

Class II

English Curriculum 2023-2024

Text Books: My English Reader, English Practice Book

Objectives:

- 1) To listen to different words and distinguish between their meanings.
- 2) To pronounce the words correctly.
- 3) To enable the students to read simple connected sentences.
- 4) Enable students to recite poems with proper intonation, pronunciation and stress.
- 5) To enhance their speaking ability.
- 6) To use grammatically correct language.
- 7) To inculcate the habit of reading more books apart from the text books.
- 8) Recall and recognize about 2500 spoken words.
- 9) To enable the students to achieve desired level of physical fitness as per the guidelines given by CBSE. Note: Keeping in mind the physical fitness of the children, the subject has been integrated with some physical activities like hopping, jumping, bending, stretching etc.

| April | | |
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| Topic | Learning Objectives | Teaching Methodology/ Aids |
| 1) Sheetal | <p>The learner will be able to :</p> <ul style="list-style-type: none"> - Read fluently <p>Comprehend the subject matter. Emphasize on values in daily routine. Value : Getting up on time</p> <ol style="list-style-type: none"> 1) Cleanliness 2) Being helpful | <ul style="list-style-type: none"> - Reading & explanation. - Story narration on good habits. -worksheets - Activity: Let's talk |
| 2) Riddle Time | <ul style="list-style-type: none"> -The students apply his / her knowledge in solving riddles <p>To promote thinking skills</p> | <ul style="list-style-type: none"> -Explanation of meaning of riddle- -Interesting riddles |
| 3) Puss and the Parrot | <p>Students will be able to:</p> <ul style="list-style-type: none"> Read and comprehend Appreciate the main idea of the lesson Frame simple sentences Deliver dialogues Use is/ am/ are correctly | <p>Reading and explanation</p> <ul style="list-style-type: none"> -Vocabulary enhancement by telling the meaning of the new words. -Eliciting responses from students by asking questions. - Activity: Mask making (cat). -worksheets |

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| Practice book Page 1- 8 | Learner will be able to apply his / her knowledge & give answers. | -Exercise to be done through interactions with students. |
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| May | | |
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| Topic | Learning Objectives | Teaching Methodology/ Aids |
| 1) The helpful friends | Students will be able to : Read fluently, Understand the meaning of new words, Respond to questions asked, | -Story narration by the teacher -Vocabulary enrichment: flashcards Discussion of questions in the lesson |
| 2) Little Pussy | Formulate their ideas into sentences. -enjoy the rhythm of the poem. -recite the poem rhythmically | -Word train activity |
| 3) Preposition- in, on , at, under, above, near, into, behind | -use preposition correctly -understand the correct usage of prepositions | - worksheets -(physical fitness)games like- stand up and jump on the floor; move behind your chair |
| Practice book- Pg.9-11 | - To be able to give answers to the questions | - Exercise of the book to be done through interaction |

| July | | |
|------------------------|--|---|
| Topic | Learning Objectives | Teaching Methodology/ Aids |
| 1) 'ar' sound words | The students will be able: -to learn new words. -recognize the picture and name the sound words | - Flashcards - Activity: 'Be quick' game |
| 2) A spark in the dark | -To develop reading, listening and speaking skills -To enhance vocabulary and usage of 'ar' sound words | - Reading and explanation of the chapter |
| 3) 'ai' sound words | - To learn new words | - flash cards |
| 4) The sailing trip | To be able to read To find the answers to questions | - Reading and explanation of the chapter |

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| Grammar-naming words | To identify the naming words -Underline naming words in the given sentences | - Activity: 'Mystery bag' |
| Practice book Pg. 12-16 | -To be able to give answers to the questions | -Exercise of the book to be done through interaction |

| August | | |
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| Topic | Learning Objectives | Teaching Methodology/ Aids |
| 1) 'ou' sound words | To learn new words | - 'ou' sound words with song. |
| 2) A mouse in the house | - To develop language skills like reading, writing and speaking. | Reading of the lesson |
| 3) Poem- The Rainbow | Appreciates the beauty of the poem. | -Recitation and explanation of the meaning of the poem. |
| 4)'tch' sound words | To learn new words | -Picture cards. |
| 5) The magic match box | -To be able to read and comprehend the sentences. | -Reading and explanation of the lesson. |
| Grammar- | | |
| Replacing words | To use replacing words correctively. | |
| Action words | -To understand the meaning of action words. | -Eliciting answers from students worksheets; Activity on Action words - Simon Says (integrated with physical fitness). |
| Practice book Pg. 17-24 | - To identify the action word in the given sentences. | -Activity: 'Word Lotto' |

| September | | |
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| Topic | Learning Objectives | Teaching Methodology/ Aids |
| 1) 'wh' sound words | To learn the sound and spellings of 'wh' sound words | - Activity: song on 'wh' sound words. |
| 2) Where is the pink whale? | To be able to read fluently & independently. To write answers to questions asked. | Reading and comprehension - Joining broken words to form meaningful words. |
| 3) 'ow' sound words | To learn new words. | - flashcards with pictures |
| 4) The crow's nest | To be able to read fluently. To comprehend and find answers to questions asked. | -Reading and comprehension. -Elicit answers from students.- Activity: Pictorial timeline. |
| 5) Describing words Practice book Pg 25-30 | -To be able to pick out describing words from sentences. | -Activity on describing words (integrated with physical activities). e.g. 1. Hop 5 times and touch the nearest object, now jump back and describe it. 2. Bend your waist and touch the long finger of your feet. |

| October | | |
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| Topic | Learning Objectives | Teaching Methodology/ Aids |
| 1)'oa' sound words | -To learn new words. | - flash cards |
| 2)The foamy soap | -To read and comprehend. | -English reader book |
| 3)Poem-Let's draw | - To understand and do as directed. | -To make learner's do as directed in poem. |
| 4) Hanuman | - To be able to read and comprehend. - To find answers to questions. | - English Reader Book |
| Grammar - Practice of describing words | - To be able to identify describing words in the given sentences | - Activity: 'Describe your name' |
| Practice book: Pg.31 to 35 | - To answer questions given in the exercises | -worksheet - English Practice book |

| November | | |
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| Topic | Learning Objectives | Teaching Methodology/ Aids |
| 1) When I was a baby | -To be able to go down the memory lane of their infancy. | -Sharing of one's memory of infancy. |
| 2) The silver tray | - To be able to read and comprehend. - To find answers to Questions. | -Story building through words |
| 3) An inch of gold | -To develop language skills like reading, writing and speaking. -To be able to formulate their ideas into meaningful sentences. | -Reading of the lesson |
| Grammar: Past tense | -To be able to differentiate between present and past tense. | -Explanation and practice through exercises -Activity: ' Find your partner' |
| Practice book: Pg-36-40 | -To understand the questions and give answers. | -English Practice Book. |

| December | | |
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| Topic | Learning Objectives | Teaching Methodology/ Aids |
| 1) When did Sheetal? | - To understand the importance of doing work on time | -Discuss the routine followed by pupils everyday. |
| 2) The Sparrow | -To develop ability to understand the lesson To understand the main idea of the story. | -Reading and explanation from English reader |
| 3) Two Shops | -To understand the importance of expression and gesture | -Through enactment teacher would show facial expression of a frown & smile |
| 4)Poem: Wonder | -To understand the central idea of the poem | -Activity: ' Emoticon making' -Recitation of the poem |
| Grammar: Singular and plural | -To be able to form plurals of the word given | -Interaction with students |
| Practice book: Pg: 41-47 | To be able to give the answers | |

| January | | |
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| Topic | Learning Objectives | Teaching Methodology/ Aids |
| 1) The school in the jungle | -To be able to listen, comprehend and recall. To be able to frame questions. | English reader book -Activity (physical fitness): Jump like rabbit, move on four limbs like a cat, move on your toes |
| 2) Whose is it? | -To be able to use the replacing words correctly. | -Activity: 'Dialogue delivery'. -worksheets |
| 3) That is your bag, not mine | To be able to comprehend and recall. To frame meaningful sentences. | Reading from English reader -Discussion of question from the lesson. |
| Practice Book Pg-48-52 | To find answers to the questions. | -Activity - Memory Games |

| February | | |
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| Topic | Learning Objectives | Teaching Methodology/ Aids |
| 1) Poem: The swing | - To be able to speak confidently and appreciate the beauty of the poem | - Recitation of the poem with actions. |
| 2) Tomorrow will be holiday | - To speak clearly, fluently | -Activity: ' Let's talk'. -Discussion of questions and answers |
| 3) Raghu, the dreamer | - To inculcate the value of obtaining things with hard work rather than building castles | -Reading from English reader -Discussion of questions and answers |
| Practice book Pg. 53-54 | - To understand the use of 'will' | Explanation by the teacher |

| March |
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| Revision of selected topics of the syllabus |

ESTD 1886

हिंदी

सत्र - 2023– 2024

कक्षा - 2

पुस्तकें

- भाषा माधुरी
- भाषा अभ्यास

मुख्य उद्देश्य :

- 1- भाषा अध्ययन रुचिकर लगे और बच्चे भाषा की उपयोगिता को अनुभव करें।
- 2- अनावश्यक जटिलता से बचा जाए और पाठ्यक्रम मानसिक स्तर के अनुरूप हो।
- 3- बच्चों का उच्चारण शुद्ध और वर्तनी ठीक हो।
- 4- बच्चों को अपनी बात पूरी करने के लिए हमेशा प्रोत्साहित किया जाए।
- 5- बच्चों के मन में स्वयं पढ़ने एवं लिखने की जिज्ञासा उत्पन्न हो। बच्चों की कल्पना शक्ति का विकास हो।
- 6- पाठ का आदर्श वाचन ,व्यक्तिगत वाचन सभी प्रकार के प्रश्न/उत्तर वाक्य प्रयोग तथा चरित्र निर्माण संबंधी क्रियात्मक कार्य करवाया जाए।

अप्रैल

| प्राक्कथन | उद्देश्य | सिखाने का ढंग |
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| भाषा माधुरी पाठ-1 सीखो (कविता) | <ul style="list-style-type: none">विद्यार्थियों की रचनात्मक अभिव्यक्ति एवं कल्पना शक्ति का विकास करना । | <ul style="list-style-type: none">कविता द्वारा लय ताल एवं स्मरण शक्ति का विकास करना। |
| पाठ- 2 ठीक काम करें। कठिन शब्द एवं पाठ का अभ्यास कार्य। | <ul style="list-style-type: none">विद्यार्थियों के मन में अच्छा कार्य करने की इच्छा जागृत करना । | <ul style="list-style-type: none">प्रकृति की वस्तुओं से बच्चों को अच्छी बातें सिखाना। |
| भाषा अभ्यास - पृष्ठ 1 से 12 वचन बदलो लिंग बदलो, विपरीत शब्द, चित्र देखकर नाम लिखो | | <ul style="list-style-type: none">विद्यार्थियों को वस्तुओं द्वारा वचन बदलो का ज्ञान देना।क्रियात्मक कार्य -सबसे अच्छा बच्चा कौन? फ़्लैश कार्ड के द्वारा कराया जायेगा । |

मई

| प्राक्कथन | उद्देश्य | सिखाने का ढंग |
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| <p>भाषा माधुरी</p> <ul style="list-style-type: none">पाठ -3 दादी का गांव कठिन शब्द एवं पाठ का अभ्यास कार्य।भाषा अभ्यास पृष्ठ 13 से 17 तक | <ul style="list-style-type: none">विद्यार्थियों के मन में गांव की शुद्ध वातावरण की जानकारी को विकसित करना।पर्यावरण व गांव के लोगों से परस्पर मिलजुल कर रहने की आदत का विकास करना। | <p>गांव के विषय में बच्चों को जानकारी देना बच्चों को गांव के विकास से संबंधित जानकारी देना।</p> <p>क्रियात्मक कार्य -कविता अपना गांव के द्वारा बच्चों को गांव से सम्बंधित जानकारी देना।</p> |

जुलाई

| प्राक्कथन | उद्देश्य | सिखाने का ढंग |
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| <p>भाषा माधुरी</p> <ul style="list-style-type: none">पाठ - 4 मेहनत का फल | <ul style="list-style-type: none">मेहनत का फल और सफाई के साथ जुड़े विषयों की जानकारी | <ul style="list-style-type: none">मेहनत के फल की उपयोगिता से अवगत कराना। |

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| <ul style="list-style-type: none"> ● कठिन शब्द पाठ का अभ्यास कार्य ● पाठ 5 जन्मदिन कठिन शब्द पाठ का अभ्यास कार्य ● भाषा अभ्यास पृष्ठ 18 से 24 तक | <p>देना।</p> <ul style="list-style-type: none"> ● जन्मदिन मनाने से संबंधित विषय की जानकारी देना एवं क्रियात्मक शक्ति का विकास करना। ● शब्द भंडार में वृद्धि एवं अभिव्यक्ति की क्षमता का विकास करना। | <ul style="list-style-type: none"> ● बच्चों को जन्मदिन के विषय में बताना। ● विपरीत शब्दों की पहचान सिखाना शुद्ध अशुद्ध का बोध कराना लिए ● क्रियात्मक कार्य - बच्चों को क्राफ्ट द्वारा कागज का कूड़ेदान बनवाना। ● जन्मदिन का कार्ड बनवाना। |
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अगस्त

| प्राक्कथन | उद्देश्य | सिखाने का ढंग |
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| <p>भाषा माधुरी</p> <ul style="list-style-type: none"> ● पाठ- 6 दांत का दर्द कठिन शब्द एवं पाठ का अभ्यास कार्य | <ul style="list-style-type: none"> ● दांतों की सफाई के महत्व एवं दांत साफ करने के लिए प्रेरित करना। नित्य दो बार ब्रश करने की आदत का विकास करना। | <ul style="list-style-type: none"> ● बच्चों को दांतों की सफाई की उपयोगिता से परिचित कराना दांतों को साफ रखने के उपाय बताना ● क्रियात्मक कार्य - दांतों को आप किस प्रकार |

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| | | साफ रख सकते हैं उस पर कविता द्वारा चर्चा की जाएगी। |
| <ul style="list-style-type: none"> पाठ- 7 बाल दिवस कठिन शब्द एवं पाठ का अभ्यास कार्य | <ul style="list-style-type: none"> आदर्श वाचन के द्वारा ज्ञान वृद्धि और बाल दिवस मनाने एवं आनंद प्राप्त करने में समर्थ बनाना | <ul style="list-style-type: none"> बच्चों को बाल दिवस मनाने के विषय में जानकारी देना। वाक्य बनाने की प्रक्रिया सिखाना तथा नए शब्दों का ज्ञान देना। क्रियात्मक कार्य -बाल दिवस पर सवाल जवाब के द्वारा बच्चों को गेम- शो करवाया जायेगा। |
| <ul style="list-style-type: none"> भाषा अभ्यास - पृष्ठ 25 से 31 तक। वाक्य बनाइए, नए शब्द बनाइए, समान अर्थ वाले शब्द | <ul style="list-style-type: none"> वाक्य बनाने व समान अर्थ वाले शब्दों को पहचानने की योग्यता का विकास करना | <ul style="list-style-type: none"> समान अर्थ वाले शब्दों को पहचानने की शक्ति का विकास करना। |

सितंबर

| प्राक्कथन | उद्देश्य | सिखाने का ढंग |
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| <ul style="list-style-type: none">● भाषा माधुरी● पाठ- 8 - प्यारे पेड़● कठिन शब्द एवं पाठ का अभ्यास कार्य | <ul style="list-style-type: none">● पेड़ों का महत्व बताना वह वृक्ष लगाने के लिए प्रेरित करना पेड़ों के प्रति प्रेम एवं बच्चों की क्रियात्मक शक्ति का विकास करना । | <ul style="list-style-type: none">● पेड़ के विभिन्न भागों एवं उनकी उपयोगिता से परिचित कराना● क्रियात्मक कार्य -बच्चों को प्रकृति भ्रमण के लिए ले जाना एवं पेड़ -पौधों के विषय में जानकारी देना । |
| <ul style="list-style-type: none">● पाठ-9 बादल {कविता } | <ul style="list-style-type: none">● बादलों द्वारा वर्षा होने के महत्व के विषय में बताना | <ul style="list-style-type: none">● कविता द्वारा लय ,ताल एवं स्मरण शक्ति का विकास एवं बादलों की उपयोगिता के विषय से अवगत कराना ।● क्रियात्मक कार्य - बच्चों को कागज की नाव बनवाना सिखाना और उसे पानी में तैराना । |

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| <ul style="list-style-type: none">● पाठ - 10 दो तोते कठिन शब्द एवं पाठ का अभ्यास कार्य | <ul style="list-style-type: none">● अच्छे कार्य करने की सीख देना | <ul style="list-style-type: none">● बच्चों को कहानी के पात्रों के माध्यम से अच्छी और बुरी संगति के परिणामों से अवगत कराना । |
| <ul style="list-style-type: none">● भाषा अभ्यास पृष्ठ 32 से 41 तक ।● अधूरे शब्दों को पूरा करो● वचन बदलो 'रू' वर्ण वाले शब्द । | <ul style="list-style-type: none">● शब्द ज्ञान कोष का विकास कराना । शब्द ज्ञान में वृद्धि कराना | <ul style="list-style-type: none">● शब्द पहचान कर अधूरे शब्दों को पूरा करना एवं व्याकरण के नियमों से अवगत कराना । |

अक्टूबर

| प्राक्कथन | उद्देश्य | सिखाने का ढंग |
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| <ul style="list-style-type: none">भाषा माधुरी पाठ-11 चतुर चीकू कठिन शब्द एवं पाठ का अभ्यास कार्य | <ul style="list-style-type: none">परिस्थिति के अनुसार खुद को बचाने और अच्छे कार्य करने की प्रेरणा देना। | <ul style="list-style-type: none">बच्चों को चतुर चीकू की चतुराई से अवगत कराना। |
| <ul style="list-style-type: none">पाठ -12 सीख {कविता} | <ul style="list-style-type: none">देशभक्तों के प्रति प्रेम उजागर करना शहीदों के प्रति सम्मान वह प्रेम की भावना का विकास करना | <ul style="list-style-type: none">कविता द्वारा लय ताल एवं स्मरण शक्ति का विकास करना एवं देशभक्ति की भावना को जागृत करनाक्रियात्मक कार्य -बच्चों को देश भक्ति की कविता सिखाना।क्रियात्मक कार्य - देशभक्तों की तस्वीरों से कोलाज़ बनवाना। |
| <ul style="list-style-type: none">भाषा अभ्यास पृष्ठ 42 से 44 समान लय वाले शब्द वाक्य पूरे | <ul style="list-style-type: none">शब्द भंडार में वृद्धि | <ul style="list-style-type: none">समान लय वाले शब्दों की पहचान सिखाना एवं वाक्य पूरे करने की शक्ति का विकास करना। |

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नवंबर

| प्राक्कथन | उद्देश्य | सिखाने का ढंग |
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| <ul style="list-style-type: none"> भाषा माधुरी पाठ - 13 मेला {कविता } | <ul style="list-style-type: none"> मेला घूमने जाने के प्रति उत्सुकता पैदा करना। | <ul style="list-style-type: none"> कविता द्वारा ताल एवं स्मरण शक्ति का विकास करना लिए क्रियात्मक कार्य -बच्चों द्वारा मेले में देखे गए खेलों एवं वहाँ उन्होंने जो कुछ देखा उसका चित्रण करना। |

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| <ul style="list-style-type: none">● पाठ -14 रोटी कठिन शब्द एवं पाठ का अभ्यास कार्य | <ul style="list-style-type: none">● बच्चों में समानता की भावना पैदा करना● आर्य समाज एवं स्वामी दयानंद सरस्वती जी की शिक्षा की जीवन में उपयोगिता समझाना● | <ul style="list-style-type: none">● स्वामी दयानंद सरस्वती जी के अच्छे कार्यों से अवगत कराना● आर्य समाज के संस्थापक स्वामी दयानंद सरस्वती जी के विषय में जानकारी देना● क्रियात्मक कार्य -फ़्लैश कार्ड और अभिनय की सहायता से आर्य समाज के संस्थापक स्वामी दयानंद सरस्वती जी एवं समाज के नियमों के विषय में जानकारी दी जाएगी लिए● स्वामी दयानन्द सरस्वती जी के जीवन का वर्णन कविता द्वारा सिखाना । |
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| <ul style="list-style-type: none"> ● भाषा अभ्यास ● पृष्ठ 39 से 55 तक प्र से शुरू होने वाले शब्द । सही जगह पर मात्रा लगाना | <ul style="list-style-type: none"> ● शब्द भंडार में वृद्धि एवं वर्तनी की शुद्धता का बोध कराना | <ul style="list-style-type: none"> ● कल्पना शक्ति का विकास कराना एवं सही मात्रा पहचान कर लगाना । |
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दिसंबर

| प्राक्कथन | उद्देश्य | सिखाने का ढंग |
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| <ul style="list-style-type: none"> ● भाषा माधुरी पाठ - 15 ● राजू का सपना कठिन शब्द एवं पाठ का अभ्यास कार्य | <ul style="list-style-type: none"> ● अच्छी आदतों के अच्छे परिणामों की उपयोगिता समझाना । | <ul style="list-style-type: none"> ● बच्चों के मन में अच्छी आदतों को अपनाने की भावना जागृत कराना । |
| <ul style="list-style-type: none"> ● पाठ- 16 अभ्यास | <ul style="list-style-type: none"> ● बार-बार अभ्यास के महत्व को समझाना विलोम शब्दों का परिचय एवं शब्द ज्ञान भंडार में वृद्धि कराना। | <ul style="list-style-type: none"> ● अभ्यास के विषय में बताना । ● क्रियात्मक कार्य -1-अच्छी आदतों के फ़लैश कार्ड बनवाना । |

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| | | <ul style="list-style-type: none"> ● 2- कागज़ की जादू की छड़ी बनवाकर अभिनय द्वारा कार्य करवाना । |
| <ul style="list-style-type: none"> ● भाषा अभ्यास ● 56 से 61 वचन बदलिए, विलोम शब्द लिखिए सही शब्द एवं गुण वाले शब्दों पर गोला लगाइए । | <ul style="list-style-type: none"> ● वचन परिवर्तन के विभिन्न उपायों से परिचित कराना शब्द भंडार में वृद्धि | <ul style="list-style-type: none"> ● क्रियात्मक कार्य- बच्चों को कक्षा में दो ग्रुप बनाकर शब्द माला बनवाई जाएगी और शब्द माला से विलोम शब्द लिखवाए जाएंगे । ● कल्पना शक्ति का विकास कराना वचन के अभ्यास द्वारा ज्ञान बढ़ाना विलोम शब्दों की पहचान व सही शब्द और सही गुण वाले शब्दों से अवगत कराना । |

जनवरी

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| प्राक्कथन | उद्देश्य | सिखाने का ढंग |
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| <ul style="list-style-type: none"> ● भाषा माधुरी ● पाठ 17 रेल कविता | <ul style="list-style-type: none"> ● बच्चों को हमारे देश की विभिन्न राजधानियां से होकर जाने वाली रेलों के विषय में बताना । | <ul style="list-style-type: none"> ● कविता द्वारा लय,ताल एवं स्मरण शक्ति का विकास कराना । ● क्रियात्मक कार्य -माचिस के खाली डिब्बे से रेलगाड़ी बनवाना एवं रेलगाड़ी से जुड़े शब्दों को लिखवाना । |
| <ul style="list-style-type: none"> ● पाठ -18 रोबोट कठिन शब्द एवं पाठ का अभ्यास कार्य | <ul style="list-style-type: none"> ● दैनिक जीवन में होने वाले कार्यों को रोबोट किस प्रकार सरलता से करता है उसके विषय में बताना । | <ul style="list-style-type: none"> ● रोबोट के विषय में बतलाना बच्चों की कल्पना शक्ति का विकास कराना स्वयं उत्तर देने की क्षमता का विकास कराना ● क्रियात्मक कार्य - बच्चों द्वारा नाट्यरूपान्तरण करके रोबोट के विषय में बतलाना । |
| <ul style="list-style-type: none"> ● भाषा अभ्यास पृष्ठ 62 से 68 ● समान लय वाले शब्द | <ul style="list-style-type: none"> ● दैनिक जीवन में समान लय वाले शब्दों का प्रयोग सिखाना । ● शब्द भंडार में वृद्धि | <ul style="list-style-type: none"> ● क्रियात्मक कार्य -समान लय वाले शब्दों को कार्ड में लिखकर क्रियात्मक कार्य करवाया जाएगा । ● कल्पना शक्ति का |

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| | | विकास कराना । |
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फरवरी

| प्राक्कथन | उद्देश्य | सिखाने का ढंग |
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| <ul style="list-style-type: none"> भाषा माधुरी पाठ - 19 टेलीफोन की घंटी कठिन शब्द एवं पाठ का अभ्यास कार्य | <ul style="list-style-type: none"> दैनिक जीवन में टेलीफोन की उपयोगिता के विषय में जानकारी देना । | <ul style="list-style-type: none"> टेलीफोन द्वारा की जाने वाली बातचीत की प्रक्रिया से अवगत कराना । क्रियात्मक कार्य - टेलीफोन का उपयोग करके डॉक्टर को बुलाने की बातचीत करवाना । |
| <ul style="list-style-type: none"> पाठ-20 यह दिल्ली है कठिन शब्द एवं पाठ का अभ्यास कार्य | <ul style="list-style-type: none"> पाठ पढ़कर प्रश्नों के उत्तर देने की योग्यता का विकास करना दिल्ली के साथ जुड़े अन्य ऐतिहासिक स्थलों | <ul style="list-style-type: none"> दिल्ली के महत्वपूर्ण स्थानों के विषय में जानकारी देना बच्चों की कल्पना शक्ति व रचनात्मक अभिव्यक्ति |

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| | <p>के महत्व के विषय में बताना ।</p> | <p>का विकास कराना ।</p> <ul style="list-style-type: none"> क्रियात्मक कार्य- बच्चों को दिल्ली की पुरानी इमारतों एवं ऐतिहासिक स्थलों के विषय में बताना एवं उनका पोस्टर बनवाना । |
| <ul style="list-style-type: none"> भाषा अभ्यास पृष्ठ 69 से 74 तक वाक्य बनाइए एवं शब्दों को सही क्रम में लगाना । | <ul style="list-style-type: none"> वाक्य बनाने की विधि एवं उपायों से परिचित कराना । शब्द भंडार में वृद्धि । | <ul style="list-style-type: none"> वाक्य बनाने की क्षमता बढ़ाना । सही क्रम में लिखने की क्षमता बढ़ाना । |

मार्च - पुनरावृत्ति संपूर्ण पाठ्यक्रम

CLASS II
Mathematics Curriculum
2023-2024

Book - Primary mathematics 2

Objectives ---

1. Know the sequence of numbers from 0 to 999.
2. Understand the face value and place value of the whole number 0 to 999.
3. Apply/ use numbers 0 - 999 in different ways.
4. Write numbers up to 999.
5. Perform three basic operations (addition, subtraction, multiplication) with whole numbers.
6. Comprehend the statement problems and solve them.
7. Be able to apply the knowledge of money in real life situations.
8. Read the time from a clock in a half hour and in one hour.
9. Read the calendar correctly.
10. Be familiar with ordinal numbers 1st to 10th.
11. Understand basic shapes-



12. Recognise some standard units of weight and measuring capacity.
13. Develop the concept of length and measurement.
14. Recognise and classify various solids in the environment on the basis of their shapes.
15. To enable the children to achieve a desired level of understanding the concept of mathematics through fun activities

April and May

| Topic | Learning Objectives | Teaching aids / Methodology |
|---|--|--|
| <p>1. Numbers 100 to 500</p> <ul style="list-style-type: none"> • Missing number • Place value • Number name • Before, After, Between • $<$, $>$ or $=$ • Ascending and Descending order • Ordinal numbers | <p>The students will be able</p> <ul style="list-style-type: none"> • to read and write the numbers. • to identify the place value of 2-digit numbers on abacus. • to write number names for the numbers. • to differentiate and identify the numbers. • to read and write the ordinal numbers from 1 to 10. | <p>The concept will be explained through—</p> <ul style="list-style-type: none"> • Number cards • Abacus • Verbal counting • Activity – <p>1) Quiz 2) Card Activity</p> |

July

| Topic | Learning Objectives | Teaching aids / Methodology |
|--|--|--|
| <p>1. Numbers up to 999</p> <ul style="list-style-type: none"> • Number names • Missing numbers • Before, After, Between • $<$, $>$ or $=$ • Ascending and Descending order | <p>The students will be able</p> <ul style="list-style-type: none"> • to read and write the numbers. • to write number names for the numbers. • to apply the concept of numbers in day to day life situations. | <p>The concept will be explained through—</p> <ul style="list-style-type: none"> • Number cards • Abacus • Activity – • Number story, Place value game. |

August

| Topic | Learning Objectives | Teaching aids / Methodology |
|--|--|---|
| 2. Addition <ul style="list-style-type: none"> Changing ones into tens Changing tens into hundreds Word problems | The students will be able <ul style="list-style-type: none"> to know the properties of addition to apply the concept of addition in day to day life situations. | The concept will be explained through— <ul style="list-style-type: none"> Number cards Activities – Bingo game, Fact flower making Worksheets |

September

| Topic | Learning Objectives | Teaching aids / Methodology |
|--|--|--|
| 3. Subtraction <ul style="list-style-type: none"> Changing tens into ones Word problems Subtract 3digit number Changing tens and hundreds Word problems Brain teasers | The students will be able <ul style="list-style-type: none"> to know the properties of subtraction to apply the concept of subtraction in day-to-day life situations. | The concept will be explained through— <ul style="list-style-type: none"> Abacus Activity –Fun with facts , worksheets. |

October

| Topic | Learning Objectives | Teaching aids / Methodology |
|---|---|--|
| 4. Money <ul style="list-style-type: none"> Coins and currency notes. Adding rupees. Exchanging 100 rupee note. | The students will be able <ul style="list-style-type: none"> to understand the importance of money to calculate the money spent to apply the concept of add and subtract in day to day life situation | The concept will be explained through— <ul style="list-style-type: none"> Flash cards of currency. Activity-Role play(market scene). Activity-‘ Money matters’ |

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| <ul style="list-style-type: none"> • Addition and subtraction. • Word problems (money). <p>5. Shapes</p> <ul style="list-style-type: none"> • Shapes- plane shapes, 3D shapes. • Faces/edges/vertices. <ul style="list-style-type: none"> • Recitation of tables 2 to 5 | <ul style="list-style-type: none"> • to enhance the power of reasoning • to identify and describe plane figures and solid figures | <ul style="list-style-type: none"> • Activity-Guess the shape, • Activity- • TICTAC TOE |
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November

| Topic | Learning Objectives | Teaching aids / Methodology |
|---|--|--|
| <p>6. Odds and evens</p> | <p>The students will be able</p> <ul style="list-style-type: none"> • to differentiate and recognise the odd and even. | <p>The concept will be explained through—</p> <ul style="list-style-type: none"> -Game ' Odds and evens' -Activity: 'Sit and stand' |
| <p>7. Time</p> <ul style="list-style-type: none"> • What is the time? • Hours in a day • Days of the week • Months in a year <ul style="list-style-type: none"> • Recitation of tables 6 to 9 | <ul style="list-style-type: none"> • to read and write the time in an hour and half an hour. • To know about days of the week • to know about months in a year and days of each month • to read the calendar | <ul style="list-style-type: none"> • Activity - Make a calendar of the current month. • Game – Fun with time. |

December

| Topic | Learning Objectives | Teaching aids / Methodology |
|--|---|---|
| <p>8. Multiplication</p> <ul style="list-style-type: none"> Repeated addition Multiplication tables 2 to 10 Multiplication 2 digit by 1 digit Word problems <p>Recitation of tables 2 to 10.</p> <p>9. Weights</p> <ul style="list-style-type: none"> Introduction of kilogram and gram Adding weights | <p>The students will be able</p> <ul style="list-style-type: none"> to differentiate the power of reasoning to understand that multiplication is repeated addition to apply the knowledge of multiplication in everyday life <p>to know the standard unit of weight</p> <ul style="list-style-type: none"> to measure the weight of different objects to apply the knowledge in day to day life | <p>The concept will be explained through—</p> <ul style="list-style-type: none"> Dominoes Activity- <ol style="list-style-type: none"> Bingo game Worksheets Weighing objects (beads and pencil, eraser and sharpener, etc) to compare the weight. |

January

| Topic | Learning Objectives | Teaching aids / Methodology |
|--|---|---|
| <p>Weights</p> <ul style="list-style-type: none"> Subtracting weights Word problems <p>10. Capacity</p> <ul style="list-style-type: none"> Introduction of litre and ml | <p>The students will be able</p> <ul style="list-style-type: none"> to know the standard unit of weight to measure the weight of different objects to apply the knowledge in day to day life <p>to know about the standard unit of capacity</p> | <p>The concept will be explained through—</p> <ul style="list-style-type: none"> Making Pan balance Live demonstration using things (cup, jug, glass). |

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| <ul style="list-style-type: none"> • Adding and subtracting capacity • Word problems | <ul style="list-style-type: none"> • to measure the capacity of different objects • to apply the knowledge of capacity in day to day life | |
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February

| Topic | Learning Objectives | Teaching aids / Methodology |
|--|---|--|
| 11. length <ul style="list-style-type: none"> • Introduction of meter and centimeter • Draw line in centimeter using ruler • Adding and subtracting lengths • Word problems | The students will be able <ul style="list-style-type: none"> • to measure the length of different objects • to know about the standard unit of length • to apply the knowledge of length in day to day life | The concept will be explained through— <ul style="list-style-type: none"> • Ruler, inch tape • Measure the objects (table, pencil, book) with ruler |
| 12. Fractions <ul style="list-style-type: none"> • Equal and unequal parts • Cutting into half and quarters | <ul style="list-style-type: none"> • to differentiate and recognise the figures • to distribute a whole into halves and quarters | <ul style="list-style-type: none"> • paper, toffee, biscuits, real objects. |

March

Revision of the selected topics.

ESTD 1886

Class II
E.V.S Curriculum
2023-2024

Textbook: My Living World

Objectives

1. Enhance his/her ability to think.
2. Stimulate the child's power of observation.
3. Develop detailed awareness about the human body, its working and its cleanliness.
4. To know about the three basic needs of life: Food, Clothes and Shelter.
5. Explore the meaning and importance of "Neighbourhood" and comprehend its working.
6. Understand the meaning and importance of environmental sanitation and how to beautify the environment.
7. Describe different means of transport and their need for living beings.
8. Be aware of the days of national importance.
9. To know about the great men of Arya Samaj.
10. To inculcate values through value based pedagogy.

| APRIL AND MAY | | |
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| TOPIC | LEARNING OBJECTIVES | TEACHING AID/METHODOLOGY |
| 1. More about me | To be able to <ul style="list-style-type: none">• Introduce oneself• Identify various body parts and its uses. | <ul style="list-style-type: none">• Motivate the children to speak about themselves.• Activity: Jeannie says |
| 2. Mahatma Hans Raj | <ul style="list-style-type: none">• Students should be aware of the principles of Mahatma Hans Raj | <ul style="list-style-type: none">• Through a short story teacher will explain about the life of Mahatma Hans Raj |

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| <p>3. More on personal cleanliness and Good Habits</p> | <ul style="list-style-type: none"> • To develop the habit of keeping oneself and surroundings clean. • To be able to identify the body parts and its use. | <ul style="list-style-type: none"> • Discussion and explanation on hygiene • Activities: <ul style="list-style-type: none"> -Matching game -Crossword puzzle |
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| JULY | | |
|-----------------------|--|---|
| TOPIC | LEARNING OBJECTIVES | TEACHING AID/METHODOLOGY |
| <p>4. OUR FOOD</p> | <ul style="list-style-type: none"> • To know about the importance of food. • Develop good eating habits. • To enhance their knowledge about the sources of food. | <ul style="list-style-type: none"> • Reading and explanation of the topic depicting its importance. • Discussion about the two major sources of food and their types. (Plants and Animals) • Discussion on various types of food items, explaining the category under which they come: a) Healthy; b) Unhealthy; c) Vegetarian; d) Non-Vegetarian. • Activity: <ul style="list-style-type: none"> -To plan a healthy menu. -Cooking without fire (making sandwiches and lemonade). |
| <p>5. OUR CLOTHES</p> | <ul style="list-style-type: none"> • To be able to develop the understanding of the need for clothing • To be able to differentiate between the type of clothes worn in different seasons. | <ul style="list-style-type: none"> • Explanation through discussion on the need or importance of clothing. • Discuss the different types of clothes worn in different seasons . • Activity-Collage |

| AUGUST | | |
|---|---|--|
| TOPIC | LEARNING OBJECTIVES | TEACHING AID/METHODOLOGY |
| 6. A HOUSE TO LIVE IN a. Types of houses (kuchcha house or pucca house; temporary and permanent houses) b. Different rooms in a house | <ul style="list-style-type: none"> To understand the need and importance of a house. To be able to differentiate among the types of houses. To identify the house and materials used for building it. To be able to explain the use of each room. | <ul style="list-style-type: none"> Reading and explanation of the topic depicting the importance of house in one's life. Discussion about the different kinds of houses and the materials used for building it. Discussion on various rooms of a house: a) Living room; b) Bedroom; c) Kitchen; d) bathroom; etc. Activity: <ul style="list-style-type: none"> Pasting pictures of different types of houses and different rooms of a house in the notebook. |
| 7. INDEPENDENCE DAY | <ul style="list-style-type: none"> To be able to understand the importance of the day. | <ul style="list-style-type: none"> Through a short story the teacher will explain the importance of the day. To inculcate the feeling of patriotism, the students will sing a patriotic poem or song. |

| SEPTEMBER | | |
|---|--|--|
| TOPIC | LEARNING OBJECTIVES | TEACHING AID/METHODOLOGY |
| 8. NEIGHBOURHOOD a. Post Office b. School c. Hospital d. Police Station | <ul style="list-style-type: none"> To educate the students about the importance of the post office and police station in our society. | <ul style="list-style-type: none"> Explanation of the services provided by the Post office and things we can buy from there. Count down 10 game. |

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| <p>e. Market</p> | <ul style="list-style-type: none"> • To know about the different rooms of a school. • To know about the duties of people working in a hospital. • To know about the various shops of a market. E.g. Bakery shop, grocery shop, barber shop, etc. | <ul style="list-style-type: none"> • Explanation through examples depicting the advantage of a school in our neighbourhood. • Discussion and explanation on the need of a hospital. • Discussion and reading of the role of the Police Station in our neighbourhood. • Taking examples from the real life situations the students will be explained about the need of a market in our neighbourhood. • The students will also be told about the different shops a market has. |
|------------------|---|--|

| OCTOBER | | |
|----------------------------|---|---|
| TOPIC | LEARNING OBJECTIVES | TEACHING AID/METHODOLOGY |
| <p>9. PLANTS AROUND US</p> | <ul style="list-style-type: none"> • To be able to identify the plant and describe its parts. • To inculcate the value of teamwork. | <ul style="list-style-type: none"> • Through discussion and reading from the book, the children will be explained about the parts of a plant and their importance. • The children will be taken on a nature walk and will be made acquainted with various plants like trees, shrubs, herbs, climbers, creepers. • Activity: Project work |

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| 10. GANDHI JAYANTI | <ul style="list-style-type: none"> To be able to learn and memorize information about the life of Gandhiji. | <ul style="list-style-type: none"> Through a short story the students will be told about Mahatma Gandhi and his contribution in attaining independence. |

| NOVEMBER | | |
|------------------|--|--|
| TOPIC | LEARNING OBJECTIVES | TEACHING AID/METHODOLOGY |
| 11. ANIMAL WORLD | <ul style="list-style-type: none"> To inculcate the value of love and care. To differentiate animals according to their habitat. | <ul style="list-style-type: none"> The topic will be introduced through discussion and conversation about the animals we see around us and how they are divided into different categories. Explanation with examples would be given about pets, domestic animals and wild animals. A discussion would be held on their food habits and living habitats. Activity: <ul style="list-style-type: none"> -Who Am I? -Hangman activity (to guess the names of the animals in the given number of chances). |

| DECEMBER | | |
|---|---|--|
| TOPIC | LEARNING OBJECTIVES | TEACHING AID/METHODOLOGY |
| 12. LIVING THINGS AND NON-LIVING THINGS | <ul style="list-style-type: none"> To differentiate between living and nonliving things. To classify objects as living or non-living on the basis of their characteristics. | <ul style="list-style-type: none"> Through reading from the book as well as demonstration using some objects like table, bag, pencil and even plants, the students will be explained about the difference between the characteristics of living and non-living things. Activity- Curious corners Activity- Play cards |

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|------------------------|---|---|
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| 13. SWAMI SHRADDHANAND | <ul style="list-style-type: none"> The students will be able to speak about this bright star of Arya Samaj. | <ul style="list-style-type: none"> Story narration by the teacher, explaining the life and the teachings of Swami Shraddhanand. |
| 14. WATER | <ul style="list-style-type: none"> To be able to understand the importance of the natural resources and learn how to conserve them | <ul style="list-style-type: none"> With the help of examples and discussion the teacher will explain the various sources of water as well as the importance of water in our daily life. Methods of purification of water will also be discussed. Activity: <ul style="list-style-type: none"> With the help of a fun filled experiment the students will be demonstrated – what floats and what sinks. |

| JANUARY | | |
|-------------------------|---|---|
| TOPIC | LEARNING OBJECTIVES | TEACHING AID/METHODOLOGY |
| 15. WEATHER AND SEASONS | <ul style="list-style-type: none"> To be able to differentiate between weather and seasons. To be able to name the type of clothes we wear or the food we eat in various seasons. | <ul style="list-style-type: none"> Through discussion and explanation the students will be explained the difference between weather and seasons. Discussion would be held on the different clothing and food habits in each season. Activity: -Collage of clothing and food items. |

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| 16. REPUBLIC DAY | <ul style="list-style-type: none"> To know about the celebrations of this day | The students will be told about the importance of this day and how it is celebrated. |

| FEBRUARY | | |
|------------------------------|---|--|
| TOPIC | LEARNING OBJECTIVES | TEACHING AID/METHODOLOGY |
| 17. MEANS OF TRANSPORT | <ul style="list-style-type: none"> The students would be able to differentiate the various means of transport. | <ul style="list-style-type: none"> Through discussion and suitable examples, the students will be explained about the various means of Transport. Discussion will be held on the categories of means of transport on the basis of where they run. Activity- memory games and crossword puzzles. |
| 18. SWAMI DAYANAND SARASWATI | <ul style="list-style-type: none"> The students would be able to speak about the great man and the founder of Arya Samaj. | <ul style="list-style-type: none"> Through a short story, the teacher will tell the students about the life and teachings of Swami Dayanand Saraswati. |
| 19. TRAFFIC RULES | <ul style="list-style-type: none"> The students would be able to understand the importance of the traffic rules The students would be able to implement the safety rules. | <ul style="list-style-type: none"> The students will be explained about the need and importance of the traffic rules. Activity: Making of different traffic signs.. |

MARCH

Revision of the Selected Topics



CLASS – II
ART AND CRAFT

2023 – 2024

APRIL – MAY

| TOPIC | Methodology | Learning Outcomes |
|--|--|--|
| Blending oil pastels 3-Dimensional object drawing | Art file, Oil Pastel Colours, Black Sketch Pen Demonstration to be given in the class. | Students will learn the concept of background and foreground |

JULY- AUGUST

| TOPIC | Methodology | Learning Outcomes |
|--|--|---|
| Cylindrical and Conical shaped objects drawing | Step by Step book, Oil Pastel Colours Demonstration to be given in the class. | Students will learn to use movement of lines to create artwork. |

SEPTEMBER – OCTOBER

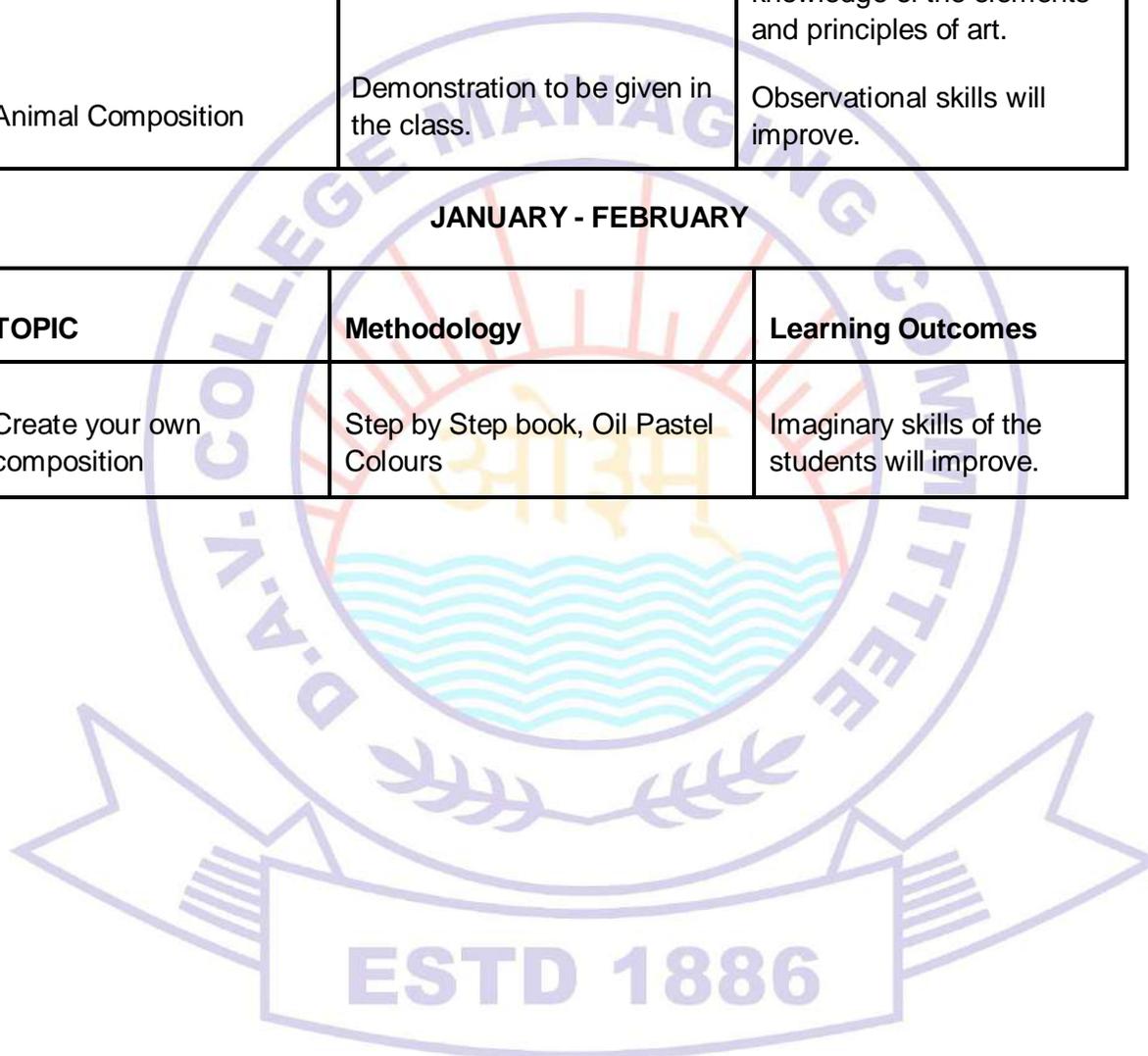
| TOPIC | Methodology | Learning Outcomes |
|--------------------|---|--|
| Flower Composition | Step by Step book, Oil Pastel Colours Demonstration to be given in the class. References to nature will be shown. | Students will learn to observe nature, and apply it to create artwork. |

NOVEMBER - DECEMBER

| TOPIC | Methodology | Learning Outcomes |
|--------------------|---|---|
| Bird Composition | Step by Step book, Oil Pastel Colours | Students will be able to analyze and apply the knowledge of the elements and principles of art. |
| Animal Composition | Demonstration to be given in the class. | Observational skills will improve. |

JANUARY - FEBRUARY

| TOPIC | Methodology | Learning Outcomes |
|-----------------------------|---------------------------------------|--|
| Create your own composition | Step by Step book, Oil Pastel Colours | Imaginary skills of the students will improve. |



CLASS – II

VOCAL MUSIC 2023- 2024

OBJECTIVES

- Participate as a member of group
- Sing simple songs in English and Hindi
- Move body parts in response to action songs/rhymes
- Be a good audience, coordinate thinking with action

Every class will begin with the chanting of 'OM' (Gayatri Mantra)

| THEME CONTENT | TEACHING AID | METHODOLOGY/ ACTIVITY | LEARNING OUTCOME |
|---|--------------|--|--|
| APRIL; Gayatri Mantra, Practice Of Prayer (Itni Shakti Humein Dena Data) | Harmonium | Memorizing And Singing The Song | Developing Singing Skills |
| MAY; Seven Notes (Sa, Re, Ga, Ma, Pa, Dha, Ni) & 3 Alankars | Harmonium | Sing The Notes Individually | Honing The Singing Skills |
| JULY; Saare Jahan Se Achha & Humko Mann Ki Shakti Dena | Harmonium | Get To Know The Community Songs Through Videos And By Singing In Class | Developing Rhythmic Sense & The Feeling Of Patriotism |
| AUGUST; Lehro Se Darkar Nauka Paar Nahi Hoti | Harmonium | They Will Learn The Song And Sing Individually In Class | Developing The Sense Of Sur And Taal |

| | | | |
|--|-----------|---|---|
| <u>SEPTEMBER;</u> Vande Mataram | Harmonium | Pronunciation Of New Words In Class And Playing Of Audio | Enjoy The Variety |
| <u>OCTOBER;</u> Asto Ma Sadgamaya - Mantras | Harmonium | Enunciate The Lyrics In Class | Indian Culture |
| <u>NOVEMBER;</u> We Shall Overcome/Hum Honge Kaamyab | Harmonium | Differentiate Between The Two Languages In Class | Make Them Understand The Feeling Of Unity |
| <u>DECEMBER;</u> Shanti Path | Harmonium | Heavy Terminologies Will Be Taught Using Audio In Class | How To Get Calm |
| <u>JANUARY;</u> Dav Gaan & National Anthem | Harmonium | Learn The Song And Sing Individually In Class | School And National Song |
| <u>FEBRUARY;</u> Ishwar Allah He Daata - Revision Of All Songs | Harmonium | New Notes And Pitch Will Be Taught Using Audio | Versatility In Songs |



FITNESS AND YOGA SYLLABUS CLASS-2 (2023-24)

APRIL & MAY

| TOPIC | LEARNING OBJECTIVES | TEACHING METHODOLOGY / ACTIVITIES |
|-------------------------------|---|---|
| Agility, Balance coordination | To improve running, jumping, and hopping skills. To increase muscle strength. Move in different directions. | Carry out the action of running, jumping and hopping on command. Move forwards, backwards and sideways, to the right and left. |
| Yoga Sukshma vyayama | To improve Flexibility, neck, shoulder, arms, hand. Joints are toned up. | Griva shakti vikasana. Shoulder rotation. Bhuja shakti vikasana. Kara shakti vikasana. |
| Asana | To bring calmness and peace. It is good for concentration and memory. | Padmasana. |
| Yoga and mantra | It purifies the environment. Creates positive vibration. Removes toxins from the body. | Mantra chanting. |

JULY

| TOPIC | LEARNING OBJECTIVES | TEACHING METHODOLOGY / ACTIVITIES |
|---------------------------|--|---|
| General warm up exercises | To increase the body temperature. To conduct free movements with body control. To build power and speed. | Jogging, jumping, running and stretching. Recapitulations of the activities done in April & May. |
| Yoga Sukshma vyayam | To develop waist, thigh and toes. | Kati shakti vikasaka. Pada shakti vikasaka. |
| Asana | To give vertical stretch to the whole body. Helps in increasing height of the children. | Tadasana. |

AUGUST

| TOPIC | LEARNING OBJECTIVES | TEACHING METHODOLOGY / ACTIVITIES |
|----------------------|--|-------------------------------------|
| Stretching exercises | Help prevent injuries such as muscle strain. Through improved flexibility. Develop good posture and body awareness. | Head to toe exercise. |
| Yoga Asana | Stretches and bending strengthens the calf and thigh muscles. It helps to get rid of stiffness in the hip joint and lower back. | Padahastasana. Ardha chakrasana. |
| Pranayama | It controls the body temperature. To cool the body and mind. | Sheetali pranayama. |

SEPTEMBER

| TOPIC | LEARNING OBJECTIVES | TEACHING METHODOLOGY / ACTIVITIES |
|-----------------|---|--|
| Throw and catch | To improve throwing and catching skills. To use throwing and catching skills in simple games. | Throw and catch to self. Drop a ball and catch it. Throw a ball up, clap and catch the ball. |
| Yoga Asana | To strengthen shoulder, neck, arm, abdomen, back and thighs. To improve the flexibility of spine. To tone up the muscles in the trunk, legs and hips. | Katichakrasana Trikonasana |
| Pranayama | Helps in blood purification. Beneficial for the respiratory system. | Anulom vilom |

OCTOBER

| TOPIC | LEARNING OBJECTIVES | TEACHING METHODOLOGY / ACTIVITIES |
|-------------------------------------|---|--|
| Jumping and hopping with any object | To learn to jump in different ways. To improve muscle power. | Jump from two feet to the same feet. Run, jump, and hop in and out of the cone or use any other small object. |
| Yoga Asana | To improve our digestive system. To improve concentration level. | Vajrasana |

| | | |
|--|--|--------------------------------------|
| | <p>Ustrasana stretches the anterior muscles of the body. To improve flexibility of spine and strengthen it.</p> <p>To give stretch and strength to the whole body.</p> <p>Tones up the body muscles.</p> | <p>Ushtrasana</p> <p>Parvatasana</p> |
|--|--|--------------------------------------|

NOVEMBER

| TOPIC | LEARNING OBJECTIVES | TEACHING METHODOLOGY / ACTIVITIES |
|-----------------|---|--|
| General warm up | To prepare the body gradually and safely for an activity. | It includes stretching of muscles specifically used in freehand exercises such as arm rotation and leg stretching. |
| Yoga Asana | <p>To improve lung capacities.</p> <p>To increase concentration level.</p> <p>To strengthen the rib bones.</p> <p>To make the spinal cord flexible.</p> <p>It is beneficial for the muscles of the face and neck.</p> <p>The tongue becomes more elastic and healthier.</p> <p>Salivary glands become strong.</p> | <p>Gomukhasana.</p> <p>Janushirshasana.</p> <p>Simhasana.</p> |

DECEMBER

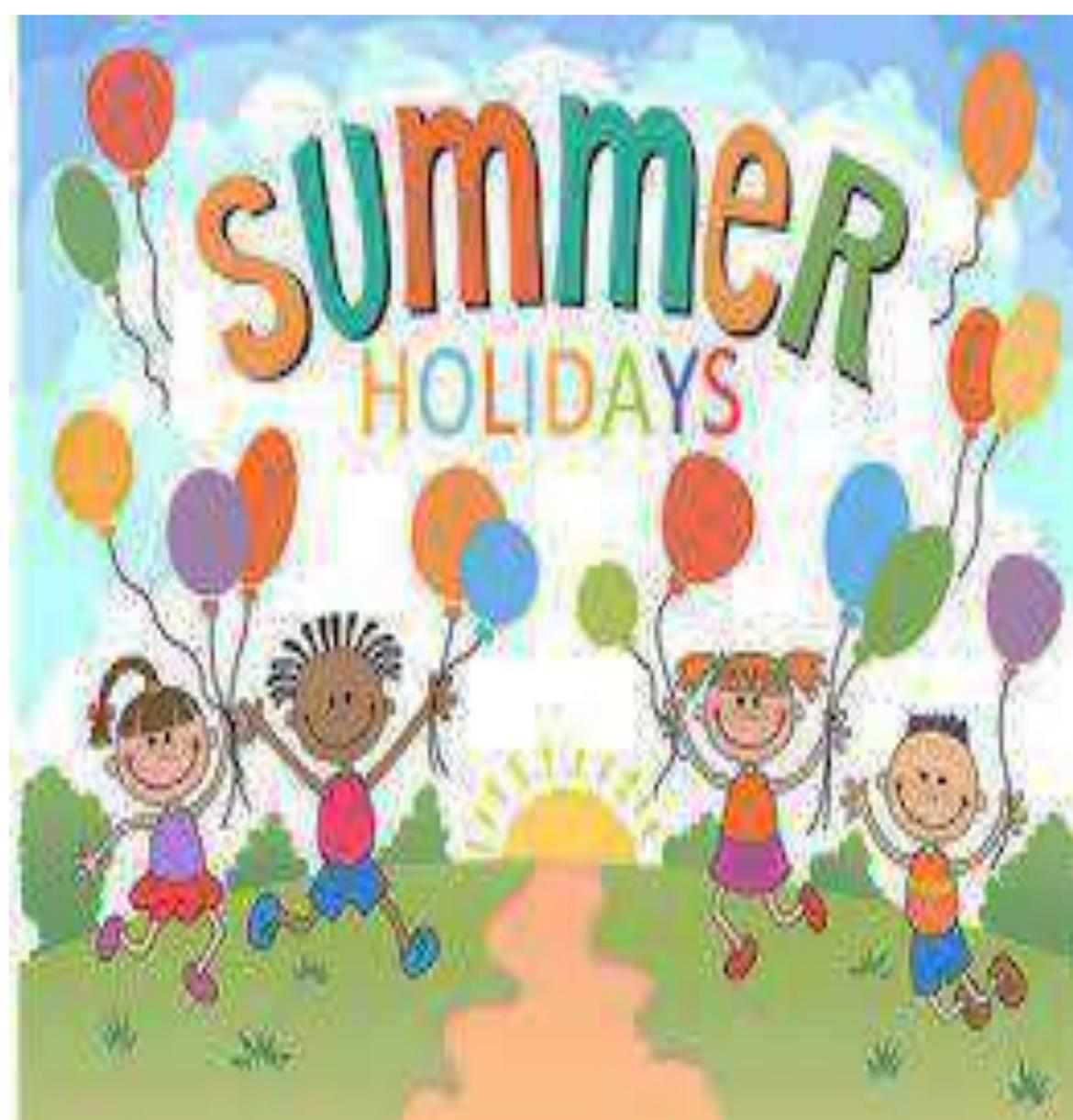
| TOPIC | LEARNING OBJECTIVES | TEACHING METHODOLOGY / ACTIVITIES |
|------------|---|---|
| Exercise | To improve muscle strength. | Roll the ball in one direction or away from each other. |
| Yoga Asana | <p>To strengthen the lower back and abdominal muscles.</p> <p>It is good for the joint of the shoulder, knee, ankles and entire back bone.</p> <p>It stimulates and regulates the functioning of glands.</p> <p>To stimulate the digestive system.</p> <p>To strengthen the back and abdominal muscles.</p> | <p>Setubandhasana.</p> <p>Dhanurasana</p> <p>Naukasana.</p> |

JANUARY

| TOPIC | LEARNING OBJECTIVES | TEACHING METHODOLOGY / ACTIVITIES |
|------------------|---|--|
| Specific warm up | Once the body temperature has been raised static stretches should be performed for all major muscle groups. | Head to toe stretching. |
| Yoga Asana | Strengthening the abdominal organs. Improve the function of the digestive system. This asana gives rest to the body and keeps the spine and neck healthy. | Chakki chalanasana. Bhujangasana. |
| Pranayama | It is the best cure for stress. It soothes the nerves. | Bhramari pranayama |

FEBRUARY & MARCH

| TOPIC | LEARNING OBJECTIVES | TEACHING METHODOLOGY / ACTIVITIES |
|---------------------------------|--|--|
| Symmetric and Asymmetric shapes | To understand the difference between Symmetric and Asymmetric shapes. To continue balancing and unbalancing. | Hold static balances in symmetry and asymmetry on different bodies. With a partner perform the same static balances next to each other Show symmetric and Asymmetric shapes. |
| Yoga Asana | Better digestive system. It can help lose weight. To help increase digestive power. To stimulate the abdominal region. To relax the body and mind. It is beneficial for respiratory organs as well as for digestive organs. | Surya Namaskar. Pawanmuktasana. Makarasana. |



Holiday Homework

Class II

Important points to be noted for the homework

1. Kindly use thick and good quality chart paper for the homework.
2. The homework has to be done according to the roll numbers.
3. The roll numbers will be allotted by the class teacher before the summer vacations.
4. All the written work on charts and A3 sheets has to be done using Bold Markers. The written work should be visible from a distance.
5. The charts should be nicely decorated with proper border.
6. Please refer to the school textbooks for the appropriate content while doing the homework.

ENGLISH

| Roll No. | To be done on A3 sheet | To be done on Chart |
|------------|------------------------|---------------------|
| 1-10 | ai sound words | Prepositions |
| 11-20 | ou sound words | Naming words |
| 21-30 | ar sound words | Action words |
| 31-40 | ow sound words | Describing words |
| 40 onwards | oa sound words | Opposites |

हिन्दी

हिन्दी का अवकाश गृहकार्य चार्ट पर ही किया जाएगा

| रोल नंबर | विषय |
|------------|---------------|
| 1-10 | लिंग बदलो |
| 11-20 | वचन बदलो |
| 21-30 | विलोम शब्द |
| 31-40 | बादल (कविता) |
| 41 onwards | मेला (कविता) |

MATHEMATICS

Mathematics homework to be done on chart only.

| Roll No. | Topic |
|------------|-----------|
| 1-10 | Shapes |
| 11-20 | Odd/Even |
| 21-30 | Money |
| 31-40 | Clock |
| 40 onwards | Fractions |

Environmental Studies (EVS)

| Roll no. | To be done on A3 sheet | To be done on Chart |
|------------|----------------------------------|----------------------------|
| 1-10 | Plants | Personal Cleanliness |
| 11-20 | Animal world | Healthy and Unhealthy food |
| 21-30 | Means of Transport | Types of houses |
| 31-40 | Uses of water | Sources of water |
| 40 onwards | Neighbourhood services (any2) | Seasons |

ESTD 1886