ‘The’ * Observe the picture and write a paragraph of ten sentences
February	21. Correct Use of Pronouns 29. Apostrophe – Its Use and Misuse 32. Prepositions 33. Has or Have 35. Because 44. The Rainbow	* Make correct use of Pronouns – mine, ours, yours, his, hers, theirs * Learn correct use of Apostrophe * Learn the use of Has or Have with pronouns * Use conjunction ‘because’ to give reason * Read the poem and answer the questions
March	34. Telling the Time 36. Clues 37. One Word for Many 38. Direct and Indirect Objects 41. The Noun : Number 48. Past Progressive (Continuous) Tense	* Learn to see the clock and tell the correct time * Solve the puzzle * Learn one word for many to make your sentence more graceful * Learn definition of indirect object, learn correct use of it. * Make a list of direct and indirect objects. * Learn singular and plural number * Learn Past Progressive Tense
April	Revision	—



8. GENERAL KNOWLEDGE



Month	Units	Details
June	1. Some Machines and Appliances	<ul style="list-style-type: none">* Name the machines and appliances under each picture and remember them* Learn fill in the blanks, match the list
July	2. Some Nation-Builders 3. Some Great Thinkers 4. Republic Day Awards	<ul style="list-style-type: none">* Learn fill in the blanks, match the list* Learn the names of the nation builders, some great thinkers of the world* Know about the various 'Republic Day Awards', learn the names of some recipients of Bharat Ratna
August	5. Peoples of the World 6. Our Country – INDIA	<ul style="list-style-type: none">* Know the different tribes of the world* Learn about our India in detail – States and their capitals, wild sanctuaries, some 'First' in our country etc.* Write questions-answers

September	7. General Topics 8. All-Time Greats in Some Popular Games	<ul style="list-style-type: none"> * Write abbreviations and their full forms * Complete the sentences, match the list * Learn abbreviations, books and authors trade names * Learn and remember some outstanding players of popular games
October	Revision	—
November	9. General Science 10. Useful Inventions and their Inventors	<ul style="list-style-type: none"> * Learn and remember some scientists and their inventions * Write questions-answers, fill in the blanks, match the list etc.
December	11. Queer World of Animals 12. Fun With Figures 14. Words Often Confused (contd.) (1 to 12 words)	<ul style="list-style-type: none"> * Learn and remember the queer world of animals – mammals, flying animals etc. * Learn fun with figures * Write fill in the blanks, match the list, solve the problems and questions-answers
January	13. Word Power Test	<ul style="list-style-type: none"> * Improve your knowledge through language study * Complete the statements, one word for many etc.

February	<p>14. Words Often Confused (13 to 25 words)</p> <p>15. Intelligence Test (contd.) (Ex. 1 to 3)</p>	<ul style="list-style-type: none"> * Learn the meanings of pairs of words which are generally confused for the other * Learn and remember sequence of the letters, problem figures
March	<p>15. Intelligence Test (Ex. 4 and 5)</p> <p>16. United Nations and its Chief Organs and Agencies</p>	<ul style="list-style-type: none"> * Learn the organs of the U.N. * Write questions-answers, fill in the blanks and match the list
April	Revision	—



9. COMPUTER



Month	Lessons
June	1. Functions and Parts of a Computer
July	1. Functions and Parts of a Computer
August	2. The CPU
September	3. Storage
October	Revision
November	4. Introduction to Windows
December	4. Introduction to Windows
January	5. Word
February	5. Word
March	5. Word
April	Revision



10. DRAWING



Month	Topic	Details
June	1. Creative line drawing 2. A peacock	* Draw lines of different thickness with a paint brush. (Page No. 14) * Complete the simple sketch of a peacock and paint it with crayon colours. (Page No. 3)
July	3. Memory drawing 'Children going to school' 4. Design 2D	* Draw a light sketch and paint the background bright. Choose suitable colours for their uniforms. (Page No. 5) * Use circles, triangles and wavy lines overlapping each other and paint the design with any cool or hot colours in the circles. (Page No. 17)

August	<p>5. Memory drawing (Human figures)</p> <p>6. Colour shading technique</p>	<p>* Draw the human figures in a blank drawing book by given steps in the previous exercise. Sub : Children playing in the garden. (Page No. 29)</p> <p>* Draw the outlines with a black sketchpen and paint the flower and leaves using colour shading technique. (Page No. 7)</p>
September	<p>7. Stippling technique</p> <p>8. Scenery</p>	<p>* Complete the picture with a light pencil outline and use bright-coloured sketchpens with stippling technique. (Page No. 11)</p> <p>* Use attractive light and dark shades as shown in the model and draw the outline in black colour. (Page No. 1)</p>
October	Revision	—
November	9. Colour exercise	<p>* Outline the area with thin lines and paint the areas in the same colours carefully. (Page No. 15)</p>

<p>December</p>	<p>10. Spray painting</p> <p>11. Memory drawing (Human figures)</p>	<p>* Put different objects on the paper and spray colour on it with a tooth brush and thus get the white impression of the objects. (Page No. 21)</p> <p>* Follow the given clues and make a human figure and learn the proportion, use only a pencil. (Page No. 28)</p>
<p>January</p>	<p>12. Design making</p> <p>13. Vegetable basket</p>	<p>* Draw the outlines of half the shape of a frock on the reverse of the folded sheet. Cut the two halves and stick them on the paper. (Page No. 25)</p> <p>* Observe the vegetable basket and paint the picture using the colour shading technique. Draw the outline in black colour. (Page No. 9)</p>

<p>February</p>	<p>14. Collage work</p> <p>15. Memory drawing (Human figures)</p> <p>16. Freehand drawing</p>	<p>* Draw a light outline of the fruit basket. Tear the pages of coloured magazines into bits and stick them within outlines. (Page No. 26)</p> <p>* Draw the human figures in a blank drawing book by given steps in the previous exercise. Sub : Vegetable Seller. (Page No. 30)</p> <p>* Complete the free-hand drawing of bird with given forms and complete it in primary & secondary colours. (Page No. 18)</p>
<p>March</p>	<p>17. Pencil shading</p> <p>18. Blow painting technique</p>	<p>* Do the shading with small strokes in the fish with the help of HB and 2B pencils. Learn light, medium and dark tones. (Page No. 31)</p> <p>* Create an abstract design by blowing on blobs of paint dripped on the paper. (Page No. 23)</p>
<p>April</p>	<p>Revision</p>	<p>—</p>



11. HEALTH AND PHYSICAL EDUCATION



Month	Units	Details
June	1. Health of Body and Mind	<ul style="list-style-type: none">* Learn good habits and manners* Learn to think positively
July	2. Importance of Health of Body and Mind 8. Yoga and Yogasana (contd.)	<ul style="list-style-type: none">* Learn to keep our body healthy* Speak polite and sweet words* Learn various yogasana
August	8. Yoga and Yogasana (complete) 3. Hygienic Regimen	<ul style="list-style-type: none">* Learn advantages of exercise* Learn hygiene of body
September	9. Exercises for All Round Physical Development 10. Drill and Marching 11. Athletics	<ul style="list-style-type: none">* Learn exercises* Explain the commands and learn questions-answers* Learn various athletic events
October	Revision	—
November	4. Cleanliness and Protection of the Body	<ul style="list-style-type: none">* Cleanliness of mouth and teeth

December	5. Meals	* Advantages and disadvantages of sweet food * Advantages of taking various fruits
January	6. Pollution 7. Simple Treatment and First Aid	* Various types of pollution * Learn simple treatment methods of simple diseases
February	12. Games 13. Gymnastics	* Learn Simple, Relay and Lead up Games
March	14. Dumb-bells	* Learn various types of dumb-bells
April	Revision	—

Published by Navneet Education Limited, Dantali, Gujarat.
Printed by Navneet Education Limited, Dantali, Gujarat.

NOTES

NOTES

NOTES

