

ENGAGE PLANNER DECEMBER2024-25 SCHOLASTIC PERIODS

Class - PLP 1

NOTE: Cold Calling will be done in all the Regular Periods.

Subject - English

Date and Day	Topics	E (Energize Learners)	N (Navigate Content)	G (Generate Meaning)	A (Apply to Real Life)	G (Gauge the Learning)	E (Extend)
2 nd December (Monday)- 5 th December (Thursday) Value of the Week- YOU CAN LEARN Something new EVERYDAY if you LISTEN	Course Book Chapter-14 The Dangerous Riddle	Introduction Video Proper explanation of the chapter will be given after showing the video. https://youtu.be/wrwNXAiF5Fc?si=G-8pGB9MSzVAHvg3 Learning outcomes Students will be able to: 1.analyze the riddle presented in the chapter and explain its significance to the story. 2.infer the moral or lesson behind solving the riddle Discussion Question Why do you think problem-solving is important in everyday life?	Teaching Methodology Oral Drill Teacher will randomly call the students to read the chapter Listen-a-while Teacher will read out some riddles and students will guess the answer with the help of given pictures.(Pg No.140) Art Integration Draw a picture of a strange creature of your imagination and write its name on pg no.140. Materials Required 1.Crayons 2.Sketch Pens	Reflection 1. Word Meanings 2. Short answer type 3. True/False 4. Oral answer type Workbook Framework 1 Language Smart Complete the letter by filling the blanks withis,am,are,was and were on pg no.137. Thinking Caps On Unscramble the mystery letters to solve the riddle.(Pg No.139)	Demonstration of the Acquired Skills Creativity Riddle Creation Teacher will ask students to come up with their own riddles that are as complex or dangerous as the one in the story.	Application of the learning by students Critical Thinking Students will name the capitals of the given neighbouring countries of India.(Pg no.139) NEIGHBORING COUNTRIES OF INDIA	Homework Workbook Framework 2 NEP Aligned Activity Students will solve the questions.(Pg No.134)

6th December (Friday)-12thDecember (Thursday)

Value of the week-



Course Book Chapter-15 A Lesson to Learn



Introduction

Video

Proper explanation of the chapter will be given after showing the video.

https://youtu.be/RAj0AUHrwEw?si=SDHgAzg0zA10
cEdx

Learning outcomes Learners will be able to:

1.understand the moral of the story and its relevance in daily life. 2.reflect on their experiences and identify lessons they have learned from challenges.

Discussion Questions

1.can you share a moment when you learned something important from a mistake?
2.How do you think learning

2. How do you think learning from mistakes makes a person stronger?

Teaching Methodology

Art Integration

Draw a beautiful cover page of the chapter in your notebook.



Materials Required

1.Crayons
2.Sketch pens

Listen-a-while

Listen to the poem that teacher will recite and then enact a role play with your partner.(Pg No.148)



Reflection

1.Word Meanings 2.Short answer type 3.Fill ups

Workbook Framework 1

Language Smart

Find the pairs of Synonyms and color them using the same colour.(Pg No.146)

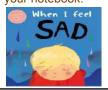


Write-a-while

What do you think your hands are good at? (Pg No.148)



Creativity
What do you do when
you feel sad and want
to cry?Write in a few
lines on an A4 size
sheet and paste it in
your notebook.



Demonstration of the Acquired Skills

Think-Pair-Share Students will think individually about the lesson, discuss it with a partner, and then share their ideas with the class.



Application of the learning by students

Real-Life Connection Students will share a personal story where they learned a similar lesson and how it affect them?



Homework

Workbook Framework 2

13th December (Friday)-17th December (Tuesday)

Value of the Week-



Grammar Book Chapter-20 Simple Past

Tense

SIMPLE

Introduction

The simple past tense is used to talk about actions or events that happened and were completed in the past. It describes something that took place at a specific time.

Learning outcomes

Learners will be able to: 1.understand the structure and use of the simple past tense. 2.differentiate between regular and irregular verbs in the past tense. 3.use the simple past tense to describe events that have already happened.

Discussion Questions

1.What is the simple past tense? 2.Can you name some verbs and their past forms?

Teaching Methodology

Audio Visual

A video related to simple past tense will be shown, explaining the structure of a sentence using simple past form. https://voutu.be/aTHpi efgFtl?si=jr9YueseHMu Jdrb

Communication skills

Speak a few sentences of your daily routine using simple past tense.



Reflection

Book's Back **Exercise** 1. Fill ups

- 2. Tick the correct option 3.Add -ed or -d 4.Complete the
- sentences using past tense

Demonstration of the Acquired Skills

Sentence Construction

The teacher will provide students with a set of words (nouns, verbs the past tense, and adverbs) and ask them to construct sentences usina the simple past



tense.

Application of the learning by students

Write five sentences of General Truth from your own life experience using the structure of past tense in notebook.



Homework

In Context

Rewrite the passage by changing the verbs into simple past tense.(Pg N0.81)

18th December (Wednesday)-23rdDecember (Monday)

Value of the Week-

It doesn't matter what others are doing, it matters what you are doing.

Grammar Book Chapter-21 Simple Future

Tense

tense

simple future

Introduction

The teacher will introduce the topic "Simple Future Tense" by discussing how we talk about actions or events that will happen in the future. The introduction will include examples from the students' daily lives.

Teaching Methodology

Audio Visual

A video related to future tense will be shown, explaining the structure of a sentence using simple future form. https://voutu.be/Zq6W PZMU9wQ?si=sEiloldT Ir4sPtmn

Book Back Exercise

- 1.Fill ups 2.Tick the correct option 3.Change the
- 1.Frame Sentences

Reflection

- sentences into simple past tense.
- Notebook Work
- 2.Flow chart

Demonstration of the Acquired Skills

Let's Watch

The video related to the usage of "will" and "shall" will be shown, and learners will be asked to connect it with their future

Application of the learning by students

Write-a-while

Pen down your future actions by providing a way to talk about actions that will begin and end in the future (e.g., "I will pay for the tickets by credit card").

Homework

In Context

Read the description given at pg no.84 and rewrite it in the simple future tense.

		Learning outcomes Learners will be able to: 1.understand how to use the simple future tense to describe actions that will occur. 2.construct sentences using the simple future tense with "will" and "shall." Discussion Questions 1.What is the simple future tense? 2.How do we form sentences in the simple future tense? 3.Can you give an example of a prediction using the simple future tense?	Art Integration Draw a picture of a strange creature from your imagination and write sentences in Simple Future Tense what that creature will do in the future. Sentence writing Material Required 1.A4 size sheet 2.Crayons 3.Sketch Pens	Simple Future Tense	aims. https://youtu.be/03L UR3_Lmkl?si=5HG uwZqBgLWZZqC		
24 th December (Tuesday)- 31 ^{sr} December	Grammar Book Chapter-26 Has,Have and	Introduction Video	Teaching Methodology Explanatory Method	Reflection Book's Back	Demonstration of the Acquired Skills	Application of the learning by students	Homework In Context
(Tuesday)	Had	Proper explanation of the topic will be given after	Teacher will explain the use of Has , Have using	Exercise 1.Circle the correct	Let's Watch Teacher will show a	Story Writing Students will create a	Rewrite the poem in your notebook
Holiday: Christmas	HAS	showing the video. https://youtu.be/MiVt9fiNw	the examples given in the chapter.	option 2.Fill in the blanks	video explaining the rules to frame	short story or diary entry that uses <i>has</i> ,	using the correct forms of verbs.
25 th December	I = HAVE	i0?si=_LYCNqljjws2NXal	No Slipping	2 iii iii dio bidiiilo	sentences using	have, and had	
(Wednesday)	===	Learning outcomes	Students will go through		has,have and had. https://youtu.be/y8V	correctly to describe events or actions in	
Value of the		Learners will be able to:	the information given in the No slipping section		iZI5CKLw?si=zyFR YESto7NEvxQP	different tenses.	
Week-		1.recognize when to use has, have, and had in	to reinforce their concept.				
		sentences based on the	· .				
		subject and the tense. 2.construct grammatically	Table Students will draw a				
		correct sentences using has, have, and had.	table showing uses of				

Discussion Questions When do we use has and have in the present tense? Can you give examples for each? Has, Have and Had in the notebook.			
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Subject - Hindi

Subject – H							
दिनांक तथा दिवस	विषय/ उपविषय	शिक्षार्थी को ऊर्जावान बनाना/ सशक्तिकरण	पाठ्यसामग्री का संचालन	दीर्घकालीन स्मृति	वास्तविक जीवन अन्प्रयोग	आकलन युक्ति योजना	गतिविधियों का विस्तारीकरण
2 दिसम्बर	ਧਾਠ-14	परिचय/ प्रस्तावना	शिक्षण पद्धतियाँ	परावर्तन	अर्जित कौशल का	छात्रों द्वारा अर्जित	गृहकार्य
(सोमवार)-	रिया का सपना	रिया का सपना' एक विज्ञान काल्पनिक	वीडियो	पठित ज्ञान को	प्रदर्शन	ज्ञान का प्रयोग	सोनचिरैया
9 दिसम्बर		कथा है। इस पाठ में रिया के सपने के	https://youtu.be/pW5X7r	सुदृढ़ करने के लिए	रोबोट का आविष्कार	कल के अखबार में एलियंस पर एक	पृष्ठ संख्या 123 प्रश्न 1,2,3
(सोमवार)		माध्यम से रोबोट एवं एलियंस के बारे में	9lcws?si=r3peLS-0Maz RtUlv	अधिगम का	किसने किया?	काल्पनिक रिपोर्ट छपी	7(11,2,0
मूल्य शिक्षा:		बताया गया है।		पुनर्मूल्यांकन अति	इंटरनेट की सहायता	थी। उसमें संवाददाता	
विपत्ति के		अधिगम का उद्देश्य	अध्यापिका द्वारा छात्रों से पाठ का सस्वर वाचन	आवश्यक है।	से पता लगाओ।	ने कुछ गलतियाँ कर	
समय धैर्य एवं		सामान्य उद्देश्य-	करवाया जाएगा। उन्हें	इसके लिए पाठ	R	दी हैं। उन्हें सही करके दोबारा अपनी	
संयम से कार्य		(i) हिंदी कहानी के प्रति रुचि जागृत	उचित आरोह-अवरोह,	आधारित मौखिक		कार्यपुस्तिका में	
करना चाहिए ।		करना। (ii) कल्पनाशक्ति एवं तार्किक दृष्टिकोण	हाव-भाव सहित कविता पढ़ने के लिए प्रेरित किया	प्रश्न पूछे जाएंगें- 1.बिजली जाने पर	A TOWN	तिखिए।	
		का विकास करना। (iii) कहानी में	जाएगा । इससे छात्रों की	। । । बजला जान पर बच्चे क्या खेल रहे		एक दिन खेलते समय बच्चों को उड़नतश्तरी	
		निहित भावों, विचारों, नैतिक मूल्यों को	श्रवण, ग्रहण एवं वाचन	환 ?		जैसी दिखने वाली	
		ग्रहण करने की क्षमता विकसित करना।	क्षमता का विकास होगा।	2.रोबोट ने बच्चों को किसमे बिठाया		चीज मिली। उसमें	
		विशेष उद्देश्य-		? 3.रोबोट ने		बैठे एलियस ने बच्चों	
		(i)छात्रों को रोबोट एवं एलियंस के बारे में		थाली में क्या खोला		से दोस्ती करके उन्हें	
		जानकारी देना।		?		उड़नतस्तरी में बैठा	
						लिया। सभी दूसरे गृह	

(मंगलवार)- <mark>पा</mark> 13 दिसम्बर ^प	विषय 1ठ -18 पत्र लेखन अनोपचारिक) पत्रों के प्रकार	(ii) छात्रों को बाल मन में उठने वाली काल्पनिक तरंगों से परिचित कराना। (iii) छात्रों की विज्ञान कथाओं के प्रति रुचि जागृत करना। (iv) छात्रों में तार्किक दृष्टिकोण का विकास करना। छात्रों से पूर्व ज्ञान पर आधारित प्रश्न पूछे जाएंगे जैसे- (i)बच्चों आप कौन-कौन-से खेल खेलते हैं? (iii) क्या आपने रोबोट का नाम सुना है? (iii) सपना देखना आपको कैसा लगता है? परिचय/प्रस्तावना अधिगम का उद्देश्य सामान्य उद्देश्य सामान्य उद्देश्य सामान्य उद्देश्य । .छात्रों की हिंदी विषय के प्रति रुचि उत्पन्न करना। 2. भाषा कौशलों का विकास करना। 3. बच्चों के शब्द भंडार में वृद्धि करना। 4. मानसिक क्षमता का विकास करना। पूर्व ज्ञान पर आधारित प्रश्न-1. क्या आप पोस्ट बॉक्स के बारे में जानकारी रखते हैं?	शिक्षण पद्धतियाँ वीडियो kakshttps://youtu.be/_c qMAEgGnU?si=K2-NbF 8Z1Lmz00eh व्याख्यान व उदाहरण विधि का प्रयोग करते हुए अध्यापिका द्वारा छात्रों को ज्ञान दिया जाएगा कि अनौपचारिक पत्र उन लोगों को लिखे जाते हैं जिनके साथ हमारा कोई व्यक्तिगत संबंध होता है। निजी पत्र,	परावर्तन अधिगम का पुनर्मूल्यांकन पठित ज्ञान को सुदृढ़ करने के लिए अधिगम का पुनर्मूल्यांकन अति आवश्यक है। 1.इस पत्र को प्राप्त करने के बाद प्राप्तकर्ता पर इसका क्या प्रभाव पड़ेगा?	अर्जित कौशल का प्रदर्शन जीवन कौशल 1.छात्र मौखिक तथा लिखित रूप में शुद्ध वाक्यों का निर्माण कर पाएँगे। 2. अपनी बात को कम शब्दों में प्रस्तुत कर सकेंगे।	पहुँच गए। वहाँ पहुँचकर बच्चों हैरान रह गए। उन्हें लगा कि वे किसी जादुई लोक में पहुँच गए हैं। (पृष्ठ संख्या 125) छात्रों द्वारा अर्जित ज्ञान का प्रयोग व्यवहारिक जीवन में अनौपचारिक पत्र लिखने के लिए सक्षम होंगे।	गृहकार्य अपने भाई को पत्र लिखकर बताइए कि आपको चित्रकला में प्रथम पुरस्कार मिला है ।
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		2. जब टेलीफोन उपकरण नहीं था तब मनुष्य अपनी बात को एक दूसरे तक कैसे पहुँचाते थे?	अपने मित्रों ,सगे संबंधियों,को लिखे जाते हैं ।	2.अगर में इस पत्र को प्राप्त करता, तो मेरी क्या प्रतिक्रिया होती? 3.आप यह पत्र क्यों लिख रहे हैं, और इसके माध्यम से आप क्या संदेश देना चाहते हैं?			
16 दिसम्बर	विषय	परिचय/प्रस्तावना	शिक्षण पद्धतियाँ	परावर्तन	अर्जित कौशल का	छात्रों द्वारा अर्जित	गृहकार्य
(सोमवार) -	ਧਾਠ -19	अधिगम का उद्देश्य	वीडियो प्रस्तुतीकरण के	1. सही विकल्प का	प्रदर्शन	ज्ञान का प्रयोग ऊपर दिए गए चित्रों	उड़ान
20 दिसम्बर (शुक्रवार) मूल्य शिक्षाः साहस ऐसा गुण है ,जो व्यक्ति में सकरात्मक ऊर्जा का संचार करता है।	कहानी लेखन	सामान्य उद्देश्यः 1.बच्चों को कहानी लेखन के बारे में समझाना। 2. कहानी लेखन के महत्वपूर्ण तत्वों से परिचित कराना। 3. बच्चों की रचनात्मकता और भाषा कौशल का विकास करना। छात्रों से पूर्व ज्ञान पर आधारित प्रश्न पूछे जाएँगें जैसे - 1.आपको कैसी कहानी सुनना पसंद है? 2.आपकी पसंदीदा कहानी में कितने किरदार होते हैं ?	लिए क्लिक करें वीडियो https://youtu.be/BhUPh T_pdM?si=XFkHBF-wO 5LfXcHq अध्यापिका द्वारा छात्रों को समझाया जाइगा कि 1. कहानी लेखन की भाषा सरल व स्पष्ट होनी चाहिए। 2. कहानी मे छोटे छोटे वाक्यों का प्रयोग करना चाहिए।	चयन कीजिए । 2. रिक्त स्थानों की पूर्तिकीजिए। 3. मौखिक प्रश्न 4. लिखित प्रश्न	अपनी स्वयं की कहानी लिखना कहानी लेखन के सिद्धांतों का पालन करते हुए छात्र अपनी कल्पनाशक्ति का उपयोग कर एक नई कहानी लिख सकते हैं। इसमें वे कथानक, पात्रों, संवाद और विषय को जोड़ते	उपर दिए गए चित्री की सहायता से एक कहानी लिखिए अपनी उत्तर पुस्तिका में ।	पृष्ठ संख्या 94 प्रश्न क

			3. कहानी लेखन में प्रसंग को संक्षिप्त में लिखना चाहिए। 4. कहानी में घटनाओ का क्रम क्रमानुसार होना चाहिए। 5. कहानी का उद्देश्य स्पष्ट होना चाहिए,पाठक को समझ आना चाहिए		हुए एक संगठित कहानी तैयार कर सकते हैं।		
23 दिसम्बर (सोमवार)- 31 दिसम्बर (मंगलवार) अवकाश - 25 दिसम्बर (बुधवार) क्रिसमस डे मूल्यशिक्षाः लालच करना बुरी बात है। लालच के वशीभूत होकर मनुष्य अपना विवेक खो देता है।	विषय पाठ -15 जहाँ का तहाँ	परिचय/प्रस्तावना इस पाठ की मुख्य अवधारणा इस बात पर केंद्रित है कि लालच करना बुरी बात है। छात्रों को मेहनत एवं ईमानदारी से काम करने की प्रेरणा देना पाठ का मुख्य ध्येय है। अधिगम का उद्देश्य सामान्य उद्देश्यः (i) छात्रों में हिंदी कहानी के प्रति रुचि जागृत करना। (ii) छात्रों द्वारा कहानी का श्रवण, वाचन, लेखन का अभ्यास करके हिंदी भाषा पर अधिकार करना। विशेष उद्देश्य- (i) छात्रों को लालच के दुष्परिणामों से	शिक्षण पद्धतियाँ वीडियो https://youtu.be/Pb9 oRT w3M0?si=sozx9R7ytq1Y OKME अध्यापिका द्वारा छात्रों से पाठ का सस्वर वाचन करवाया जाएगा। उन्हें उचित आरोह-अवरोह, हाव-भाव सहित कविता पढ़ने के लिए प्रेरित किया जाएगा। इससे छात्रों की श्रवण, ग्रहण एवं वाचन क्षमता का विकास होगा।	परावर्तन पठित ज्ञान को सुदृढ़ करने के लिए अधिगम का पुनर्मूल्यांकन अति आवश्यक है। इसके लिए पाठ आधारित मौखिक प्रश्न पूछे जाएंगें (i)मछुआरा कहाँ रहता था? (ii) पानी में गिरते ही सुनहरी मछली में क्या परिवर्तन	अर्जित कौशल का प्रदर्शन जीवन कौशल रचनात्मकता विभिन्न त्योहारों के चित्र एक स्क्रैप बुक में चिपकाकर उनके बारे में लिखो । (पृष्ठ संख्या 137)	छात्रों द्वारा अर्जित ज्ञान का प्रयोग गणित से जुड़े - मछुआरा और उसकी पत्नी बाज़ार में खरीदारी करने गए। उन्होंने मछली पकड़ने काए कुछ 1400 में, रसोई के लिए में खरीदारी करने जा र₹1200 में तथा घर के लिए कुछ जरूरी सामान ₹400 में	गृहकार्य उड़ान पृष्ठ संख्या 134 प्रश्न 1.2.3 कीजिए ।

(ii) छात्रों को परिश्रम करने की प्रेरणा	(iii) रानी मछली	उन्होंने कुल कितने	
देना।	क्यों नाराज़ हो	रुपए की ख़रीदारी की?	
(iii) छात्रों को ईमानदारी से जीवन जीने	गई? आदि।	(पृष्ठ संख्या 137)	
के लिए प्रेरित करना।			
छात्रों से पूर्व ज्ञान पर आधारित प्रश्न पूछे		000000	
जाएँगें जैसे -			
(i).बच्चो, क्या आपने मछुआरा देखा है?			
(ii) मछुआरा क्या करता है?			
(iii) क्या हमें लालच करना चाहिए?			
(iv) बाज़ार में मछलियाँ कौन लाता है?			
आदि।			

Subject - Mathematics

Date and Day	Topics	E (Energize Learners)	N (Navigate Content)	G (Generate Meaning)	A (Apply to Real Life)	G (Gauge the Learning)	E (Extend)
2nd December (Monday) – 31st December (Tuesday) Holidays: Christmas 25th December (Wednesday) Value of the week	Chapter 9 - Measures of Time	Introduction To start the class: • Let's watch https://youtu.be/v7VvIVN-BSc?si= 3MkJ5UzXCXxWvhAi • One day = 24 hours • 1 hour = 60 minutes • The hour hand takes one hour to move from one number to the other number. • It takes 12 hours to complete one round. • Half past = 30 minutes • Quarter past = 15 minutes • quarter to = 45 minutes	Teaching Methodology The facilitator will use a dummy clock to explain the concept of time in minutes. Joyful Learning Get Set Go Match the different activities with the clock and the time.(Pg no. 124)	Reflection COURSEBOOK • Exercise 9A • Exercise 9B • Exercise 9C • Exercise 9D • Mental Math WORK BOOK Chapter 9: • Framework 1 • Framework 2	Demonstration of the Acquired Skills Activity Preparing Your Own Calendar Children will prepare the calendar for the month of December marking their friends birthdays, the dates of UT, holidays etc	Application of the learning by students Financial Literacy Concept of savings and investments will be discussed. Borefits of Savings and investments will be discussed. Borefits of Savings of Savi	Art Integration Children will prepare 2 clocks, a.m. clock and p.m. clock. They will prepare their hourly schedule and write/paste them in the respective clocks (Pg No125) Life Skills • Always manage your time based on the priority of the work assigned.

How many hours do you spend in school?
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Subject - Science

Date and Day	Topics	E (Energize Learners)	N (Navigate Content)	G (Generate Meaning)	A (Apply to Real Life)	G (Gauge the Learning)	E (Extend)
2nd December (Monday)- 13th November (Friday) Value of the week- Conserve Water	Chapter-12 Air, Water and Weather Air, Water Weather	Introduction- Video Proper explanation of the chapter will be given after showing the video. https://youtu.be/OqGV2zq1 ZU0?si=3FECSgqp7e9a04 WA Learning Outcomes- The learners will be able to- 1. understand air, its properties and importance. 2. understand water and its importance. 3. describe different forms of water and the role of the water cycle on the earth.	Teaching Methodology- A video related to the rotation and revolution will be shown. Audio-Visual https://youtu.be/s0bS-SB AgJI?si=GVzhDi7iloaU1i-g Art Integration Draw a diagram of a water cycle. (Material Required- Crayons, Cotton, Paint Color, Pencil, Scale)	Reflection Coursebook Exercise- 1. Tick the correct answers. 2. Fill in the blanks. 3. Write two examples for each of the following. 5. Short Answer Type 6. Long Answer Type 7. High Order Thinking Skills. Workbook-	Demonstration of the Acquired Skills Life Skills- Prepare a weather forecast for the upcoming week and fill the temperature in your science book (pg no-115)	Application of the learning of students Oral Drill 1. Students will understand the concept of the water cycle. 2. They will understand the concept of weather forecasting.	Homework Subject Integration (Social Studies) Mark the places on the physical map of India. a. very heavy rainfall. b. moderate rainfall. c. very less rainfall. d. very cold winter season.

		4. explain the weather and the factors that affect it. 5. know about different seasons and activities to do in these seasons. Discussion Questions- 1. What will happen if there is no air? 2. Explain the important factors that help in regulating the weather of a place?		(Framework 1 and 2)			
16 th December (Monday)- 31 th November (Tuesday) Holiday: Christmas 25 th December (Wednesday) Value of the week- Save the Environment by planting trees!	Chapter-13 Our Environment	Introduction- Video Proper explanation of the chapter will be given after showing the video. https://youtu.be/OqGV2zq1 ZU0?si=3FECSgqp7e9a04 WA Learning Outcomes- The learners will be able to- 1. understand the term environment. 2. explain pollution. 3. identify factors that make an environment dirty. 4. describe different types of pollution, their causes and preventive measures to control them. Discussion Questions- 1. Loud music is not good for us. What harmful effects are caused by noise pollution to the old and sick people?	Teaching Methodology- A video related to the rotation and revolution will be shown. Audio-Visual https://youtu.be/s0bS-SB AgJI?si=GVzhDi7iloaU1i-g Art Integration Draw a poster to save the environment on an A-4 Size sheet and paste in your science notebook. (Material Required-A-4 Size sheet, Crayons, Pencil Fevicol, Scale)	Reflection Coursebook Exercise- 1. Tick the correct answers. 2. Fill in the blanks. 3. Write two examples for each of the following. 5. Short Answer Type 6. Long Answer Type 7. High Order Thinking Skills. Workbook- (Framework 1 and 2)	Demonstration of the Acquired Skills Life Skills- We use too many plastic bags in our daily life. We should not use polybags as these are harmful for the environment. Can you tell why are polybags harmful for our environment? What can we use instead of polybags? Write it in your science notebook.	Application of the learning of students Oral Drill 1. Students will explain the causes of pollution. 2. They will explain preventive measures to control them.	Homework Creativity Write a slogan about saving the environment in your science notebook.

Subject - Social Science

Date and Day	Topics	E (Energize Learners)	N (Navigate Content)	G (Generate Meaning)	A (Apply to Real Life)	G (Gauge the Learning)	E (Extend)
2 nd December (Monday) -	Chapter -16 Topic –	Introduction	Teaching Methodology	Reflection	Demonstration of the Acquired Skills	Application of the learning by	Homework
13 th December (Friday)	Chennai	Video	Audio Visual	Mind map on location, Climate, Transport,	Video	students	<u>Life skill</u>
Value of the	ELDLO.	https://www.youtube.com/ watch?v=kG3rWGxxNSQ	https://youtu.be/dGw5k Au0PLw	Festival, Food, Language, Music and Dance of Chennai	https://www.youtube.c om/watch?v=Q5uZPm	Oral drill	Students will learn about helping their
Week- Environment Awareness	CIENNAL	Proper explanation of the chapter will be given after	Students will learn the importance of Chennai	Quick Zone	cdsN0	Students will get familiar with important places in	community, like keeping public places clean or
Awareness		showing the video.	Cross Culture Zone	Tick the correct answer	Students will learn about the culture of Chennai	Chennai. Students will know the location,	being kind to neighbors.
		Learning Outcomes Students will be able to - 1. explain the significance	Do you love South Indian food? Search for the recipes of some famous	Fill in the blanksTrue/ False	Communication Skill	climate of Chennai. Students will know	<u>Workbook</u>
Value		of Chennai. 2. describe its historical	South Indian dishes like dosa, idli, upma etc. Note	Match the Column) Long Answer Question	Pictures will be shown	about people living in Chennai	Framework 2
Education -		background and climate. 3. explain its governance system.	it down and then request your mother to prepare it for you.	, and the second	to students of famous places of Chennai and they are supposed to	<u>Map work</u>	
Respect		Discussion Questions		Workbook Framework 1	speak a few lines on it .	Locate Chennai, Tamil Nadu and	
		What was the old name of Tamil Nadu? Describe the climate of		Trainework T	,	neighbouring states on the Political Map of India.	
		Chennai. 3. What are the main food items of the people of	Art Integration and Joyful learning Students will draw any			Materials Required Political Map of India	
		Chennai?	one of the musical instruments used in Carnatic music of		Research based		
			Chennai. Materials Required - A4 size sheet , pencil colours		Jallikattu is a famous sport of Tamil Nadu. Find the other name of		

Methodology Acquisition Acquisition	Acquired skills Video Oral https://www.youtube.c om/watch?v=fvD31hM VNW8 Students will learn about the culture of Kolkata learning students Students importan our coun	Students prepare package ificance of as an not city of	s will a travel on Theme Kids
December (Tuesday)	Video https://www.youtube.c om/watch?v=fvD31hM VNW8 Students will learn about the culture of Kolkata Mi	I drill Students prepare package "Kolkata Adventu write on sheet.	s will a travel e on Theme Kids re" and
Tuesday Holiday: Christmas 25th December (Wednesday) Value of the week - Togetherness Students will be able to - 1explain the significance of Kolkata. Audio Visual https://www.youtube.com/watch?v=q0B2pQe9hLk https://www.youtube.com/watch?v=3MkhERJV BTA historical background, climate, festivals of Kolkata https://www.youtube.com/watch?v=3MkhERJV BTA Quick Zone Tick the correct answer Fill in the blanks True/False Match the column Long Answer Question Work book Com/watch?v=3MkhERJV BTA Ouick Zone Tick the correct answer Fill in the blanks True/False Match the column Long Answer Question Work book Framework 1 Framework 1 True/False Match the column Com Work book True/False Com Work book True/	https://www.youtube.com/watch?v=fvD31hMVNW8 Students will learn about the culture of Kolkata . Ma	Students prepare package "Kolkata Adventu write on sheet.	s will a travel e on Theme Kids re" and
Holiday: Christmas 25th December (Wednesday) Value of the week - Togetherness Togetherness Students will be able to - 1explain the significance of Kolkata. Match?v=q0B2pQe9hLk Proper explanation of the chapter will be given after showing the video. Learning Outcomes Students will understand location, climate and government and important industries. Research Zone Kolkata Tick the correct answer Fill in the blanks True/False Match the column Long Answer Question Work book Framework 1 Framework 1	https://www.youtube.com/watch?v=fvD31hM	prepare package "Kolkata Adventu write on sheet.	a travel on Theme Kids re" and
river Hooghly. 3. describe its historical background and climatic conditions. Discussion Questions 1. What is Kolkata? What was its earlier name? 2. Name two bridges built on the Hooghly river. 3. Name any three tourist movies, cricket, music, freedom fighter and write in your notebook. Subject Integration with Art	Pictures will be shown to students of famous places of Kolkata and they are supposed to speak a few lines on it. Locate k West Be neighbor on the P of India.	engal and uring states Political Map s Required	

	as tabla, harmonium and ektara.			
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Subject - Computer

Date and Day	Topics	E (Energize Learners)	N (Navigate Content)	G (Generate Meaning)	A (Apply to Real Life)	G (Gauge the Learning)	E (Extend)
2 nd December (Monday) –	Topic: Chapter 8	Introduction	Teaching Methodology	Reflection	Demonstration of the Acquired Skills	Application of the learning by	Homework
31st December	l	The internet is a global	Audio Visual	At the end of the		students	
(Tuesday)	Using Internet	network that connects billions	The teacher will introduce	lesson, students will	Students will be able		Open a web
		of computers and other	the chapter with the help	be asked to reflect	to :-	Students will be	browser and
Holiday:		electronic devices around the	of the given video.	what they have	1.use web browsers.	provided	search 'Difference
Christmas		world. It allows users to access		learned	2.use keywords to	opportunities to	between internet
25 th December		information, communicate with	https://youtu.be/ESHxf0		search anything on	showcase their	and intranet' and
(Wednesday)		others, and more	xytsc?si=WNymVdGUe	1.What is the	the internet.	knowledge and	write it in your
			Ns76fR	internet?		information.	notebook.
		https://youtu.be/eRj1UcRadc		2.Which application			
alue:		s?si=tqBPjbaZX0RV70Go	<u>Hands on Experiential</u>	software is used to		Lab Visit:	
e are all now			Draw any three web	view websites?		Type the keyword	
nnected by the		<u>Learning outcomes: -</u>	browser that are used to	3. Write any two uses		'modes of transport'	
ernet, like neurons			view websites.	of the internet.		in the address bar	
a giant brain.		Students will be able to:-	Material required:	4.What is the use of a		of the browser.	
		1.open Web Browser	(A4 size sheet, colors)	search engine?		Press the enter key	
		2.search for information in a	<u>Technology Integration</u>			to view the different	
		browser.	Students will be shown	Extra Questions		types of information	
		3.navigating using links.	through VTS to open	1.What is web		it displays.	
			web browser.	address?			
		Discussion Questions:	Interdisciplinary	2.What are the steps		https://youtu.be/U	
			integration	to view a web page in		XsomnDkntl?si=ol	
		1. What is the internet?	Search for different web	a browser?		X6WSoaJt_hHGH5	
		2. What is the full form of	browsers and search	3.Define Web			
		WWW?	engines.	browser.			
		3. Name any 3 Search engine.					

Subject - General Knowledge

Date and Day	Topics	E (Energize Learners)	N (Navigate Content)	G (Generate Meaning)	A (Apply to Real Life)	G (Gauge the Learning)	E (Extend)
2ndDecember (Monday)- 6thDecember (Friday) Value of the Week- Rivers never go reverse. So try to live like a river. Forget your past and focus on your future. Always be positive!	Indian Rivers (Pg No14)	Introduction Video Proper explanation of the topic will be given after showing the video. https://youtu.be/KlwrVsvlcm0?si=rCkClZJCTNeV0mK E Learning Outcomes Students will be able to: 1.identify major Indian rivers and their locations on the map. 2.explain the importance of rivers in India for agriculture, transportation, and culture. Discussion Questions Which river do you think is the most important in India and why?	Interactive River Map Students will create a large classroom map and mark major Indian rivers. They will draw each river's nearby states. Golf von Bengalen	Reflection Book's Back Exercise will be done Students will complete the worksheet identifying the sources and tributaries of famous Indian rivers, as well as their cultural significance.	Demonstration of the Acquired Skills Peer Teaching Students will present their thoughts to classmates, explaining the geographical and cultural significance of each river they have chosen.	Application of the learning by students Classroom Discussion Teacher will ask students to discuss how rivers influence the culture and economy of different regions in India. Students will share stories or traditions associated with rivers from their own backgrounds.	Homework Find out about famous rivers present in India and mark it on Indian physical map.
9th December (Monday)- 13th December (Friday) Value of the Week- If you want to fly, give up everything that weighs you down.	Friends with Wings (Pg No24)	Introduction Video Proper explanation of the topic will be given after showing the video. https://youtu.be/2pVKqxvqC4M?si=e04kS8KsiCupLilk Learning Outcomes Students will be able to: 1.identify different types of birds and their unique features (e.g., beak shapes,	Art Integration Students will draw pictures of birds in their natural habitat, explaining how their features help them survive.	Reflection Book's Back Exercise will be done Students will solve the puzzle with the help of given clues.	Demonstration of the Acquired Skills Let's Watch A video on how migratory birds travel vast distances will be shown. https://youtu.be/28apW Gxljpo?si=46uJPdEtrV Tbl9Hp	Application of the learning by students Students will listen to recordings of various bird calls and match them with pictures of the birds. https://youtu.be/B DCVwVTMOql?si=miycR4Vpg2Gaa3al	Homework Do pg no. 61 in GK book.

		wing spans, migratory patterns). 2.explain how birds adapt to their environments and contribute to ecosystems. Discussion Questions 1.Which bird fascinates you the most, and why? 2.How do birds communicate with each other, and what challenges do they face in their habitats?	Material Required 1.A4 size sheet 2.Crayons 3.Sketch pens 4.Pencil and eraser		O It's story		
16th December (Monday)- 20th December (Friday) Value of the Week- HEALTH IS LIKE MONEY WE NEVER HAVE A TRUE IDEA OF ITS VALUE UNTIL WE LOSE IT. JOSH BILLINGS	The Human Body (Pg No34-35)	Video Proper explanation of the topic will be given after showing the video. https://youtu.be/B3Fv2X8E KfE?si=XsH- eOcf-Mpm FJ Learning Outcomes Students will be able to: 1.identify and describe the functions of major internal organs like the heart, lungs, brain, stomach, and liver. 2.explain the importance of each organ for the human body to function effectively. Discussion Questions 1.Which internal organ do you think is the most important and why? 2.How does taking care of our internal organs affect our overall health?	Group Discussions The teacher will organize a game where each student picks a card with the name of an internal organ and explains how it contributes to a healthy body. Another group will discuss ways to keep each organ healthy.	Reflection Book's Back Exercise will be done Identify and write the names of the body parts.	Demonstration of the Acquired Skills Peer Teaching Students will work in pairs or small groups, with each student taking turns explaining how one internal organ works and why it is essential.	Application of the learning by students Quiz Activity Teacher will conduct a fun quiz where students will answer questions related to the functions and care of internal organs. Each correct answer earns a point for their team, making the learning process engaging and reinforcing their understanding of the topic.	Homework Experiential Learning Prepare a health poster showing ways to keep the human body healthy, focusing on internal organs. Material Required 1.A4 size sheet 2.Colors/Crayons 3.Glue and cutouts (optional)

23rdDecember (Monday)-26thDecember (Thursday)

Holiday: Christmas 25thDecember (Wednesday)

Value of the Week-



Sound of Music (Pg No.-46)



Introduction

Video

Proper explanation of the topic will be given after showing the video.

https://youtu.be/a8IZQnQZg
A?si=T0Sf4oeAEmkTXDq3

Learning Outcomes

Students will be able to:
1.identify various types of
musical instruments (e.g.,
string, wind, percussion) and
describe their sounds.
2.understand how music can
evoke different emotions and
enhance creativity.

Discussion Questions

1.Who is your favorite musician, and what do you like most about their music?
2.How does music make you feel, and can you describe a moment when a song made you happy or calm?

Teaching Methodology

Storytelling Session

The teacher will narrate inspiring stories about musicians like
Beethoven, Lata
Mangeshkar, or Bob
Marley, highlighting their struggles and successes to show how music shaped their lives and inspired generations.



Reflection

Book's Back Exercise will be done

Identify and write the names of the body parts.

Demonstration of the Acquired Skills

Instrument Imitation: Students will work in

pairs to choose an instrument and demonstrate how it is played, either through physical imitation or with a simple handmade model. They can describe its sound and use in different music genres.



Application of the learning by students

Musician Quiz

Teacher will organize a quiz where students answer questions about different musicians, such as their famous works, genres, or cultural influences. This will help assess their understanding in a fun and engaging way.

Homework

Do pg no. 50 in the GK book.

27thDecember (Friday)-31stDecember (Tuesday)

Value of the Week-

Incredible India (Pg No.-68-69)

INCREDIBLE:

()

INDIA

9)

Video
Proper explanation of the topic will be given after showing the video.
https://youtu.be/Y9cRA2zui
Y?si=GrSO7bRQi8q1z-AL

Learning Outcomes

Introduction

Students will be able to: 1.identify key elements of India's diverse culture,

Teaching Methodology

Art Integration

Students will create art inspired by Indian motifs, like Madhubani paintings or Rangoli patterns, and explain their significance.

Material Required

1.A4 size white sheet 2.Oil pastel colours 3.Sketch Pens

Reflection

Book's Back Exercise will be done

Identify and write the names of the body parts. Demonstration of the Acquired Skills

Let's Watch

A documentary on India's ancient traditions and architecture will be shown.

https://youtu.be/IK3oq U2WNY0?si=syj81N_h QNLGhxA1

Application of the learning by students

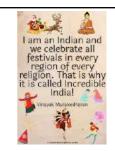
Writing Creative Stories

Students will write travel journals or a short story describing a trip to any Indian state, focusing on the local customs, food,

Homework

Watch it out! https://youtu.be/ 6Za8ckpGXO8?s i=j4EUIzUTpV9a D2TN





including languages, festivals, and traditions. 2.understand how geographical features influence the culture and lifestyle of people in various regions of India.

Discussion Questions
1. What is your favorite Indian festival, and why?
2. How do India's physical features, like the Himalayas or the Thar Desert, affect its

culture?

4.Decorative material (optional)





and sights they encountered.



Co-Scholastic

Subject – Life Skills

Date and Day	Topic	Learning Outcomes	Demonstration Method	A (Apply to Real Life)
2 nd December (Monday) –	Chapter 8	Introduction	Teaching methodology	Demonstration of the skills acquired
31st December (Tuesday)	HONESTY PAYS		Storytelling- Woodcutter and	
		https://youtu.be/0VWK4plxkjk?feature=shared	the Axe to teach Honesty	Activity: "Honesty and Independence
Holidays:	Chapter 9			Wall"
Christmas	BE INDEPENDENT	The video is about a young boy named Honest Gattu	 Art and Craft-Based Learning- 	
25 th December (Wednesday)		who finds pencils and erasers on his way home from school. He returns them to the principal, and as a	Activity: "Honesty and Independence Wall"	Students will work together to create an "Honesty and Independence Wall." Each
Value of the month		reward, he receives the pencils and erasers. This story		student decorates a brick with a short
		teaches the importance of honesty.	 Guided Group Activities -Truth 	story or drawing of a time they were
"Honesty is the first chapter in			or Consequences activity	honest or did something independently.
the book of wisdom." – Thomas		Learning outcomes		As they add their bricks, they build a wall
Jefferson		The students will be able to:		symbolizing the strength that honesty
Jellerson		1. Understand the value of honesty in building trust and		and independence bring to a community.
		fostering strong relationships.		
		Recognize how being honest can lead to long-term		Materials Required: Large chart paper or
		benefits and success.		poster board, pre-cut paper bricks,
		Develop the confidence to make independent		markers, crayons, and stickers.
		decisions and take responsibility for actions.		

Appreciate how independence empowers personal growth and enhances problem-solving skills.	
Discussion question How can being honest and independent help you in making better decisions and achieving success in life?	

Subject – Library

Date and Day	Topic	Learning Outcomes	Demonstration Method	A (Apply to Real Life)
2 nd December (Monday) –	Story Cubes	Introduction-	Teaching Methodology	Demonstration of the Acquired Skills
31 st December (Tuesday)		Teacher will ask students to use a set	The teacher will describe that when you	The basic bones of a story
		of story cubes with different images	create a story, you can ask yourself many	are setting, character, plot, conflict,
Holidays:		on each side. Children will roll the	questions to help you develop the plot,	and theme. These elements work together to
Christmas		cubes and weave a story based on	characters, starting and ending of your	create the basic structure of a story. Without
25 th December (Wednesday)		the images that appear on top. This	story. The questions will be like:	any one of these components, a story will fall
, , ,		activity helps in learning story	' '	flat, and changing any one of these elements
Value of the month		structure and boosts creative thinking.	Do you like to create a story from the	can dramatically affect a story's structure and
			things around us?	impact.
"There is no greater agony than		Learning Outcomes-	2. Who is the main character of your story?	'
bearing an untold story inside you"		Students will be able to:	3. Tell me the title of your story.	
bearing an untold story inside you		Gradonto Will bo abio to:	4. What makes your story interesting?	
			5.How can you make your story different	
		 trust their own ideas and 	from others?	
		interpretations		
		 learn how to weave a story. 		
		 Enhance their Imagination Power. 		

Subject - Music

Date and Day	Topic	Learning Outcomes	Demonstration Method	A (Apply to Real Life)
2 nd December (Monday) –	1. Prayer-	Chapter Introduction	Teaching Methodology	Demonstration of the Acquired Skills:
31st December (Tuesday)	"Subah savere le kar tera	1Audio visual		
11.81.	naam prabhu ``	https://www.youtube.c	Teacher will introduce the prayer	Helping students manage stress and
Holidays: Christmas		om/watch?v=ATqpMqcSwAw	explaining its significance in the cultural	anxiety, especially during challenging
25 th December	2. Taal – TeenTaal		and spiritual context. She will also	times like exams. Help them to make a
(Wednesday)			discuss the themes of the prayer, such	sense of peace, comfort.

Value of the month

"The best way to spread Christmas cheer is singing loud for all to hear."



3.Christmas carol - Joy to the World



This video will be shown in the class ,to sing the prayer beautifully. This prayer can serve as a daily reminder to approach life with purpose and a grateful heart.

2.https://www.youtube.com/watch?v=9 PyCWCMup6U

Above video will help know more about teen taal. **Teen Taal** is a 16-beat rhythm cycle, often used in both Hindustani classical music and kathak dance. It is divided into four sections, each containing four beats

Learning Outcomes-Students will be able to:

- practice expressing gratitude and recognizing the blessings in their lives, promoting a positive outlook
- enhance their vocabulary and pronunciation.

as devotion, gratitude, and unity. She will teach students to pronounce each bol clearly and correctly. Start slowly, with students repeating the sequence after you.

- Students can improve fine motor skills, hand-eye coordination, and overall physical awareness.
- These songs (CAROL) can help students understand and appreciate diverse cultural practices and religious celebrations.



Subject - Art

Date and Day	Topic	Learning Outcomes	Demonstration Method	A (Apply to Real Life)
2 nd December (Monday) –		Introduction- Arts and crafts are	Teaching Methodology-	Demonstration of the Acquired Skills
31st December (Tuesday)		hands-on, creative pursuits that		
	Control of the contro	involve making or crafting objects	The teacher will make demonstrate and	Students will be able to develop motor
Holidays:	Page 1	using various materials and	help students to neat and appropriate	skills, language skills, social skills,
Christmas	CALLED AND AND AND AND AND AND AND AND AND AN	techniques.	creations.	decision- making, risk-tasking, and
25 th December	Company and the second			inventiveness.
(Wednesday)		Learning outcomes-	Art Education approaches:	
		Students will be able to:	 Play- Based Learning 	They will also learn about color, layout,
Value of the month			Design Thinking	perspective, and balance: all
		1. develop critical		techniques that are necessary in
	Stencil art (page no-36)	thinking skills through	Art Integration	presentation artwork.
	(i. 230 110 10)	experimentation and	(Material required-)	
	Catterpillar (page no- 16)	problem-solving.		

۲	Will Associate
V	"CRAFTING IS
ı	THE ART OF
l	TURNING
١	ORDINARY
٦	OBJECTS INTO
ľ	EXTRAORDINARY
	THINGS."

Tree (page no- 18)

Clouds (page no- 20)

- 2. apply mathematical concepts (e.g., geometry, symmetry)to stencil design.
- 3. build confidence through creative expression.
- 4. understand collaborative art projects, teamwork, communication, and cooperation.
- 5. share materials, negotiate ideas, and appreciate others.
- 6. develop fine motor skills and hand-eye coordination.

Stencil art

- 1. Book Be an Artist
- 2. Pencil color
- 3. cotton

Caterpillar

- Book Be an Artist
- 2. Newspaper
- 3. Googly eyes
- 4. Cardboard sheet

Tree

- Book Be an Artist
- 2. Green color poster Cotton

Clouds

- Book Be an Artist
- 2. Poster color- blue, yellow

3. Students will be able to participate in craft fairs or markets, teach craft workshops or art classes.

Subject - Dance

Date and Day	Topic	Learning Outcomes	Demonstration Method	A (Apply to Real Life)
2 nd December (Monday) –	Chakkar daar tukda	Introduction :	Teaching Methodology:	Demonstration of the acquired
31 st December (Tuesday)		https://youtu.be/DVDTec3QMWs?si=vmVJqL		skills:
	<u>@</u>	5K549WiJyS	1 Students will learn tukda which is a fixed	
Holidays:			composition primarily with forceful bols.	Students will be able to perform a
Christmas			They usually start on the 'Sam' (first beat)	Kathak tukda in school assemblies,
25 th December		Learning Outcomes:	and also end on a 'Sam'.	competitions and cultural events.
(Wednesday)		Students will be able to: 1.express emotions,	Teacher will start with foundational tatkar	
		stories, and themes more vividly, adding depth	(footwork) to establish rhythm and build	
Value of the month		to their performances.	strength, ensuring students can synchronize	
	Hastak	2. enhance coordination between hand	foot taps with rhythm.	
#PD 4 07/05 0D5 4 750		movements and body rotations. 3. master intricate footwork (tatkar) patterns, a	Teacher will demonstrate each segment of the tukda slowly, breaking it down into	
"PRACTICE CREATES		core aspect of Kathak that develops timing,	small parts and explaining each movement's	
CONFIDENCE EMPOWERS		control, and precision.	purpose.	
YOU."		4. improve balance, spatial awareness, and	4.More focus on hand movements/gestures	
		technique.	along with the footwork.	
1	1	i '	_ ~	I .

Subject - Yoga

Subject – Yoga				
Date and Day	Topic	Learning Outcomes	Demonstration Method	A (Apply to Real Life)
2 nd December (Monday) –	Mayurasana	Introduction	Teaching Methodology	Demonstration of the
31st December (Tuesday)	- Wayarabana	inti oddotion	l loadining moundationsy	Acquired Skill.
C. December (raceasy)		Mayurasana, or the peacock pose, is a yoga	The teacher will begin with a brief	7 toqui ou oniii
Holidays:		pose that involves balancing the body on the	introduction to each pose, highlighting	After learning Mayurasana,
Christmas	ALL STATES	hands while extending the legs backward.	benefits, contraindications, and	Utkatasana, Makarasana, and
25 th December (Wednesday)		The name comes from the Sanskrit words	modifications. He will demonstrate each	Bhujangasana, students will
, , , , , , , , , , , , , , , , , , , ,		Mayur (peacock) and asana (pose).	asana, emphasizing proper alignment,	be able to demonstrate
Value of the month		Utkatasana, also known as Chair Pose, is a	breathing, and engagement. He will also	acquired skills by executing
	Utkatasana	standing yoga pose that involves bending the	encourage students to listen to their	each pose with precision,
		knees and holding a partial squat. The	bodies, modify or rest when needed, and	balance, and control,
"Yoga is the journey of the self.	190	Sanskrit name Utkatasana translates to	explore creative expressions of each	showcasing improved
through the self, to the self."		"powerful".	pose.	flexibility, strength, and body
		 Makarasana is derived from two words - 		awareness. They will
200		'makar' which means crocodile in Sanskrit	Link	confidently modify poses to
and a Defi		and 'asana' (pose). Thus it is a pose that	 Mayurasana 	accommodate individual
		resembles a crocodile. Makarasana is very	https://youtu.be/ASNK54226ts?si=gOOjN	needs, incorporate effective
	Makarasana	beneficial for sciatica, slip disk, stress	0_laS3Tgclr	breathing techniques, and
	Wakarasaria	reduction, and problems affecting the waist		relax into each asana.
		and knees.	Utkatasana	Students will sequence poses
		Bhujangasana, also known as Cobra Pose, is	https://voutu.be/tEZhXr0FuAQ?si=Xl3Y4a	seamlessly, understand
		a yoga pose that involves reclining	vqBW7vFlk1	benefits, contraindications, and safety precautions.
	Bhujangasana	back-bending to stretch the spine, chest, and	VYDVVVVIKI	Students' ability to create and
	(Con	abdomen	Makarasana	lead short yoga sequences,
		Landing Outropies	https://voutu.be/tFReLsh9Z7Y?si=Mi7J2F	participate in yoga-related
		Learning Outcomes Student will be able to:	CsSq2mlEOT	projects, and apply yoga
	W112	improve flexibility and balance.	Oddgernied i	principles to daily life further
		 strengthen arms, shoulders, and back 	 Bhujangasana 	demonstrates their mastery of
		muscles.		these foundational poses.
		enhanced core stability and posture.	https://youtu.be/gp1jcVFbXuE?si=mBlc7	
		increase circulation and oxygenation.	WYuDljx-a8P	
		reduce stress and anxiety.		
		cultivate awareness and focus.		
		 develop body awareness and coordination. 		
		balance energy and calms the mind.		
		 prepares for more advanced yoga poses. 		
		 enhance self-discipline and concentration. 		

Subject - Skating

Date and Day	Topic	Learning Outcomes	Demonstration Method	A (Apply to Real Life)
2 nd December (Monday) – 31 st December (Tuesday)	Turns Both Sides	Introduction	Teaching Methodology	Demonstration of the Acquired Skills
Holidays: Christmas 25 th December (Wednesday) Value of the month "Skating is the closest thing to flying on land."		The students will be introduced to the turns on both sides in Skating. Turns on both sides in skating refer to the ability to execute turns on both the left and right sides of the body while skating. Learning Outcomes Student will be able to: • master turns on both sides (forward and backward) with control and balance. • develop edge quality, agility, and flexibility. • improve overall skating technique, including posture, alignment, and movement. • enhance balance, coordination, and spatial awareness. • increase speed and efficiency while turning.	The teacher will explain the turns on both sides skills by demonstrating the steps himself, emphasizing on proper technique for executing. Crossover in skating https://youtu.be/8RzPxAuMFAM?si=BPc3sPfSXVDXsEq0https://youtu.be/QGIzTQKO9S4?si=67SwIBczFlarzb6w	After learning, students will be able to demonstrate acquired skills by executing smooth, controlled turns on both the left and right sides, showcasing improved edge control, weight transfer, and rotation. Students will be able to transition confidently between forward and backward turns, maintaining balance and poise. They will be able to display enhanced spatial awareness, navigating turns with precision and ease. Their ability to adapt turns to various skating disciplines, such as figure skating, hockey, or speed skating, showcases versatility and mastery. Overall, students will exhibit increased confidence, fluidity, and control, solidifying their foundation in skating and paving the way for advanced techniques.

Subject - Basketball

Gabjott Backetban					
	Date and Day	Topic	Learning Outcomes	Demonstration Method	A (Apply to Real Life)
	2 nd December (Monday) – 31 st December (Tuesday)	Rebound taking in basketball	Introduction	Teaching Methodology	Demonstration of the Acquired Skills
	Holidays: Christmas		The students will be introduced to rebound taking in basketball and the importance of effective rebound	The teacher will explain the basketball rebound taking skills by demonstrating	Students will be able to demonstrate acquired skills by consistently executing proper box-out technique, securing rebounds with fingertips.

25th December (Wednesday)

Value of the month

The greatest match a man can win is won within.



taking in basketball will be emphasized.

Learning Outcomes

Student will be able to:

- do proper positioning and footwork for rebounding.
- improve strength, power, and endurance.
- · enhance agility and quickness.
- understand rebounding fundamentals (stance, positioning, timing).
- read the ball's trajectory and opponent's movement.
- develop skills for tipping, tapping, and securing rebounds.

himself, emphasizing the correct form which is as follows:

Stance and Positioning:

- 1. Feet shoulder-width apart, toes pointed slightly outward.
- 2. Knees slightly bent, weight evenly distributed.
- 3. Back straight, core engaged.
- 4. Position yourself near the basket, between opponent and board.

Box-Out Technique:

- 1. Contact the opponent with a forearm or shoulder.
- 2. Seal opponent with body, keeping them away from board.
- 3. Keep elbows wide, hands up.

Rebounding:

- 1. Jump vertically, exploding upward.
- 2. Extend arms, hands shoulder-width apart.
- 3. Catch rebound with fingertips, securing ball.
- 4. Protect ball with body, elbows in.

Rebound taking in basketball

https://youtu.be/4_L5s2w-YNo?si=Rv0j9Tfv lo-tNZd

How To REBOUND in Basketball in Hin...

and protecting the ball. They will be able to showcase improved strength, power, and endurance, explosively jumping to grab rebounds in traffic and contested situations. Students will also effectively anticipate opponent movement, adjusted positioning, and communicate with teammates to secure rebounds. Their enhanced spatial awareness, timing, and footwork enabled them to outmaneuver opponents, securing crucial rebounds in pivotal game moments. Overall, students will be able to exhibit confidence, aggressiveness, and mastery of rebounding fundamentals, translating to improved team performance and success on the court.



SUGGESTIONS FOR PARENTS:

- 1. Kindly ensure that your ward wears prescribed school uniform, I.D card, neat and tidy shoes, etc.
- 2. Please see that your ward carries books and notebooks according to the Time Table for the day.
- 3. Encourage healthy eating habits and regulate your ward's sleeping hours as at least 8 hours sleep is essential for healthy growth and development.

- 4. Expensive gadgets and articles should not be brought to school. I pods, mobile phones, expensive watches, calculators, jewellery etc. will be confiscated and disciplinary action will be taken.
- 5. In case your ward is absent, ensure that you fill the leave application record in the almanac. If the leave is more than 3 days, send the leave application the very next day and be in touch with other classmates for the work done in the class and other instructions given in the class. Also, ensure you fill the leave record in the Almanac.
- 6. Encourage your child to do self-study at home and to converse in English.
- 7. Acknowledge your ward's Almanac on a regular basis with your signature.
- 8. Continuous Assessments will take place. Make sure your ward revises the classwork.
- 9. Be in touch with the school through our website and webpage on Facebook, Instagram and Youtube with the name De Indian Public School.
- 10. Kindly ensure that your ward prepares for cold calling, according to the schedule.

EVENTS OF THE MONTH:

- Sports Day will be celebrated on December 14, 2024.
- Winter Carnival will be celebrated on December 28, 2024.
- December 25, 2024 will be off in lieu of Christmas.
- PTM will be conducted on December 21, 2024.

INTRA/INTER CLASS COMPETITIONS:

<u>Date</u>	<u>Day</u>	<u>Topic</u>	<u>Class</u>
December 18, 2024	Wednesday	Tang-Safari	PLP 1 (III)
December 18, 2024	Wednesday	Creativity is Magical- Coaster Making	PLP 2 (IV)
December 18, 2024	Wednesday	Geometrical Fun	PLP 3 (V)

IDIOMS OF THE MONTH:

- "Lend a helping hand" (help someone in need)
- "Give from the heart" (give generously)

- "Do a good turn" (help someone without expecting anything in return)
- "Spread the love" (show kindness and generosity)
- "Pay it forward" (help someone, expecting them to help others)
- "Beam with joy" (show great happiness)
- "On top of the world" (feel extremely happy)
- "Walking on air" (feel extremely happy and excited)
- "A ray of sunshine" (bring happiness to others)
- "Grin from ear to ear" (smile widely, showing happiness)
- Note: 1. Parents are not allowed to take back their child on half day or short leave. If something is really important, then you are requested not to send the child to the school.
 - 2. Although the school will be strict to the given planner, there might be minor changes due to unforeseen circumstances.
 - 3. Parents must carry the Parent's I-card while coming to the school.
 - 4. Mobile phones are prohibited in the school premises.
 - 5. The planning mentioned in the Engage Plan is tentative and can vary depending upon unavoidable circumstances.