

## English

<b>Month</b>	<b>Syllabus</b>
April	The last lesson Lost spring The third level My mother at sixty six
May	The tiger king Journey to the end of earth Deep water An elementary school.
July	The Rattrap Indigo Should wizard hit mommy Keeping quiet
August	The Enemy On the face of it Poets & pancakes A thing of beauty
Sept	Evans tries an O level. A road side stand
Oct	The interview Going places Memories of childhood Aunt Jennifer's Tigers

## Accountancy

<b>Month</b>	<b>Topic</b>	<b>Activity</b>
April	Accounting Ratio, Cash Flow Statement	
May	Accounting for Share Capital, Comparative Statements and Common Size statements	
June		Project File
July	Issue of Debentures ,Redemption of Debentures	
August	Financial Statements of a company, Financial Statements of non Profit Organizations	
September	Accounting for Partnership Firms- Fundamentals, Goodwill	
October	Change in profit Sharing ratio among existing Partners, Admission of a Partner	

November	Retirement/Death of a partner, dissolution of a Partner	
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## Business Studies

Month	Topic	Activity
April	Unit-1 Nature and significance of management Unit-2 Principles of Management	
May	Unit-3 Business Environment Unit-4 Planning	
June		Project File
July	Unit-5 Organizing Unit-6 Staffing	
August	Unit-7 Directing Unit-12	
September	Unit-8 Controlling	
October	Unit-9, Unit-10 Financial management	
November	Unit-11	

## Economics

Month	Topic	Activity/ Video
April	Money & Banking , Development Experience(1947-90)	Video
May	Determination of Income & Employment, Poverty.	Video
June	Summer Vacation	
July	Govt. Budget & Economy, Rural Development Employment, Infrastructure.	Video
August	National Income & Related Aggregates related to National Income ,	Video
September	Balance of Payment & Human Capital formation.	Video
October	Sustainable Economic Development, Development Experience of India.	Video

## Physical education

Month	Syllabus
April	<b>Unit I Planning in Sports</b> Meaning & Objectives Of Planning Various Committees & its Responsibilities (pre; during & post) Tournament – Knock-Out, League Or Round Robin &

	<p>Combination          Procedure To Draw Fixtures – Knock-Out (Bye &amp; Seeding) &amp; League (Staircase &amp; Cyclic)          Intramural &amp; Extramural – Meaning, Objectives &amp; Its Significance          Specific Sports Programme (Sports Day, Health Run, Run For Fun, Run For Specific Cause &amp; Run For Unity)  <b>Unit II Sports &amp; Nutrition</b>          Balanced Diet &amp; Nutrition: Macro &amp; Micro Nutrients          Nutritive &amp; Non-Nutritive Components Of Diet          Eating For Weight Control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance &amp; Food Myths</p>
May	<p><b>Unit III Yoga &amp; Lifestyle</b>          Asanas as preventive measures          Obesity: Procedure, Benefits &amp; contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana          Diabetes: Procedure, Benefits &amp; contraindications for Bhujangasana, Paschimottasana, Pavan Muktasana, ArdhMatsyendrasana          Asthema: Procedure, Benefits &amp; contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana          Hypertension: Tadasana, Vajrasana, PavanMuktasana, ArdhaChakrasana, Bhujangasana, Sharasana          Back Pain: Tadasana, ArdhMatsyendrasana, Vakrasana, Shalabhasana, Bhujangasana</p>
July	<p><b>Unit IV Physical Education &amp; Sports for CWSN (Children With Special Needs - Divyang)</b>          Concept of Disability &amp; Disorder          Types of Disability, its causes &amp; nature (cognitive disability, intellectual disability, physical disability)          Types of Disorder, its cause &amp; nature (ADHD, SPD, ASD, ODD, OCD)          Disability Etiquettes          Advantage of Physical Activities for children with special needs          Strategies to make Physical Activities assessable for children with special need</p>

August	<b>Unit V Children &amp; Women in Sports</b> Motor development & factors affecting it Exercise Guidelines at different stages of growth & Development Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis and their corrective measures Sports participation of women in India Special consideration (Menarche & Menstrual Disfunction) Female Athletes Triad (Osteoporosis, Amenoria, Eating Disorders)
Sept	<b>Unit VI Test &amp; Measurement in Sports</b> Motor Fitness Test – 50 M Standing Start, 600 M Run/Walk, Sit & Reach, Partial Curl Up, Push Ups (Boys), Modified Push Ups (Girls), Standing Broad Jump, Agility – 4x10 M Shuttle Run General Motor Fitness – Barrow three item general motor ability (Standing Broad Jump, Zig Zag Run, Medicine Ball Put – For Boys: 03 Kg & For Girls: 01 Kg) Measurement of Cardio Vascular Fitness – Harvard Step Test/Rockport Test - Computation of Fitness Index: Duration of the Exercise in Seconds x 100 5.5 x Pulse count of 1-1.5 Min after Exercise Rikli & Jones - Senior Citizen Fitness Test 1. Chair Stand Test for lower body strength 2. Arm Curl Test for upper body strength 3. Chair Sit & Reach Test for lower body flexibility 4. Back Scratch Test for upper body flexibility 5. Eight Foot Up & Go Test for agility 6. Six Minute Walk Test for Aerobic Endurance