

## ENGLISH

Month	Syllabus	Activity
April	The Portrait of a Lady by Khushwant Singh Poem Father to Son Ranga marriage Poem laburnum top The silk road (Writing part) Notice Job letter Letter of placing an order	
May	Literature part The ailing planet Poem photograph Writing part - Article Speech Grammar part - Gap filling	
July	Landscape of the soul Discovering Tut We are not afraid to die The voice of the rain Writing part - Letter to editor Speech	
August	The adventure Childhood poem The summer of the beautiful white horse Play Mother's Day Birth poem Grammar Part Sentence reordering Transformation of sentences	
September	Literature part The Ghat of the only world Writing part Letter to make request and letter of enquiry	
October	Literature part The tale of the melon City	

## CHEMISTRY

Month	Unit name	Remarks
April	Some basic concept of chemistry Structure of atom	

	Hydrogen	
May	Classification of elements and periodicity in properties Chemical bonding and molecular structure Environmental chemistry	
July	States of matter: gases and liquids. S- block elements	
August	Thermodynamics Redox reactions	
September	Some p- block elements Organic chemistry: some basic principles and techniques	
October	Thermodynamics Hydrocarbons	
November onwards	Revision of annual syllabus.	

### BIOLOGY

Month	Chapters	Activity/Video lecture
April	1. The living world 2. Biological Classification 3. Plant kingdom 4. Animal kingdom	Spotting material/slides
May	5. Morphology of flowering plants 6. Anatomy of flowering plants 7. Structural organization in animals	Flower description for taxonomy
July	8. Cell : the unit of life 9. Biomolecules 10. Cell cycle and division 11. Transport in plants	Practical slide preparation
August	12. Mineral nutrition 13. Photosynthesis in higher plants 14. Respiration in plants 15. Plant growth and development	Plant physiology practical
September	16. Digestion and absorption 17. Breathing and exchange of gases 18. Body fluids and circulation	Video lectures of human physiology
October	19. Excretory products and their elimination 20. Locomotion and movement	

	21. Neural control and coordination 22. Chemical coordination and integration.	
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**MATHEMATICS**

Month	Topic	Activity / Video
April	Set, Relation & function	
May	PMI, Complex Numbers, Quadratic Equation & Sequence and Series	
June	Summer Vacation	
July	Binomial Theorem, Trigonometric functions.	
August	Permutation, Combination & Statistics	
September	Limit and Derivative, Mathematical Reasoning & Probability.	
October	Linear Inequalities, Co-ordinate & 3 Dim. Geometry & Linear Inequalities, St. Lines.	

**PHYSICS**

Month	Topics
APRIL	<b>UNIT I. Physical World and Measurement</b> Chapter-1: Physical World Chapter-2: Units and Measurements <b>Unit II: Kinematics</b> Chapter-3: Motion in a Straight Line Chapter-4: Motion in a Plane
MAY	<b>Unit-III Laws of Motion 14 Chapter</b> 5: Laws of Motion <b>Unit-IV Work, Energy and Power</b> Chapter-6: Work, Energy and Power.
JULY	<b>Unit-V Motion of System of Particles and Rigid Body</b> Chapter-7: System of Particles and Rotational Motion Unit- <b>Unit VI Gravitation</b> Chapter-8: Gravitation
AUGUST	<b>Unit-VII Properties of Bulk Matter</b> Chapter-9: Mechanical Properties of Solids Chapter-10: Mechanical Properties of Fluids Chapter-11: Thermal Properties of Matter <b>Unit-VIII Thermodynamics</b> Chapter-12: Thermodynamics
OCTOBER	<b>Unit-IX Behavior of Perfect Gases and Kinetic Theory of Gases</b> Chapter-13: Kinetic Theory <b>Unit-X Oscillations and Waves</b> Chapter-14: Oscillations

	Chapter-15: Waves
Nov-feb	REVISION SESSION

### Physical Education

Month	Syllabus
April	<p><b>Unit I : Changing Trends &amp; Career in Physical Education</b></p> <ul style="list-style-type: none"> <li>• Meaning &amp; definition of Physical Education</li> <li>• Aims &amp; Objectives of Physical Education</li> <li>• Career Options in Physical Education</li> <li>• Competitions in various sports at national and international level</li> <li>• Khelo-India Program</li> </ul> <p><b>Unit II : Olympic Value Education</b></p> <ul style="list-style-type: none"> <li>• Olympics, Paralympics and Special Olympics</li> <li>• Olympic Symbols, Ideals, Objectives &amp; Values of Olympism</li> <li>• International Olympic Committee</li> <li>• Indian Olympic Association</li> </ul>
May	<p><b>Unit III : Physical Fitness, Wellness &amp; Lifestyle</b></p> <ul style="list-style-type: none"> <li>• Meaning &amp; Importance of Physical Fitness, Wellness &amp; Lifestyle</li> <li>• Components of physical fitness and Wellness</li> <li>• Components of Health related fitness</li> </ul> <p><b>Unit IV : Physical Education &amp; Sports for CWSN (Children With Special Needs- Divyang)</b></p> <ul style="list-style-type: none"> <li>• Aims &amp; objectives of Adaptive Physical Education</li> <li>• Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics)</li> <li>• Concept of Inclusion, its need and Implementation</li> <li>• Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist &amp; special Educator)</li> </ul>
July	<p><b>Unit V : Yoga</b></p> <ul style="list-style-type: none"> <li>• Meaning &amp; Importance of Yoga</li> <li>• Elements of Yoga</li> <li>• Introduction - Asanas, Pranayam, Meditation &amp; Yogic Kriyas</li> <li>• Yoga for concentration &amp; related Asanas (Sukhasana; Tadasana; Padmasana &amp; Shashankasana, Naukasana, Vrikshasana (Tree pose), Garudasana (Eagle pose)</li> <li>• Relaxation Techniques for improving concentration – Yog-nidra</li> </ul> <p><b>Unit VI : Physical Activity &amp; Leadership Training</b></p> <ul style="list-style-type: none"> <li>• Leadership Qualities &amp; Role of a Leader</li> <li>• Creating leaders through Physical Education</li> </ul>

	<ul style="list-style-type: none"> <li>• Meaning, objectives &amp; types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Para Gliding)</li> <li>• Safety measures to prevent sports injuries</li> </ul> <b>Unit VII : Test, Measurement &amp; Evaluation</b> <ul style="list-style-type: none"> <li>• Define Test, Measurement &amp; Evaluation</li> <li>• Importance of Test, Measurement &amp; Evaluation In Sports</li> <li>• Calculation of BMI &amp; Waist - Hip Ratio</li> <li>• Somato Types (Endomorphy, Mesomorphy&amp;Ectomorphy)</li> <li>• Measurement of health related fitness</li> </ul>
August	<b>Unit VIII : Fundamentals of Anatomy, Physiology &amp; Kinesiology in Sports</b> <ul style="list-style-type: none"> <li>• Definition and Importance of Anatomy, Physiology &amp; Kinesiology</li> <li>• Function of Skeleton System, Classification of Bones &amp; Types of Joints</li> <li>• Properties and Functions of Muscles</li> <li>• Function &amp; Structure of Respiratory System and Circulatory System</li> <li>• Equilibrium – Dynamic &amp; Static And Centre of Gravity and its application in sports</li> </ul> <b>Unit IX : Psychology &amp; Sports</b> <ul style="list-style-type: none"> <li>• Definition &amp; Importance of Psychology in Phy. Edu. &amp; Sports</li> <li>• Define &amp; Differentiate Between Growth &amp; Development</li> <li>• Developmental Characteristics At Different Stages of Development</li> <li>• Adolescent Problems &amp; Their Management</li> </ul>
Sept	<b>Unit X : Training and Doping in Sports</b> <ul style="list-style-type: none"> <li>• Meaning &amp; Concept of Sports Training</li> <li>• Principles of Sports Training</li> <li>• Warming up &amp; limbering down</li> <li>• Skill, Technique &amp; Style</li> <li>• Concept &amp; classification of doping</li> <li>• Prohibited Substances &amp; their side effects</li> <li>• Dealing with alcohol and substance abuse</li> </ul>