

MAMTA MODERN SR. SEC. SCHOOL

Dear Parents,

Greetings!

**“Education is the passport to the future for tomorrow
belongs to those who prepare for it today”**

A warm welcome to the complete session! We have successfully completed another academic session with your continuous cooperation. As an educational institution, our endeavour has always been to help the child gauge his own potential in the light of our guidance and support and encouragement. Like every year this year too our focus will be to create varied platform that will enable the child to push his own limits and become a successful individual.

We hope this year too, we can work magic together so that can be proud of our children.

ASSESSMENT:

Class I-IV: Four Cycle Tests will be conducted throughout the year.

Class V: Three Cycle Test and one Summative Exam in March will be conducted.

Formative Assessment will be carried out using the tools such as Class Work, Homework, Class Response, Projects, Assignments and class tests etc.

Tips for Parents:

1. Try to communicate with your child in English.
2. Encourage your ward to participate in all Class Activities.
3. Help the child in completing his/her project work rather than doing it yourself.
4. **For English and Hindi- Grammar topics done from April will be tested in every Cycle Test.**
5. **Cycle Test will not be conducted before or after the schedule date.**
6. Dates for Cycle Test can be confirmed from the diary as well (Refer Page no.30-31).
7. All activities conducted during the year will be marked for formatives.
8. We discourage buying of project work from professionals. Children will be given better grades for self work.
9. Spelling Tests for all subjects will be conducted weekly.
10. Class Test will be conducted after every chapter.
11. Encourage your child to read good story books which will help to improve their language.

We fervently hope that the introduction of this system will have its consequent impact on the learning environment both in the school and at home and will also facilitate the child to grow in a more holistic manner.

Note: The maximum marks for each Cycle Test and Summative Exam is given in table with each subject.

PRINCIPAL

SYLLABUS (2017-18)

CLASS – I

ENGLISH

PRESCRIBED BOOK: NEW COMMUNICATE IN ENGLISH AND GROWING WITH GRAMMAR

NOTEBOOKS: 2 (1 FOR CYCLE TEST I AND II AND 1 FOR CYCLE TEST III AND IV)

FA-1	FA-2	FA-3	FA-4
Cycle Test-1 20 marks	Cycle Test- 2 20 marks	Cycle Test- 3 20 marks	Cycle Test- 4 20 marks
Activities-10 marks	Activities-10 marks	Activities-10 marks	Activities-10 marks

Note: The following skills will be graded regularly for 5 marks each.

Reading, recitation, Listening skills, speaking skills, Creative Writing, Hand writing & Spellings

MONTH	COURSE CONTENT	GRAMMAR	WRITING & SPEAKING SKILLS
APRIL and MAY Cycle Test - I	Reader: Lesson-1, At the farm Activity: Picture reading with the given clues. Poem: My first day, I use my brain Pleasure Reading: Lesson-1 My Garden, lesson-3 Mary's New Friend Syllabus: Reader Lesson 1 – At the Farm (Farm Animals, Name the picture and Rhyming words) Grammar –Lesson 2 – A, An Lesson 6- This and That One and Many Picture Reading.	Ch-1 The Alphabet (Pg 1 and 3) Ch-2 A , An Ch-6 This and That Ch-7 These and Those One and Many	Creative writing: 1) Picture reading Speaking Skill: Recitation based on Farm Animals.
JULY	Reader: Lesson-3 Happy Birthday Poem: mice are Nice Pleasure Reading :Lesson-5 - A Lesson from Nature	Ch-9 Words showing Position Ch- 11 is/am/are Ch- 15 Punctuation	Creative Writing: 1) Object Composition Speaking Skill: Self Introduction

<p>AUGUST</p> <p>CYCLE TEST- II</p>	<p>Reader: Lesson-6 Arun and Tara</p> <p>Activity: Let's know our school more by roaming around.</p> <p>Poem: A Little Bird's Song</p> <p>Pleasure Reading- L-6 -Goldilocks and the three Bears.</p> <p>Syllabus:</p> <p>Reader- Lesson 6- Arun and Tara,</p> <p>Grammar- Lesson -3 Naming words, Lesson 11 – Is/am/are L-9 – Words showing position, Genders, Object composition</p>	<p>Ch-3 Naming words</p> <p>Ch-5 Replacing Naming words</p> <p>Genders</p>	<p>Creative Writing:</p> <p>1) Object Composition</p> <p>Speaking Skill: Few Lines on 'My School'.</p>
<p>SEPTEMBER</p>	<p>Reader: Lesson-4 Bobby and Robby</p> <p>Pleasure Reading-L-7- The Elephant</p>	<p>Ch-10 Doing Words</p> <p>Ch- 18 opposites</p>	<p>Creative Writing:</p> <p>1) picture composition-</p> <p>Speaking Skill: I like to (Colour, paint, dance)</p>
<p>OCTOBER</p>	<p>Reader: Lesson-5 What does the prince want?</p> <p>Poem: On the bus</p> <p>Activity: Drawing and colouring heavenly bodies</p> <p>Pleasure reading: Lesson 10 The Rain</p>	<p>Ch-12 Has and Have</p> <p>Ch- 14 Who and What (Question words)</p> <p>Compound Words</p>	<p>Creative Writing:</p> <p>1)Picture Composition</p>
<p>NOVEMBER</p> <p>Cycle Test- III</p>	<p>Reader: Lesson – 7 - Clever Fred</p> <p>Pleasure reading: L- 4 Hurry Hurry</p> <p>Syllabus: Reader- Lesson 5 – What does the prince want?</p> <p>Grammar: Lesson 10- Doing words, Lesson 12- Has and have, Lesson 18, Opposites</p> <p>Picture composition</p>	<p>Lesson 8 - Describing words, Word chain</p>	<p>Creative Writing:</p> <p>1) Picture Composition</p> <p>Speaking Skill: Word Game (Making a word chain)</p>
<p>DECEMBER and JANUARY</p>	<p>Reader : Lesson--8 Free and Happy</p> <p>Lesson- 9 Sports Day</p> <p>Activity: Fun Races: (integrated with sports week)</p>	<p>Lesson 13 – Word order</p> <p>Plural adding "es"</p> <p>Group Names</p>	<p>Creative Writing:</p> <p>1)Unseen Passage</p> <p>Speaking Skill: Few lines on favourite animal/bird.</p>

	Poem : A little seed Pleasure reading: L- 2 Granny's tomato Soup, L-8 -Big Fish and Small Fish		
FEBRUARY	Reader: Lesson- 9 Sports day (continued) PleasureReading: L-9 The Clever Fox	Kangaroo words.	Creative Writing: 1)Unseen Passage Speaking Skill : Few lines on any one sport
MARCH (Cycle Test- 4)	Syllabus: Reader- Lesson 9 Sports Day Grammar- Lesson-8 –Describing words Plural adding “es” Kangaroo words Unseen Passage		

हिंदी

प्रस्तावित पुस्तक : सुनहरी धूप

एफ.ए.- I प्रश्न पत्र- 20 क्रियात्मक कार्य-10	एफ. ए.- II प्रश्न पत्र-20 क्रियात्मक कार्य-10	एफ.ए.- III प्रश्न पत्र-20 क्रियात्मक कार्य-10	एफ .ए.-IV प्रश्न पत्र- 20 क्रियात्मक कार्य-10
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निम्नलिखित कौशलों का आंकलन 5 अंक के आधार पर निरंतर किया जायेगा ।
पाठ वाचन, कविता वाचन, रचनात्मक कार्य, वाक कौशल, लेखन कौशल ,वर्तनी और श्रुतभाव

महीना	विषयवस्तु	व्याकरण
अप्रैल और मई	स्वर अ से अ: व्यंजन: क - ह, मात्रा - 'आ' पाठ - 1 : वर्णमाला पाठ - 2 : शब्दरचना पाठ - 3 : आ की मात्रा कविता : बादल आया, जल बरसाया कविता : राजा क्रियात्मक : आ की मात्रा के शब्दों के चित्र चिपकाओ ।	तीन व चार अक्षर के शब्द बनाना, शब्द सीढ़ी, मात्राओं के आधार पर फलों व सब्जियों के नाम, श्रुतलेख

<p>जुलाई</p> <p>मात्राएँ : इ ि - ई ी पाठ - 4 इ की मात्रा कहानी - डाकिया, कविता - कलाकार का दिन पाठ - 5 : ई की मात्रा कविता : एक थी कविता : मछली रानी क्रियात्मक : खेल - जोड़े बनाओ (लिंग बदलो)</p> <p>सत्र परीक्षा ।</p>	<p>1) पाठ 1, 2, 3 2) पाठ - राजा (Pg. 22) 3) शब्द बनाना 4) अ - आ की मात्रा 5) फलों व सब्जियों के नाम 6) कक्षा कार्य, प्रपत्र व पुस्तक कार्य</p>	<p>शब्द बनाना, लिंग बदलो, श्रुतलेख वाचनकला : अपना परिचय रचनात्मक : वाक्य बनाओ</p>
<p>अगस्त</p>	<p>मात्राएँ : उ (ु) - ऊ (ू) पाठ - 6 उ की मात्रा कहानी - चुटकी चुहिया कविता : बुलबुल और बगुला</p> <p>पाठ - 7 ऊ की मात्रा कविता : भूखा भालू कविता : सीधी सादी रूपा क्रियात्मक : सुनो कहानी ।</p>	<p>शब्द बनाना, तुक मिलाकर लिखो, पानी में रहने वाले जीवों के नाम, श्रुतलेख वाचनकला : मेरा प्रिय देश</p>
<p>सितंबर</p> <p>सत्र परीक्षा ।।</p>	<p>ऋ की मात्रा कहानी - बंदर और चिड़िया पाठ - 15 संयुक्त व्यंजन क्ष, त्र, ज्ञ, श्र पाठ - 16 द्वित्व व्यंजन व संयुक्ताक्षर</p> <p>1) पाठ - चुटकी चुहिया (Pg. 36) 2) इ, ई, उ की मात्राएँ 3) लिंग बदलो 4) पानी में रहने वाले जीवों के नाम 5) शब्द बनाना 6) कक्षा कार्य, प्रपत्र व पुस्तक कार्य</p>	<p>श्रुतलेख, रंगों के नाम रचनात्मक तुक मिलाओ</p>

<p>अक्टूबर</p>	<p>मात्राएँ : ए (ˆ) - ऐ (ˆ) पाठ – 9 ए की मात्रा (ˆ) कहानी - पीले हरे फूल कहानी – सबने कुछ किया पाठ – 10 ऐ की मात्रा (ˆ) कहानी – नैनीताल की सैर कहानी – तैराक और गवैया</p>	<p>समान अर्थ के शब्द (दिये गये प्रपत्र से) वचन बदलो श्रुतलेख</p>
<p>नवंबर</p>	<p>मात्राएँ : ओ (ो) - औ (ौ) पाठ – 11 ओ की मात्रा (ो) कहानी – कोयल की टोकरी कविता – चोरी छोड़ दी पाठ – 12 औ की मात्रा (ौ) कविता – पकौड़ी कचौड़ी कहानी – गोरी की मौसी क्रियात्मक : प्रिय फल का चित्र तथा उसका वर्णन</p>	<p>मात्राओं के आधार पर फलों व सब्जियों के नाम वाचन कला : वस्तु वर्णन रचनात्मक : वस्तु वर्णन</p>
<p>दिसंबर और जनवरी</p> <p>सत्र परीक्षा । । ।</p>	<p>मात्राएँ : अं (ˆ) - अँ (ˆ) पाठ – 13 अं, अँ की मात्रा पाठ – 19 मीठे बोल (कविता) पाठ – 20 माँ और मेघा पाठ – 21 खरगोश ने रंग लगाया पाठ – 26 कल वाली बात</p> <p>1) पाठ – तैराकी और गवैया (Pg. 51) 2) ऊ, ए, ऐ की मात्राएँ 3) समान अर्थ के शब्द (दिए गए प्रपत्र से) 4) वस्तु वर्णन 5) वचन बदलो 6) कक्षा कार्य, प्रपत्र व पुस्तक कार्य</p>	<p>विलोम शब्द (दिये गये प्रपत्र से) वचन बदलो (ˆ) राष्ट्रीय चिन्हों के नाम</p> <p>वाचन कला : किसी भी एक राष्ट्रीय चिन्ह पर बोलो रचनात्मक : अपठित गद्यांश</p>
<p>फरवरी</p>	<p>पाठ – 22 आदत सुधर गई पाठ – 23 चिड़िया घर (कविता) पाठ – 24 गुलाल ने कहा पाठ – 25 बिल्ली और दिल्ली (कविता) क्रियात्मक – जानवरों के नाम लिखो (कार्यप्रपत्र)</p>	<p>अपठित गद्यांश, 1 से 10 तक गिनती, जंगली व पालतू पशुओं के नाम</p>

मार्च सत्र परीक्षा I V	1) पाठ – कल वाली बात (Pg. 112) 2) ओ, औ, अं, अँ की मात्राएँ 3) विलोम शब्द 4) अपठित गद्यांश 5) 1 से 10 तक गिनती 6) जंगली व पालतू पशुओं के नाम 7) कक्षा कार्य, प्रपत्र व पुस्तक कार्य	
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MATHEMATICS

PRESCRIBED BOOK – AMITY GROW WITH NUMBERS (BOOK 1)

Notebooks – 2 (First notebook for cycle test I and II and Second notebook for cycle test III and IV)

FA-1	FA-2	FA-3	FA-4
Cycle Test-1 20 marks	Cycle Test-2 20 marks	Cycle Test- 3 20 marks	Cycle Test-4 20 marks
Notebook - 5 marks	Notebook - 5 marks	Notebook - 5 marks	Notebook - 5 marks
Lab Manual-5 marks	Lab Manual-5 marks	Lab Manual-5 marks	Lab Manual-5 marks
Holiday H.W-10 marks	Project Work-10 marks	Project Work-10 marks	Project Work- 10 marks
Total- Marks 40	Total- Marks 40	Total- Marks 40	Total- Marks 40

Note: Every Tuesday there will be a class test.

Month	Course Content	Activity/Worksheet/Project
April and May	UNIT 1- Spatial Relationship UNIT 4 – Number and Numeration a) Forward counting (1 –100) b) Number Names (1-20) c) Put the sign >, < or = d) After /Before /Between (1- 100) e) Ascending/Descending order (1-50) f) Backward counting (20-1)	LAB MANNUAL ACTIVITY – (Pre Number Concepts) LAB MANUAL ACTIVITY – (Making of abacus with bindis) PROJECT – Flash Cards of Number Names
July	UNIT -2 Addition UNIT -5 Adding Tens and Ones (till pg 59) a) Forward Counting 101-150 b) Skip counting of 2 c) Table of 2 d) Number Names 21 to 30 e) Backward Counting 30 -1 SYLLABUS a) UNIT 1 and 4 b) Forward counting(1 to 100) c) Number names (1-20) d) Put the sign > , < or = e) After/ Before/between (1 to 100)	LAB MANUAL ACTIVITY – Magic Carpet
Cycle test-1		

	<ul style="list-style-type: none"> f) Backward Counting (20-1) g) Ascending order 	
August	UNIT -5 Adding Tens and Ones UNIT 9 – Shapes <ul style="list-style-type: none"> a) Forward Counting 151-200 b) Skip counting of 3 c) Table of 3 d) Number Names 31 to 40 e) Backward Counting 40 -1 	LAB MANUAL ACTIVITY - Pasting pictures of different shapes. PROJECT – Shape Attack (Integrated with Maths and Science Week)
September	UNIT 3– Subtraction <ul style="list-style-type: none"> a) Forward Counting 201-250 b) Number Names 41 to 50 c) Backward Counting 50 -1 Cycle test-2 Syllabus: <ul style="list-style-type: none"> a) Unit 2 , 5 (till pg 59) and 9 b) Number Names 1-40 c) Forward counting 1-200 d) Table of 2 and 3 	Activity – Subtraction with live objects.
October	UNIT- 6 Subtraction Ones and Tens(till pg 68) Unit - 10 Measurement <ul style="list-style-type: none"> a) Forward Counting 251-300 b) Number Names 51-60 c) Skip Counting of 4 d) Table of 4 	LAB MANNUAL ACTIVITY – Comparing Lengths
November	UNIT 7- Ordinal Numbers UNIT 12 - Time <ul style="list-style-type: none"> a) Number names 61-70 b) Forward Counting 301- 350 c) Days of a week d) Months of a year e) Skip Counting of 5 f) Table of 5 	LAB MANUAL ACTIVITY- Colour the rainbow LAB MANUALACTIVITY- Reading a calendar PROJECT- Making of a clock
December and January	UNIT 11–Money UNIT 14- Data handling UNIT 13 Fractions <ul style="list-style-type: none"> a) Forward counting 351-450 b) Number names 71-90 c) Dodging tables 1 to 5 Cycle test-3 Syllabus UNIT- 3,7,12 and 6(till pg 68) <ul style="list-style-type: none"> a) Number names- 1 to 70 b) Forward counting -1 to 350 c) Days of a week d) Months of a year e) Table of 2,3 and 4 	LAB MANUAL ACTIVITY - Collect the Data LAB MANUAL ACTIVITY - Concept of half and whole PROJECT – Collage of currency of different countries with their names
February	UNIT 8 Skip Counting <ul style="list-style-type: none"> a) Forward counting 451-500 b) Number names 91-100 c) Dodging tables 1 to 5 	

MARCH Cycle test-4	UNIT – 5, 6, 11,13 a) Number names 1-100 b) Forward counting 351-500 c) Dodging tables 1-5 d) After before and between 1-100	
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E.V.S.

PRESCRIBED BOOK – Our Beautiful World (Part – 1)

NOTEBOOKS: 2 (1 FOR CYCLE TEST I AND II AND 1 FOR CYCLE TEST III AND IV)

FA-1	FA-2	FA-3	FA-4
Cycle Test-1 20 marks	Cycle Test-2 20 marks	Cycle Test-3 20 marks	Cycle Test-4- 20 marks
Notebook - 5 marks	Notebook - 5 marks	Notebook - 5 marks	Notebook - 5 marks
Lab Manual-5 marks	Lab Manual-5 marks	Lab Manual-5 marks	Lab Manual-5 marks
Holiday H.W-10 marks	Project Work-10 marks	Project Work-10 marks	Project work- 10 marks
Total- 40 Marks	Total- 40 Marks	Total- 40 Marks	Total- 40 Marks

Month	Course Content	Activity/Worksheet/Project
April and May	Chapter 2- Parts of Our Body Chapter3 – Our sense organs	Activity – “Simon Says” Game LAB MANUAL – Hands on experience of sense organs
	Chapter 1- About Myself Chapter 11-My Family	
July	Chapter 9- Food And Water Chapter 10- Clothes We Wear Chapter 5- Weather And Seasons	LAB MANUAL– Matching Of costumes LAB MANUAL – Identify the season Project – Collage of food of different countries
August Cycle test 1	Chapter 12- My Home Chapter 6- Things Around Us Chapter 4- Our Wonderful World Syllabus: Chapter 9- Food And Water Chapter 10- Clothes We Wear	LAB MANUAL – Paper folding of a house
September Cycle test-2	Chapter 16- Good Habits And Manners Chapter 15- Clean And Healthy Syllabus: Chapter 4 Our Wonderful World Chapter 6 Things Around Us Chapter 12- My Home	LAB MANUAL – Thank You Message Project – Flash Cards of healthy habits (Eating fresh food, drinking milk, exercising everyday)
October	Chapter 18 Travel Time	LAB MANNUAL – Origami work based on means of travel
November	Chapter 13- Helping One Another Chapter 17- The Neighbourhood	Activity – Rhyme on our helpers

December and January Cycle test -3	Chapter 8 – Animals Around Us Chapter 7- Plants Around us Syllabus: Chapter 17- The Neighbourhood Chapter 18- Travel Time	LAB MANUAL – Origami Work of Dog Project- Make a plant using waste material and label it.
February	Chapter 14- We Have Fun Together	Activity – Just Fun (Animated Movie)
MARCH Cycle test-4	Chapter 7 – Plants Around Us Chapter 8- Animals Around Us	

GENERAL KNOWLEDGE

Prescribed Book : Know for Sure (Britannica)

Notebooks: 1 English Interleaf

Month	Course Content	Activities
April/May	Pg 18: Fruits and Vegetables Pg10: Parts of the body Pg14: Taste buds	Draw different fruits and vegetables.
July	Pg13: Opposites Pg33: Flower Delight	
August	Pg9: Animal Sounds Pg19: National Symbols of India Pg24: Up in the sky Pg15: Healthy eats	Make a night scene
September Cycle Test II	Pg62: Chores at home Pg20: Good Manners and Bad Manners Syllabus: Pg 9, 13, 19, 24	
October	Pg25: Means of transport Pg36: Festivals are Fun Pg57: Famous Indians	Paste pictures of different means of transport
November	Pg 11: People who help us Pg40: Computers Pg55: Day by Day Pg41: Tick Tock	Identify the parts of a computer
December/January Cycle Test III	Pg23: Domestic Animals Pg27: Food habits of Animals Pg50: Around India Pg64: Countries and Flags Pg61: Sports and the sports persons Syllabus: Pg 11, 25, 40, 55	Colouring in the flags.
February	Pg26: Odd one out Pg52: Different Landforms Pg53: Music Makers	
March Cycle Test IV	Syllabus: Pg 23, 26, 50, 61	

COMPUTER SCIENCE

CT I	CT II	CT III	CT IV
	WORKSHEET L-3, 4	PRACTICAL CALCULATOR	Theory L-7, 8
MONTH	COURSE CONTENT		
April	Ch-1 Computer: A Magic Machine Activity: Introduce various parts of a computer Practical: (Uses of a different machines at various places)		
May	Ch-2 Parts of a Computer Activity: Draw the various parts of a compute Practical: (Demo of using different parts of a computer)		
July	Ch-3 Uses of a Computer Activity: show the different tasks of a computer like painting ,calculating etc. Practical: (Typing own name, father's name and school name)		
August	Ch-4 Places where computers are used Activity: telling different areas where computer is used. Practical: (showing them different places where computer is used in school)		
September	Ch-5 Turning ON/OFF a computer Activity: Demo of Turning ON/OFF computer) Practical: (Turning ON/OFF computer)		
October	Ch-6 The Keyboard Activity: Identify the keys of a keyboards and count them. Practical: (Typing in Notepad using most of the keys of the keyboard)		
November	Ch-7 The Mouse Activity: Demo of how to open and close different applications with a mouse. Practical: (Using calculator in computer)		
December	Ch- 7 The Mouse (continue) Activity: Demo of usage of a mouse.		
January	Ch- 8 Starting with Paint Activity: Draw the sun with the help of MS Paint & take printout. Practical : (How to open paint, How to draw various shapes)		
February	Revision		
March	Ch-7 & 8.		

ART & CRAFT

Prescribed book: PMP Planet

Month	Art	Craft
April	Alphabetic Drawing My Sailing Boat Boat in the sea	Fish making with CD
May	Flower sketch Flower Bouquet Flower Pot	Peacock with Ice-cream sticks
July	Balloons in the sky Birthday cake My birthday party	Flower basket with paper plate
Aug	National Flag Trees sketch Rakhi	Flute decoration
Sep	Birds with shapes My house My beautiful nature	Pencil Holder
Oct	Dusshera Celebration Diwali with Diyas	Crayon Door Dangler
Nov	Winter Season Thumb Printing(Landscape)	Book Mark
Dec	Christmas Tree Santa Christmas Celebration	Christmas stockings craft
Jan	Tank With Soldiers Republic Day	

INDIAN MUSIC

MONTH	COURSE CONTENT(SONGS)
April	Fun Song- Aah Tamatar bade mazedar
May	Devotional Song- Ishwar Allah Waheguru
July	National Anthem- Jana Gana Mana
August	National Song - Vande matram
September	Chand ne Jo Aankhen Khole
October	Patriotic song- Hum Honge Kaamyab
November	Revision of all the songs
December	Prayer song- Teri hai jamin, tera aasman
January	Patriotic song -Kadam Kadam Badhaye ja
February	Revision of all song.

WESTERN MUSIC

MONTH	COURSE CONTENT(SONGS)
April	God's Love
May	Busy Hands
July	London Bridge
August	It is a small world
September & October	Preparation for Annual Day
November	Revision of previous songs & We shall overcome.
December	Jingle Bells
January	Loyal now your Children
February	I have a family

DANCE

APRIL & MAY	Simple ten steps in standing position.
JULY	Body movement in different parts of body. (Neck, Eye, Chest and Hands)
AUGUST	10 steps with hand movements- 10 mudras
SEPTEMBER & OCTOBER	Annual day Practice
NOVEMBER & DECEMBER	One dance based on Christmas and New Year.
JANUARY & FEBRUARY	One folk dance

PHYSICAL EDUCATION (SPORTS)

APRIL & MAY : In out, Mass P.T, Fire in the mountain, Dribbling

JULY : Aerobics, Mass P.T

AUGUST : Aerobics, Mass P.T

SEPTEMBER : Mass P.T, Race 50m

OCTOBER : ,Mass P.T, Aerobics, Races

NOV-DEC. : Mass P.T, Aerobics, Races

JANUARY : Heats & Sports Day Practice

FEBRUARY : Mass P.T, All Event Practice, Recreation Games