

# WORK EDUCATION

# **SYLLABUS**

**FOR SUPW CLASSES IN KENDRIYA VIDYALAYAS**

**CLASSES COVERED: VI TO XII**

**SUBJECTS COVERED: ELECTRICAL / ELECTRONICS ENGINEERING**

## GIST

1. Prepared for all category of students
2. Both theory and practical classes are covered.
3. Safety rules for students have been taken care of.
4. Class room as well as outside activities is incorporated.
5. Lessons suitable only for school level students are incorporated.
6. Topics having general awareness and public utility are also covered.

### Notes for the teachers

1. Safety of the students is the matter of prime concern.
2. Do not leave the students alone for practical work.
3. Practical classes are to be taken in the block of two periods.
4. Theory and practical classes go alternatively.
5. All students are to be involved in practical works.
6. Group wise activities are to be done in the room.
7. Project works should be useful and displayed in the room/ out side for visitors

### Notes for the Vidyalaya

1. Periods are to be allotted as per the norms of KVS
2. Materials required for practical work are to be provided from the VVN of the Vidyalaya.
3. Outside trips as mentioned in the syllabus are to be organized by the Vidyalaya out of VVN funds.
4. Blocks of two periods are to be provided in the timetable for practical works.
5. As SUPW / W.E. Teacher is having Engineering qualification, apart from regular teachings, a he / she may also be involved in the supervision of maintenance of the Vidyalaya.
- 6.

*This syllabus is framed suitably for a Summer KV only;  
Winter KVs may convert the same according to their vacations.*

## Class VI ( THEORY)

1. Scope of Work Education

**April**

2. Safety Precaution while working on Electrical system

**July**

1. Identification of various types of electrical accessories and components

2. Awareness and recognition of Electrical appliances.

**August**

1. Precaution to be observed while carrying tools from one place to another

2. Electrical Tools and their uses

**September**

1. Study of accessories like Switch, holder, Plug sockets etc.

2. Identification of wire joints.

**October**

1. Line Tester—construction and uses

2. Assembling of a test lamp and its use.

**November**

1. Sources of Electricity

2. Study on electrical terms and their definition such as current , voltage etc.

1. Introduction to cell, battery and generator etc.

2. Assembling of a simple electrical circuit

**December**

7. Conductors and Insulators

**January**

8. Domestic appliances

**February / March**

## PRACTICAL FOR CLASS VI

1 Disassembling & assembling of a holder, know its part and re fit the same.

2 Disassembling & assembling of a switch know its part and re fit the same

3. Disassembling & assembling of the parts of a tester and refit the same

4 Assemble a simple circuit of a torch bulb, two cells and wire

5 Test an insulator with a series board and see the bulb is not glowing

6 Connect a bulb in a holder.

7 Make the Connection of a simple circuit with and see the bulb is glowing.

## Class VII (THEORY)

### 1. Introduction of Alternating Current & Direct Current

April

- Sources of AC & DC
- Use of AC & DC
- Static and dynamic electricity
- Brief idea of different kinds of Power generating stations viz. thermal, Hydroelectric, solar, nuclear etc.

### 2. Matter, molecule, atom

July

- Elements & compounds
- Atom
- Molecule
- Properties of atom, proton, neutron, electron.

### 3. Definitions of electrical terms

August

- Charge, kinds of charge, characteristics of charge, unit etc.
- Potential, potential difference ( brief idea only), unit, Voltmeter
- Current, flow of electron, unit, Ammeter. ( brief idea only)
- Resistance, unit, Ohm meter. ( brief idea only)

### 4. Electromagnet:

September

Making a simple circuit of electromagnet by using soft iron and copper wire.

### 5. CELL

October

- Primary Cell, Secondary cell.
- Different types of cells: Dry cell, Voltaic cell , Lead acid Battery, solar cell; chemical reactions in such cells, drawing etc.
- Difference between cell and battery

### 6. Electrical measuring devices and their uses

November

Idea of Electric Circuit

### 7. Phase, Neutral, Earth wire

December

- Open circuit, Closed circuit, short circuit diagram and explanation.
- Effects of short circuit

January

### 8. Phase Neutral & Earth Wire

Functions of Phase wire and neutral wire, way of returning of current Earth wire, Importance, how it save us from accidents ( Basic idea)

## 7. Effects of electric current

Heating effects, lighting effects, chemical effects etc.

February

## 8. Electrical symbols

March

- Symbols of basic electrical items and terms

## PRACTICAL FOR CLASS VII

1. Assembling of a simple circuit with one bulb, one holder and a switch
2. Assembling of two bulbs, two holders with controlled by a switch
3. Assembling of two bulbs, two holders controlled by two switches
4. Assembling of a bed switch connection.
5. **Learn P.A. System functioning and do assembly duty group wise.**
6. Assembling of a test lamp and know its importance
7. Observe the earth wire and see whether the bulb of a test lamp glows with phase wire and also with neutral wire.
7. Observe the inner components of a lead acid battery used for your School P.A. System.
8. Various types of wire joints.

## Class VIII ( THEORY)

### 1. Safety rules

April

- Electrical safety rules
- Electrical Shock and its treatment
- First aid to be observed in case of Electrical Shock

### 2. Fuse

July

- Function
- Types of fuse, use and their diagram
- Importance of fuse
- Possible accidents with out a fuse.

### 3. House Wiring ( Part A )

August

- Types of wiring
- Materials required for wiring
- Connection from Energy meter to switch board via distribution board and main switch.

September

4. Identification and study of various types of resistors  
Study of Measuring Instruments.
5. **Series Parallel Connection** Octobe
- Series connection resistance /Bulb
  - Parallel connection of Resistance / Bulb
6. Electronics : **Atomic structure** November
- Proton, neutron, Electron -- Properties
  - Orbits of electrons
  - Flow of electron (Why are the metals good conductor of electricity)  
(Why are the insulators poor conductors of electricity?)
  - Study of Electronic Components
7. **Work, Power and Energy** December
- Definition, unit, practicality
  - Potential and kinetic energy
8. January
- Sources of energy: Fossil fuel, biogas, solar, hydel etc
  - Description of Hydro electric power station
  - Solar energy : Scope of use & problems.
9. Study of Semi Conductor device
10. **Magnet** February
- Types,
  - Use
  - Properties
11. Electromagnet March
- Electromagnet, difference between magnet and electromagnet

## PRACTICAL FOR CLASS VIII

1. Practical on electric safety rule, shock treatment and first aid.  
**(Perform skit in the morning assembly on the above topic)**
2. Learn the replacement of a fuse in a domestic circuit.
3. Connection of three bulbs in series and learn its properties
4. Connection of three bulbs in Parallel and learn its properties
5. Learn to calculate the value of a resistor by seeing its color code.
6. Hang a magnet and learn why it remains in N-S direction
7. Draw the magnetic lines of force with the help of a bar magnet and a compass.
8. **Visit to a nearby substation and learn the items over there.**

## **Class IX ( THEORY)**

### 1. **Safety device**

April

- Fuse (already in lower class)
- Circuit breakers (Earth leakage Circuit breaker, Miniature circuit breaker)
- Isolators ( Two poles & Four poles)

### 2. **Earthing**

July

- Importance
- Use
- Types of earthing, diagrams

### 3. **Electromagnetism**

August

- Faraday's law of Electromagnetism
- Fleming's left hand rule
- Fleming's right hand rule

### 4. **Motor and Generator**

September

- **Motor:** principle, types, uses
- **Generator:** Principles, types and use

### 5. **House wiring (Part B)**

October

- Basic principle of switch board connections
- Why a switch is to be connected in phase wire only and never in neutral wire



6. **Switch Boards**

November

- Connection of Switch board of following types:
  - a) One load, one switch
  - b) Two loads, two switches
  - c) One load, two switches
  - d) Two loads, one switch
  - e) Bed switch
  - f) Fuse in a switch board
  - g) Tube light connection

7. **Bulbs / Tubes**

( In brief)

December

- Basic principle
- Types of bulb
- Domestic and Industrial bulbs
- Power saving bulbs i.e. CFL
- Tube lights

8. **Electrical Instruments**

December

- Ammeter: principle, use and types
- Voltmeter: principle, use and types
- Multi meter: importance, Principle, use and types

9 **Electronics**

January

a) **Soldering Iron**

- Working Principle
- Types , use

b) **Basic electronics materials**

- Resistors: functions & use, Color code
- Capacitors: functions & use
- LED : Function & use

10. Diodes and their characteristics

February

**Transistors**

- Working Principle
- Types , use

March

## 11. Ohm's law

- Explanation of Ohm's law

### PRACTICAL FOR CLASS IX

1. Identify the objects needed for house wiring
2. Do the practical switch board connection of :
  - a) One load, one switch
  - b) Two loads, two switches
  - c) One load, two switches
  - d) Two loads, one switch
  - e) Bed switch
  - f) Fuse in a switch board
  - g) Tube light connection
3. Measure Current by using an ammeter
4. Measure voltage by using a voltmeter.
5. connect all the components of a normal tube light fittings.
6. Do soldering on a practice board and join two wires.
7. Identify different electronics items like resistors, capacitors, transistors etc
8. Visit to a near by industry and see various types of bulbs & lighting accessories.

### Class X ( Theory)

1. **Thermal Power Station** April
  - Working Principles
  - Schematic Diagram
  - Places where thermal power houses are located
2. **Nuclear Power Station** April
  - Working Principles
  - Schematic Diagram
  - Places where thermal power houses are located
3. **Electrical Fundamentals** July
  - Potential
  - Potential Difference
  - Current
  - Resistance
  - Resistivity
  - Properties of specific resistance
  - Calculation of resultant resistance in a circuit
4. **Transformer ( Basic idea)**

- Principle
- Construction
- Types
- Uses

July

5 **House Wiring**

August

Switch Board suitable for: (ahead of previous class)

- Multiple switches with multiple loads
- Multiple switches and plugs points
- Incorporation of fuse
- Incorporation of Indicator
- Incorporation of regulator
- Quiz burger cum light switch board

6. **Electronics**

September

- **Integrated circuit ( IC )** : Principle Types , and use
- **A simple battery eliminator:** Principle, use and construction
- **Simple Electronics Circuits** : Principles, types & Construction

7. **Renewable sources of energy:**

October

- Types of renewable sources of energy
- Importance of exploration of non conventional sources of energy
- Importance of reduce reuse and recycle.

8. **Magnetic effect of electric current**

November

**PRACTICAL WORKS FOR CLASS X**

- Do the practical switch board connection of:
  - Multiple switches with multiple loads
  - Multiple switches and plugs points
  - Incorporation of fuse
  - Incorporation of Indicator
  - Incorporation of regulator
  - Quiz burger cum light switch board
- Make a Battery eliminator by stepping down it to 230V AC to 6/9/12 V DC.
- Make any Electronic circuit by using an Integrated Circuit (IC)
- Visit to a nearby power station and understand its functioning (in any month between April to October)**

## Class XI

1. Resistance , color code
  2. resistance in series and parallel
- July
- 
1. Lay out diagram of a domestic supply  
Or, Block diagram of an audio Amplifier
- August
- 
1. Study of Fluorescent Tube light  
Complete details of all components and circuit  
Or assembling of a regulator power supply circuit using transistor / zener diodes.
- September
- 
1. Detailed study on series and parallel circuit
    - a) properties & formulas
    - b) Assembling a series & parallel circuit and mixed circuit using bulbs and resistors
- October
- 
1. Study on Public Address system and its installation
    - a) Study of units and sub units of the system
    - b) Demonstration
    - c) Connections used with microphone and loud speakers.
- November
- 
- Detailed study on all Electrical measuring instruments.
- December
- 
1. Soldering Practice
    - a) Soldering of Electrical & Electronics components.
    - b) Precautions to be observed while doing soldering
- January
- 
1. Dismantling, fault analyzing, rectifying and reassembling of domestic appliances
- February

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## Class XII

1. Study on Electrical motors

- a) Basic principals
- b) Working method
- c) Construction

April

Or, Assembling of a rectifier circuit using diodes and associated components.

1. Study on appliances having Induction motors

- a) Table fan
- b) Ceiling fan
- c) Exhaust fan
- d) Room cooler etc.

July

Or, assembling of a filter circuit having Capacitors and inductors.

1. Study on Electrical Generators

- a) Basic principals
- b) Working method
- c) Construction

August

Or, Working principle and Block diagram of a simple transmitter circuit.

1. Working Principle of fans and regulators

To study the parts of fans and regulators –their testing and repairs

Or, Working Principle and Block diagram of a Radio receiver.

September

1. Multi-meter

- a) Detailed Study to measure various Electrical quantities
- b) Types of Multi-meters

October

1. Study on Transformer

- a) Basic principals
- b) Working method
- c) Construction

November

Or, Study & Assembling of various types of Logic Circuits.

December  
/ January

1. Career Counselling and Guidance

To learn various options after Class XII

2. Soldering and soldering practice to solder Electrical & Electronics Components.

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## **NON ELECTRICAL WORKS ( OPTIONAL)**

As KVS is recruiting Electrical / Electronics Diploma / Graduate Engineers for the post of W.E. / SUPW Teachers, the syllabus is prepared according to the concerned chapters only.

However, besides the above, a few non –electrical topics may also be taught to the students based on :

- a) **Availability of local resources / Experts**
- b) **Skill of the teacher**
- c) **Ability of students**
- d) **Need of time and place**

**A few such non electrical items are given below :**

1. *Paper works/ design*
2. *Origami*
3. *Can / Bamboo works*
4. *Wood works*
5. *Clay molding.*
6. *Envelop / paper bags /duster making*
7. *Candle making / wax moulding*
8. *Chalk making*
9. *Detergent powder / soap making*
10. *fabric works*
11. *fancy designs*
12. *Greetings Card making.*
13. *Making flower pot*
14. *Calendar / dater making*
15. *Wall hanging and decorative items*
16. *Agarbati stand and other similar useful items*
17. *Flower making with stocking cloth or others*
18. *ThermoCol design*

## **PROJECTS**

**Projects should be**

1. Useful
2. Less expensive
3. Enjoyable and educative.
4. Using locally / easily available materials and resources
5. Without disturbing the study hour of the students.

**At least one project to be given in a Term**

### **Evaluation:**

Evaluation of the students' performance in all respects viz. Theory, Practical and Project is compulsory

#### **The evaluation system is as under :**

1. Evaluation is to be done thrice in a year ( Term wise)
2. Marks of the tests are to be converted to Grades.
3. The grade should include the assessment result of Theory, Practical and project.
4. The grades allotted are as under :

Terms	Theory (Oral)	Practical	Projects
<b>First term</b>	9 point grades	9 point grades	9 point grades
<b>Second Term</b>	9 point grades	9 point grades	9 point grades
<b>Third Term</b>	9 point grades	9 point grades	9 point grades

- Teacher should ensure 100% result.
- At the end of each term the total mark is to be converted to grades and to be submitted to the Examination Deptt.
- The record of the assessment is to be displayed in the Teachers' Diary too.

ART EDUCATION



## SYLLABUS ON ART EDUCATION

### ACTIVITIES:

#### Sketching:

- Geometrical (shapes. Forms, Designs. etc.)
- Free hand ( fruits... vegetables... flowers, birds... animals...human figures
- Figurative, caricatures, line drawing, stick Drawing, cartoons,
- Perspective drawings, building plans, elevations etc.,

#### Print Making:

- \* Block Printing (vegetable printing, etc.)
- Hand printing, Finger printing
- Mono printing, (leaf...leno...coins...etc)
- Stencil printing (spray...paper cutting...)

#### Collage:

- Paper collage
- Mixed collage

#### Mask Making:

- Paper mask ( Human....Animal...etc )
- Mixed material masks.....3d masks. etc..

#### Drawing and Paintings:

- Basic Knowledge of Art...
- Color theory...Compositions...Colorings...Memory Drawings..

#### Clay Modellings:

- Basic knowledge of clay modelling
- Coil technique.... Plat technique
- 3d modeling....POP moulding...Casting

#### Calligraphy:

- Basic of calligraphy
- Lettering.... Cards...Thought writing..
- Handwriting...etc..

#### Design :

- Geometrical... Decorative...
- Patterns... Paper designs... Floral...Rangoli ...etc.

**Group Activity:**

- Murals...
- Group Paintings ... Display of Art works

## **SPLIT UP OF SYLLABUS – CLASS WISE:**

### **Class: VI**

April :	<b>Sketching:</b> Geometrical shapes. Forms, Designs etc.
May/June:	<b>Print making:</b> Block Printing
July :	<b>Collage:</b> ( paper collage)
August:	<b>Mask Making:</b> Paper mask – 2D
Sept:	<b>Drawing and Painting:</b> basic knowledge of drawing and painting
Oct:	<b>Clay Modelling :</b> Free hand clay Modelling
Nov:	<b>Calligraphy :</b> Basic strokes
Dec:	<b>Design:</b> Geometrical Design
January:	<b>Memory Drawing</b>
Feb/ March:	<b>Revision</b>

### **Class: VII**

April :	<b>Sketching:</b> free hand sketch ( Indoor.... Out door ).
May/June:	<b>Print making:</b> Hand printing...finger printing. etc..
July :	<b>Collage:</b> Mixed collage
August:	<b>Mask Making :</b> Mixed material...2D..3D..
Sept: colors..	<b>Drawing and Painting:</b> Colour Theory. Primary and Secondary
Oct:	<b>Clay Modelling :</b> Coil technique
Nov:	<b>Calligraphy :</b> Lettering..... Card making
Dec:	<b>Design:</b> Decorative...motif...
January:	<b>Memory Drawing:</b> <b>Topic Based...</b>
Feb/ March:	<b>Revision</b>

### **Class: VIII**

April:	<b>Sketching:</b> free hand sketch...Figurative sketch. line drawing etc.
May/June:	<b>Print making:</b> Mono printing etc..
July:	<b>Collage:</b> Mixed collage
August:	<b>Mask Making:</b> Mixed material...2D..3D. Expressions
Sept:	<b>Drawing and Painting:</b> Compositions ..
Oct:	<b>Clay Modelling :</b> Plate technique....relief works
Nov: making	<b>Calligraphy :</b> Lettering.....Thoughts... quotation writing... card
Dec:	<b>Design:</b> Patterns. 2D
January:	<b>Group activity:</b> Group Painting
Feb/ March:	<b>Revision</b>

### **Class: IX**

April:	<b>Sketching:</b> Cartoons... Line art... Free hand sketching
May/June:	<b>Print making:</b> Stencil cutting and spray
July:	<b>Collage:</b> Mixed collage
August:	<b>Mask Making:</b> Mixed material...2D. 3D Expressions
Sept: Illustrations..	<b>Drawing and Painting:</b> Compositions... Pictorial and
Oct: works	<b>Clay Modelling :</b> Moulding ... POP ... paper mache. Clay relief
Nov:	<b>Calligraphy :</b> Poster designing... card making....etc.
Dec:	<b>Design:</b> Paper designs...thermocol design. etc..
January:	<b>Group activity:</b> Mural painting
Feb/ March:	<b>Revision</b>

**Class: X**

April:	<b>Sketching:</b> Perspective, basic plans, elevations.
May/June:	<b>Print making:</b> Mono printing etc.. Stencil...spry....
July:	<b>Collage:</b> Mixed collage
August:	<b>Mask Making:</b> Mixed material...2D .3D. Expressions.
Sept:	<b>Drawing and Painting:</b> creative painting based on topics
Oct:	<b>Clay Modelling :</b> Clay / POP works
Nov:	<b>Calligraphy:</b> Poster making on Awareness, Conservations etc..
Dec:	<b>Design:</b> Rangoli... floral.. paper...
January:	<b>Group activity:</b> Mural painting.. Display of art works..
Feb/ March:	<b>Revision</b>

**Activities and split-up of syllabus has been prepared on the basis of Art education syllabus developed by the KVS New Delhi.**

MUSIC

## SYLLABUS

### CLASS – I

a) Major competencies

**Singing:** It develops interest and sensibility for listening and singing songs and sounds of Musical instruments in the local environment. Patriotic songs and National Anthem.

**Dance:** Expresses himself/herself through action and movements.

**Action songs :** Actions with their beautiful expression, gestures and mimicry action words etc.

**Display :** Exhibition and stage performance co-operation sharing his or her ideas. Display, exhibits and performs activities at home, in the school and community.

### CONTENT/TOPIC SPLIT-UP SYLLABUS

#### CLASS – I

<b>APRIL</b>	Start with school readiness rhymes, action songs and bal geet.
<b>JULY</b>	Prayer, slokas, rhymes based on climate or festivals etc
<b>AUGUST</b>	Prayer and National Anthem
<b>SEPTEMBER</b>	Makes a rhythmic beat with an empty can / pot. Listen to certain types of local / folk music in class
<b>OCTOBER</b>	Festival songs or rhymes Responds to a given rhythm by body movements
<b>NOVEMBER</b>	Revision and evaluation individually
<b>DECEMBER</b>	Mimics voices and actions of animals and birds.Enacts on Rhymes and poems from the text books
<b>JANUARY</b>	Patriotic songs like Hind Desh ke .....
<b>FEBRAURY</b>	Observes, listens and responds to his or her own and other class mates and display Art Expression

## CLASS – II

Major Competencies:-

Develops interest and sensibility for listening to and singing songs and sounds of Musical instruments in the local environment.

Sings patriotic songs and National Anthem.

Action – Expresses himself through action and rhythmic movements.

Drama – Expresses dramatically his/her thought and emotions by gestures, mimicry action, words etc.

Display – Exhibition and stage performance co-operation shares his/her ideas displays and performs activities at home, in the school and community.

### CONTENT/TOPIC SPLIT-UP SYLLABUS

<b>APRIL</b>	Revision of Prayer, Rhymes and preparation of Annual Day
<b>JULY</b>	Sings in chorus / individually any song/rhymes
<b>AUGUST</b>	Sings in small groups, National Anthem in company with the class teacher.
<b>SEPTEMBER</b>	Marching song and makes a rhythmic beat with an empty can / pot. Listens to certain types of local / folk music in class.
<b>OCTOBER</b>	Identify two/three local instruments. Text book songs can be tuned and in action
<b>NOVEMBER</b>	Revision and evaluation individually.
<b>DECEMBER</b>	Follows the gesture / step movement in small groups. Responds to a given rhythm by body movement. Action song
<b>JANUARY</b>	Inspirational Song like Honge Kamayab etc and Mimics voices and actions of animals and birds
<b>FEBRUARY</b>	Revision and Evaluation, observes, listens and response to his / her own and other class mates.



### CLASS – III

Major Competencies – Sings patriotic songs and National Anthem.

Develops interest and sensibility for listening to and singing songs and sounds of musical instruments in local environment.

Values - Inculcating values like patriotism, sharing, co-operation.

Dance - Expresses himself / herself through action and rhythm movements.  
Participants in popular folk dance

Drama - Expresses grammatically his/her thoughts and emotions by gestures, mimicry action, words etc.

Display – Exhibition and Stage performance, co-operates, shares his/her ideas display and exhibits/performs activities at home, in the school and community.

<b>APRIL</b>	Pasting the pictures of instruments in the notebook,. Sings in chorus, local folk songs, bhajan with some instruments. Preparation of Annual Day celebration
<b>JULY</b>	Patriotic songs with action. Listen to certain songs and local instrumental tunes popular in the locality.
<b>AUGUST</b>	Identify some musical instruments and sounds Flag song and preparation of Independence day.
<b>SEPTEMBER</b>	Basics of Music, Alankars (Sarli Varse) Performs simple movements of local dance
<b>OCTOBER</b>	Mimics typical voices of different types of hawkers Enacts role in a drama from a story in text book / local folk / mythology
<b>NOVEMBER</b>	Revision and evaluation individually and preparation of CMP Programme.
<b>DECEMBER</b>	Song pf a Text book tuned by teacher
<b>JANUARY</b>	Marching song with action
<b>FEBRUARY</b>	Revision and evaluation individually. Appreciation and discussion with the teaching, any performance in school or community.

## CLASS – IV

Major competencies – Singing patriotic song, folk song, National Anthem and Bhajans.

Develops interest and sensibility for listening to and singing songs and sounds of musical instruments in the local environments.

Values – Inculcating the values like – spiritually, patriotism, sharing and caring , co-ordination

Skills

Dance – Expresses himself/herself through action and rhythmic movements.  
Participates in popular programmes.

Drama – Expresses dramatically his / her thoughts and emotions by gestures, mimicry, action and words etc.

Display – Stage performance, co-operates, shares ideas, and performs activities at home, in the school and community.

<b>APRIL</b>	Bhajan or devotional songs and preparation of Annual Day celebration. Sings individually or in group National Anthem with a beat of Music in the background.
<b>JULY</b>	Flag song and vidyalaya song. Identify songs through listening through varieties of tunes.
<b>AUGUST</b>	Patriotic / other language song Participates in the folk dance in the community
<b>SEPTEMBER</b>	Basic of Music Alankars (05) / Sarli varsi (05) Mimics expressions showing fun, anger, sadness Plays a role of any person
<b>OCTOBER</b>	Text book songs or enact a drama.
<b>NOVEMBER</b>	Preparation of CM P (Bal Utsav) and revision and evaluation individually.
<b>DECEMBER</b>	Inspirational songs / community song
<b>JANUARY</b>	Co-operates in arranging display in class room, school compound and in the stage making activities in school function
<b>FEBRUARY</b>	Revision and evaluation individually. Appreciates and discusses with the teacher any exhibition / performance / stage activity / musical instruments played in the school or outside

## CLASS – V

Major competencies - Learns the basics of Music

Develop interest and sensibility for listening to and singing songs and sounds of musical instruments in local environment.

Sings patriotic songs and marching songs, flag songs and other language songs and bhajan

Values – Spiritually, patriotism, caring and sharing, national integration and Co-ordination

Skill

Dance - Expresses himself/herself through action and rhythmic movements.  
Participates in folk dances.

Drama – Expresses dramatically his / her thoughts and emotions by gestures, mimicry, action and words etc.

Display – Stage performance, co-operates, shares ideas, performs activities at home, in the school and community.

<b>APRIL</b>	Devotional song and preparation of annual day. Sing individually any song of his/her own choice in the class.
<b>JULY</b>	Flag song and patriotic song Sings patriotic song with background music.
<b>AUGUST</b>	Prepare any dance in a group and preparation of Independence day celebration
<b>SEPTEMBER</b>	Alankars (10)/ Sarlivarse (10) Telling stories of any famous musician
<b>OCTOBER</b>	Prepare a skit based on Text book / Moral values mythology
<b>NOVEMBER</b>	Community song Revision and preparation of CMP (Bal Utsav)
<b>DECEMBER</b>	Inspirational / other language songs. Develop a script in a group or any imaginative situation and enact.
<b>JANUARY</b>	Decorates classrooms and compounds and some contribution either alpana decoration, display on special occasion like Republic day celebration.
<b>FEBRUARY</b>	Revision and evaluation individually.

# PHYSICAL EDUCATION

## **PHYSICAL & HEALTH EDUCATION**

Introduction – Healthy mind in healthy body is an old saying. But it is rather more meaningful in the present sedentary life style of people. Health consciousness is not of very important in man's life, it is equally important for the health of the nation. Play is a natural instinct of an individual. Children especially learn easily through play. Games and Sports thus are given due importance in school curriculum. NCF 2005 identifies four areas related to health, yoga and physical education.

1. Personal health, physical and psycho – social development.
2. Movement concepts and motor skills
3. Relationship with significant others
4. Healthy communities and environment

In order to address these four areas, it is necessary to develop a syllabus for various stages of school curriculum. It is also necessary to identify infrastructure required in school to meet the requirements. An attempt has been made to suggest class-wise syllabus and to outline facilities required in terms of physical assets and manpower requirements.

# **SYLLABUS PHYSICAL EDUCATION FOR CLASS 1 TO XII**

## **CLASS – I**

### **1. MOVEMENT ORIENTATION:**

- a) Walk first in a Straight line and then in a circle- run, hop, jump, skip, etc.
- b) Walk first in a Straight line and then in a circle- run, hop, jump, skip, etc. with the music and drum.
- c) Walk around the circle on your heels and vary the type of locomotion- walk backwards, sideways, sidestepping etc.
- d) Walk around the circle on your tip-toes and heels alternately and vary the type of locomotion.

### **2. LOCO MOTOR COORDINATION:**

- a) walk and hop
- b) walk and leap
- c) Hop and side walk
- d) Gollap and walk

### **3. IMITATION, STORY PLAYS AND MIMETICS:**

- a) Imitation- like Elephant, frog, Lion etc,
- b) Mime tics- Horse, dog, cat, etc.
- c) Story Plays- fox and Grapes, thirsty Crow etc.

### **4. SMALL AREA GAMES:**

- a) Cats and Rats
- b) Motioning the tail
- c) Statue
- d) Follow the Leader
- e) In the pond, on the bank and the like.

5. DEVELOPMENT OF SKILLS:

- a) Ball Sense
- b) Free play with ball
- c) Rolling the Ball
- d) Bouncing the Ball
- e) Catching and Throwing the Ball

6. SIMPLE COMBATIVE:

- a) Hand push,
- b) Hand pull
- c) Back to back push

**CLASS - II**

1. MOVEMENT ORIENTATION:

- a) walk/Run Zig Zag
- b) Jump on heels- moving forward, backward, sideward, climbing etc.
- c) Jumping over different obstacles
- d) Balancing on the toes and heels

2. LOCO MOTOR COORDINATION:

- a) bend and stretch
- b) Swing and push
- c) push and pull
- d) Strike and Dodge,
- e) Skipping

3. IMITATION:

- a) Old man, soldier, Monkey, Bear etc.
- b) Mime tics- Bird fly, Bear, Camel, Lamb etc.
- c) Story play-Fox and crocodile, Trip to Sea etc

4. SMALL ARE GAMES/ LEAD UP GAMES:

- a) Fire on the mountain
- b) Crocodile can not catch me
- c) Blind man's buff etc.

5. DEVELOPMENTS OF SKILLS:

Practices and develop variety of ways of sending, receiving and traveling with a ball

6. SIMPLE COMBATIVE

- a) Back to back lift
- b) Back to back stick pull
- c) Pushing into pit.

**CLASS – III**

1. MOVEMENT ORIENTATION:

- a) Exercises for Stretching, bending, twisting, turning Etc
- b) Jumping forward and backward and sideward
- c) Zig-Zag running

2. LOCO MOTOR COORDINATION:

- a) Run and Hop
- b) Run and Skip
- c) Run and Gallop



3. SMALL AREA GAMES:

- a) Raja Rani
- b) Lion and the Cave
- c) Find out the leader
- d) Comic tag
- e) Number game

4. DEVELOPMENT OF SKILL:

- a) Receiving and throwing the ball to the partner
- b) Drilling the ball
- c) Kicking the ball

5. SIMPLE COMBATIVE:

- a) Dog fight
- b) Cock fight
- c) Lamé duck fight
- d) Knock over fight

**CLASS – 1V**

1. FREE MOVEMENTS AND COMMANDS:

- a) Free movements
  - 1. Swinging, bending, twisting, turning, stretching of different body parts
  - 2. Locomotor movements- running, jumping, hopping, skipping and rolling  
Combination of their movements
  - 3. Commands: line up, attention, stand at ease, and stand easy, as you were.

2. RHYTHMIC MOVEMENTS:

- a) Arms swing progression
- b) Forward and backward progression
- c) Side bend progression
- d) Performing two and four count Exercises with music.

3. LEAD UP GAMES:

- a) Circle Kho-kho
- b) Line Kho-kho
- c) Pin football
- d) Circle football
- e) Tenicoit ring.

4. SMALL AREA GAMES:

- a) Crows and cranes
- b) Chain tag
- c) Find your partner
- d) Bean bag scramble

5. SIMPLE COMBATIVES:

- a) Push of the bench
- b) Push of stole
- c) Stepping on the toes etc.

**CLASS----- V**

1. CALISTHENICS:

Four and Eight count exercises involving different body parts done to command/music

2. COMMANDS AND MARCHING:

Repetition of attention, stand at ease, stand easy, as you were, line formation, right and left dress, eye front, count the numbers, turn while standing, mark time, break off and dismiss,

3. ATHLETICS:

- a) Short Sprints: 50M and 80M standing starts
- b) Endurance: 200m
- c) Throwing: Ball throws
- d) Hoping- 15 to 30M

4. GAMES:
- a) Dodge ball
  - b) Simon says
  - c) Bombing the City
  - d) Dog and the ones
  - e) The games popular in the different regions.

RELAYS:

- a) simple Relays-
- b) Zig-Zag Relays
- c) Hop and Run
- d) Tunnel Ball
- e) Passing the ball

5. LEAD UP GAMES:

Leaden games involving fundamental Skills in Football, Cricket, Kabaddi, Kho-kho, to be taught in the form of Relays, small area Games etc.

**Class VI**

1- Calisthenics, Exercise/ tables

2- Fundamental skills in drill and marching with proper heel & Toe movements

3- Athletics – a) General Physical fitness exercises

b) Short sprint (30 mtrs, 50 mtrs, 80 mtrs.)

c) Jumping for distance & height emphasizing on basics fundamentals of take off & landing

d) Throwing light ball/ light equipments

4- Major games-

Basic fundamental skills of foot ball, volley ball, Basket ball, table tennis, Lawn tennis, Badminton etc. to be taught through lead up games/ recreational games with the related of major games.

5- Adventure activities.

## **Class VII**

- 1- Calisthenics, Exercise tables consisting of 6 to 8 exercise movements
- 2- Arm-shoulder bending & twisting exercises
- 3- Athletics –
  - a) General Physical fitness exercises
  - b) Techniques of start, Finish and relays
  - c) Techniques of Jumps, run and approach, flying action, crossing the bar and landing
  - d) Techniques of Throws, holding / grip the equipments, stance, glide, delivery, follow through & practice repetition
- 4- Major Games-

Basic fundamental skills of Foot ball, Volley ball, Basket ball, hand ball, Hockey, Kho-Kho, Kabbadi, Table tennis, Lawn tennis, Badminton etc. as per availability of infrastructure.

Providing opportunities of practicing the skills and playing the games with the players.
- 5- Conditioning exercises-
  - i) Wall bar exercises
  - ii) Stretching exercises

## **Class VIII**

- 1- Calisthenics, Exercise tables involving different body parts
- 2- Athletics –
  - a) Running events (100, 200, 400, 600 mtrs. & 4x 100 mtrs Relay)
  - b) Basic fundamentals of Hurdles
  - c) Jumping events (Long Jump, High Jump) emphasizing on techniques
  - d) Throwing events (Shot put, Discuss & Javelin) with emphasizing on techniques
- 3- All the Major games to be taught on the basis of modern techniques & skills with the playing situation (Foot ball, Volley ball, Basket ball, Hand ball, Hockey, Kho-Kho, Kabbadi, Table Tennis, Lawn Tennis, Badminton, Swimming, Chess, Taek-wondo, Skating, Cricket, Judo etc. as per the availability of infrastructure.)

## Class IX & X

### 1- Meaning and Definition of Physical education

- a) To gain Clarity about the principles underlying in physical education
- b) To understand sacred & fit body is a requisite of good performance.

### 2- Need and importance of physical education

- a) To become aware about the importance of Physical fitness & organic efficiency in individual and social life.
- b) To know about the Physical condition as required by the demand.
- c) To analyse and interpret on Physical Education orally and effective planning Phy. Education Programme.

### 3- Meaning & definition of health Education

### 4- Growth & development meaning & factors influencing in growth & development

### 5- Characteristics of growth and development in boys & girls in adolescence age.

### 6- Contents of Physical education-

- a) Drill & marching, repetition of previous work.

### 7- Athletics-

- a) Sprint/ Middle and Long distance races.
- b) Jumping events- Long Jump, High Jump, Triple Jump, Pole vault techniques.

### 8- Judo & Taek-wondo repeating previous skills as per availability of the infrastructure.

### 9- Major Games- (Foot ball, Volley ball, Basket ball, Hand ball, Hockey, Kho-Kho, Kabbadi, Table Tennis, Lawn Tennis, Badminton, Swimming, Chess, Taek-wondo, Skating, Cricket, Judo etc. as per the availability of infrastructure.). History of these game and rules, fundamental skills, service, passing, spike, block, shorts, grips as per the required technique of above games.

## **Class XI**

### **Part-A**

#### 1- Concept of Physical education

- a) Meaning and definition of Physical education- its aim and objectives
- b) Place of Physical education in the total education process
- c) Misconception about Physical education

#### 2- Physiological aspect of Physical education. Effects of exercise on-

- a) Muscular system
- b) Circulatory system
- c) Respiratory system
- d) Digestive System
- e) Nervous system

#### 3- Psychological aspect of Physical education-

- a) Definition of Psychology and sports psychology
- b) Achievement and motivation in sports
- c) Sportsman ship & sports ethics
- d) Methods of motivation

### **Part-B**

#### 1- History of games and sports as per the choice of the students

#### 2- Latest general rules of the game

#### 3- Measurements of play field and specification of sports equipment.

#### 4- Fundamental skills of the game

#### 5- Important Tournaments and venues

#### 6- Sports personalities, sports award.

## **Part-C**

### 1- Health education

- a) Concept and objective of the Health education
- b) Importance of Health education
- c) Importance of community-health and health-promotion and welfare of individual, family and community.

### 2- Communicable diseases

- a) Meaning of communicable diseases
- b) Common alert signals indicating onset of communicable diseases

3- Mode of transmission, common symptoms and prevention of spread of AIDS, Hepatitis B, C, Rabies, Tetnus, Malaria and Tuberculosis.

### 4- Health problem

- a) Abuse of alcohol, Tobacco, Drugs and the effect of abuse on individual, family, community and its effects on sports person.
- b) Eating habits that cause obesity and effect on health of individuals.

## **Practical part**

1- Repetition of what has been done at the secondary stage in Athletics events.

2- One major game what has been done at the secondary stage.

3- Physical fitness test.

## Class XII

### 1- Physical fitness & wellness

- a) Meaning and importance of Physical fitness, wellness & its importance
- b) Components of Physical fitness
- c) Factors of Physical fitness developments
- d) Factors affecting in Physical fitness & wellness
- e) Principles of Physical fitness development
- f) Aerobic exercises, Anaerobic exercises
- g) Recreational activities
- h) Training methods

- 1- Introduction
- 2- Meaning & concept of training
- 3- Training methods
- 4- Methods of strength development
- 5- Isometric exercises
- 6- Isotonic Exercises
- 7- Isokinetic exercises

#### i) Methods of endurance development

- 1- Continuous method
- 2- Interval training method
- 3- Fertilac method

#### j) Method of speed development, acceleration and pace run.

#### k) Circuit training method

#### l) Sociological aspect of physical education

- 1- Meaning of sociology and sports sociology
- 2- Games and Sports as men's cultural heritage
- 3- Socialization through Physical education

- a) Leadership training in Physical education
- b) Value education through Physical Education Programme
- c) Olympic movement



m) Sports and environment

- 1- Meaning of environment and need for environment in Physical Education
- 2- Essential elements of positive environment
- 3- Role of individual in improvement of environment for prevention of sports related accidents

2- Athletics-

a) Sprint/ Middle and Long distance races.

b) Jumping events- Long Jump, High Jump, Triple Jump, Pole vault techniques.

3- Judo & Taek-wondo repeating previous skills as per availability of the infrastructure.

4- Major Games- (Foot ball, Volley ball, Basket ball, Hand ball, Hockey, Kho-Kho, Kabbadi, Table Tennis, Lawn Tennis, Badminton, Swimming, Chess, Taek-wondo, Skating, Cricket, Judo etc. as per the availability of infrastructure.). History of these game and rules, fundamental skills, service, passing, spike, block, shorts, grips as per the required technique of above games.

**NOTE:** The performance of the students is to be evaluated by the teachers of Physical education at regular intervals only through observation process. For this purpose the performance of the child is to be observed throughout the year and grading is to be given as follows-

A- Excellent

B- Very good

C- Good

D- Average

## SPLIT OF SYLLABUS-PHYSICAL AND HEALTH EDUCATION

### APRIL

CLASS	ACTIVITIES
I	Ribbon drill/Turning/swinging 30mts,50mts dash
II	Twisting/ Turning/Swinging 30mts,50mts dash
III	30mts,50mts,80mts dash
IV	Heats-50mts,80mts dash, standing Ball throw,
V	Heats-80mts,100mts ,standing Ball throw,
VI	General fitness exercises,100mtrs,200 mtrs run Throws jumps, skill development – Football, Throwball/Major Games
VII	General fitness exercises,100mtrs,200 mtrs run Tecniques-Throws jumps,Football, Throwball/Major Games
VIII	General fitness exercises,100mtrs,200 mtrs run Tecniques-Throws jumps,Football,Throwball/ Major Games
IX	100,200,400mts run,relays,Throws ,jumps Meaning and definition of Physical education
X	100,200,400,800mts Throws ,jumps Meaning and definition of Physical education
XI	100,200,400,800,1500mts Throws ,jumps, concept, Meaning and definition of Physical education, History of games & Sports as per choice of students
XII	100,200,400,800,1500mts Throws ,jumps, concept, Meaning,definiftion and importance of Physical Fitness and wellness and, History of games & Sports as per choice of students

## MAY & JUNE

CLASS	ACTIVITIES
I	Ribbon drill, Completion of events April month, Walk /Hop/leap, recreational games
II	Drill, Completion of events April month Twisting/ Turning/Swinging/balancing/music beat jumping, recreational games
III	Jumping, free hand Exercise, Completion of events April month Ball throws, Kicking the Ball,
IV	Completion of events April month ,commands and drill,games,dodge ball,Relays,standing Jump, recreation games,
V	Completion of events April month ,commands and drill,games,dodge ball,Relays,standing Jump,recreation games,
VI	General fitness exercises,100mtrs,200 mtrs run Throws jumps, skill development – Football, Throwball/Major Games, athletics –inter house
VII	General fitness exercises,100mtrs,200 mtrs run Techniques-Throws jumps, Football, Throwball/Major Games–inter house
VIII	General fitness exercises,100mtrs,200 mtrs run Tecniques-Throws jumps, Football, Throwball/Major Games–inter house
IX	100,200,400mts run,relays,Throws ,jumps Meaning and definition of Physical education
X	100,200,400,800mts Throws ,jumps Meaning and definition of Physical education
XI	100,200,400,800,1500mts Throws ,jumps, Physiological aspects of Physical education, Latest general rules of games & Sports as per choice of students
XII	100,200,400,800,1500mts Throws ,jumps, Training methods of Games Latest general rules of games & Sports as per choice of students History of games & Sports as choice of students

## JULY

CLASS	ACTIVITIES
I	Walking of straight line ,Zigzag running, Imitation-dog/cat/Train/motor, Running events final
II	Imitation- Monkey ,lion soldier etc. Fun Games-Lemmon Race
III	Zigzag Ruuning,Obstacle Running, Recreation games, Ball throws
IV	Running jEvents,Throws,fun games
V	Running jEvents,Throws,fun games,Basic Football and Basketball
VI	Athletics events competition, Inter house competition for major games
VII	Athletics events competition, Inter house- Jumps and Throws
VIII	Inter house competition athletics events, Coaching of the gifted students
IX	Inter house competition athletics events, Coaching.
X	Inter house competition athletics events, Coaching.
XI	Psychological aspects of Physical education, measurements of play fields, Inter house competition athletics events, Coaching.
XII	Sociological aspects of Physical education, measurements of play fields, Inter house competition athletics events, Coaching.

## AUGUST

CLASS	ACTIVITIES
I	Practice of Ribbon Drill, Mimetic, Bird Fly, Deer, Camel, Lion- running.
II	Play with wall, Jumps, Back to back lift & Fun races.
III	Kicking the ball, Fancy races.
IV	Inter house competition Football.
V	Running Ball Throws, Inter house competition Team games.
VI	Inter house competition Team games, skills of games.
VII	Inter house competitions - Athletics events, Individual games, fundamental / techniques.
VIII	Inter house competitions - Athletics events, Individual games, fundamental / techniques.
IX	Commands, Ground marching, Inter house competition, selection of school team, coaching.
X	Commands, Ground marching, Inter house competition, selection of school team, coaching.
XI	Commands, Ground marching, Inter house competition, selection of school team, coaching.
XII	Commands, Ground marching, Inter house competition, selection of school team, coaching.

## SEPTEMBER

Class	ACTIVITIES
I	Practice Ribbon Drill on Music Selection of Fancy Race for Sports Day 30 Mtrs Dash.
II	Practice of Ribbon Drill on Music, Selection of Fun Race for Sports Day 50 Mtrs Dash Boys & Girls.
III	Practice of Ribbon Drill on Music Selection of Fun Race for Sports Day 50 Mtrs Dash Boys & Girls. Final Selection
IV	Finals of Inter House Kho-Kho/Kabaddi, Selection of Races for Sports Day Races-Boys & Girls
V	Finals of Inter House Kho-Kho/Kabaddi, Selection of Races for Sports Day Races-Boys & Girls
VI	Finals of all Inter House Competitions, selection of Sport Day Meet, Coaching of under 14 yrs Athletics and Games mass participation in Athletics Fancy Child must take part in 3 events organization of Regional Meet
VII	Finals of all Inter House Competitions, selection of Sport Day Meet, Coaching of under 14 yrs Athletics and Games mass participation in Athletics Fancy Child must take part in 3 events organization of Regional Meet
VIII	Finals of all Inter House Competitions, selection of Sport Day Meet, Coaching of under 14 yrs Athletics and Games mass participation in Athletics Fancy Child must take part in 3 events organization of Regional Meet
IX	Inter House Final Selection of Final School Team Coaching , Regional Meet Preparation, Participation & Organisation of Regional Meet.
X	Inter House Final Selection of Final School Team Coaching , Regional Meet Preparation, Participation & Organisation of Regional Meet.
XI	Inter House Final Selection of Final School Team Coaching , Regional Meet Preparation, Participation & Organisation of Regional Meet.
XII	Inter House Final Selection of Final School Team Coaching , Regional Meet Preparation, Participation & Organisation of Regional Meet.

## OCTOBER

Class	ACTIVITIES
I	1- Picnic of one day Excursion 2-In Games Periods practice of Drill with Music 3- Practice of Sport Day Events Boys&Girls.
II	1-Excursion of one day 2-Practice of Drill with Music 3- Sport Day Preparations
III	1-Picnic for one day 2- Sports Day Preparation 3-Practice of Races
IV	1-Picnic for one day 2- Sports Day Preparation 3-Practice of Races
V	1-Picnic for one day 2- Sports Day Preparation 3-Practice of Races
VI	1-National Meet 2-Excursion one Day Picnic 3-Team Selection for-National Meet Intensive Coaching of Athletes events
VII	1-National Meet 2-Excursion one Day Picnic 3-Team Selection for-National Meet Intensive Coaching of Athletes events
VIII	1-National Meet 2-Excursion one Day Picnic 3-Team Selection for-National Meet Intensive Coaching of Athletes events
IX	1-Excursion on one day Picnic 2-Selected Team for National Practice and Coaching
X	1-Excursion on one day Picnic 2-Selected Team for National Practice and Coaching
XI	Psychological aspect of Physical & Health Education, Fundamental Skills &
XII	Fundamental Skills of the Games & Sports skills & Environments, Fundamental Skills of the Games & Sports

## NOVEMBER

CLASS	ACTIVITIES
I	Fancy races- Obstacle race, Balloon race & Frog race.
II	Fancy races- Searching the coin, dressing up for school etc.
III	Fancy races- Skipping Rope-race, Needle & Thread race & Three lagged race.
IV	Races- Practice- Sack, Jalebi & Obstacle
V	Races- Practice- Sack, Jalebi & Obstacle
VI	Athletics short events Jumps & Throws
VII	Major game practices.
VIII	Major game practices.
IX	Need & importance of Physical education, Major game practices, Athletics Practice.
X	Health Education, major Games Practice, Athletics practice.
XI	Major Games Practice, Athletics practice, Important Tournaments and Venues.
XII	Major Games Practice, Athletics practice, Important Tournaments and Venues.

## DECEMBER

CLASS	ACTIVITIES
I	Medical Check up, Fun games- Dodge ball, Dog throw the bone.
II	Medical Check up, Fun games- Dodge ball, Dog throw the bone.
III	Medical Check up, Fun games- Dodge ball, Dog throw the bone.
IV	Medical Check up, Fun games- Dodge ball, Dog throw the bone.
V	Medical Check up, Fun games- Dodge ball, Dog throw the bone.
VI	Medical Check up, usual games with proper organization.
VII	Medical Check up, usual games with proper organization.
VIII	Medical Check up, usual games with proper organization.
IX	Medical Check up, Major Games Practice, Athletics practice.
X	Medical Check up, Growth & development, Major Games Practice, Athletics practice.
XI	Medical Check up, Communicable diseases, Major Games Practice, Athletics practice, Sports personalities & awards.
XII	Medical Check up, Sports & Environment, Major Games Practice, Athletics practice, Sports personalities & awards.

## JANUARY & FEBRUARY

CLASS	ACTIVITIES
I	Rhythmic exercises
II	Rhythmic exercises
III	Rhythmic exercises
IV	Rhythmic exercises
V	Relay races.
VI	Major Games Practices
VII	Major Games Practices
VIII	Major Games Practices
IX	Major Games Practices
X	Major Games Practices
XI	Major Games Practices
XII	Major Games Practices

YOGA



## **Syllabus of Yoga Education (Theory & Practical)**

The course content has been broadly divided into two parts. In the first part programme for the primary classes has been formulated. In the second part the programme for secondary and senior secondary classes has been formulated.

### **(A) Main Recommendations for Primary classes:-**

Yoga may be taught informally in the primary classes to develop physical and moral values through simple Sukshma Vyayama and interesting stories based on Yama and Niyama. Yoga teacher may be entrusted with the responsibility to train the Primary teachers for this purpose during the In-service courses.

#### **Physical Yogic Activities:-**

1. Yogic Sukshma Vyayama (exercise No. 1-10)
2. Vajrasana, Tadasana
3. Walking on straight line to develop concentration
4. Relaxation

#### **Value Education Based on Yama & Niyama:-**

1. Lessons on personal and general hygiene.
2. Clean the teeth every day morning and evening.
3. Take bath everyday if weather permits.
4. Changes clothes every day.
5. Oil and comb the hair every day.
6. Wash hands with soap before and after taking meals.
7. Do prayer before the meals.
8. Emphasize on telling truth, non-violence and non-stealing.
9. Obey the parents, teachers and elders.
10. Inspire to do at least one good turn (help / service) every day.
11. Be courteous and don't abuse.
12. Develop the habit of keeping the things at proper place.
13. Avoid littering.
14. Learn your lessons every day.

15. Telling the stories of great persons like Dhruv, Prahlad, Nachiketa, Eklavya, Abhimanyu, Lav-Kush, Aaruni etc.
16. Learning school prayer, pledge, National Anthem and other prayers.
17. Collection and display of photos and thoughts.

**(B) Programme for Secondary and Senior Secondary Classes:-**

<b>Class</b>	<b>Practical</b>	<b>Theory</b>
<b>VI</b>	<p><b>Shatha karma-</b> kapalbhathi(11-30 storkes)</p> <p><b>Shukshma vyayama-</b> No 1-11</p> <p><b>Asanas-</b> Trikonasana, Ardha-Kati, Chakrasana, Tadasana, Vrikshasana, Padmasana, Simhasana, Paschimottanasana, Uttanpadasana, Salabhasana, Shavasana</p> <p><b>Pranayama-</b> Bhastrika</p> <p><b>Concentration-</b> On own breath (2 minutes) Ohm Chanting and shanti path.</p>	<ol style="list-style-type: none"> <li>1. Yoga Definition</li> <li>2. Knowledge of five yama with more emphasis on <b>‘Asteya’</b></li> <li>3. Knowledge of five Niyama with emphasis on <b>‘Santosh’</b></li> <li>4. Knowledge of Aahar-Vihar</li> <li>5. Methods and benefits of Sukshma Vyayama, Asanas and prayers.</li> </ol>
<b>VII</b>	<p><b>Shatha karma-</b> Introduction of Trataka and Practice of concentration on nose-tip.</p> <p><b>Shukshma vyayama-</b> No 12-23</p> <p><b>Asanas-</b> Garudasana, Ek-Pad Pranamasana Kati Chakrasana, Urdhava Hastottanasana, Natrajasana, Parvatasana, Kukkutasana, Pawanmuktasana, Bhujangasana, Shavasana</p> <p><b>Pranayama-</b> Bhramari</p> <p><b>Concentration-</b> On own breath (3 minutes) Ohm Chanting and shanti path.</p>	<ol style="list-style-type: none"> <li>1. Knowledge of Yama with more emphasis on <b>‘Ahimsa’</b></li> <li>2. Knowledge of Niyama with emphasis on <b>‘Shauch’</b></li> <li>3. A brief Knowledge of different type of yoga (Bhakti, Jnana, Karma and Hatha Yoga)</li> <li>4. Methods and benefits of Sukshma Vyayama, Asanas and prayer.</li> </ol>
<b>VIII</b>	<p><b>Shatha karma-</b> Introduction of Nauli</p> <p><b>Shukshma vyayama-</b> No 24-32</p> <p><b>Asanas-</b> Pada Hastasana, Urdhv Pranamasana, Konasana, Vajrasana, Supta Vajrasana, Shashankasana, Gomukhasana, Janusirasana, Naukasana, Halasana, Chakrasana, Shavasana, Surya Namaskar(if possible)</p> <p><b>Pranayama-</b> Anuloma-Viloma (Nadishodhan)</p> <p><b>Concentration-</b> On own breath (So-ham) Ohm Chanting and shanti path.</p>	<ol style="list-style-type: none"> <li>1. Knowledge of Yama with more emphasis on <b>‘Satya’ &amp; ‘Aparigrah’</b></li> <li>2. Knowledge of Niyama with emphasis on <b>‘Swadhyaya’ &amp; ‘Iswarpranidhan’</b></li> <li>3. Simple anatomical and physiological aspects of Human body</li> <li>4. Methods and Benefits of Sukshma Vyayama, Asanas and Pranayama</li> <li>5. Personal importance of hygiene and health.</li> </ol>
<b>IX</b>	<p><b>Shatha karma-</b> Jala Neti (if facility Available)</p> <p><b>Shukshma vyayama-</b> No 33-48</p> <p><b>Asanas-</b> Trikonasana, Tadasana, Natrajasana, Kato Chakarasana,</p>	<ol style="list-style-type: none"> <li>1. Knowledge of Yama with more emphasis on <b>‘Brahmcharya’</b></li> <li>2. Knowledge of Niyama with emphasis on <b>‘Tapa’</b></li> <li>3. Relationship of yoga and education.</li> </ol>

	<p>Baddhapadmasana, Ushtrasana, Paschimottanasana, Bakasana, Kurmasana, Ardha Marsyendrasana, Makrasana, Dhanurasana, Shavasana, Surya Namaskar(if possible)</p> <p><b>Pranayama-</b> Ujjayi and Suryabhedan  <b>Concentration-</b>In between eyebrows, Ohm Chanting and shanti path.</p>	<ol style="list-style-type: none"> <li>4. Methods and benefits of Sukshma Vyayama, Asanas and Prayer.</li> <li>5. Brief knowledge of ‘Astanga’ Yoga.</li> <li>6. Importance of ‘Satvic Aahar’.</li> </ol>
X	<p><b>Shatha karma-</b> Trataka  <b>Shukshma vyayama-</b> One or Two Vyayama for each part of body  <b>Asanas-</b> Trikonasana, Vrikshasana, Parivrat Trikonasana, Padmasana, Yogmudra, Matsyasana, Mandukasana, Vristitapada Bhoonamanasana, Pawanmuktasana, Vipritkarni, Shavasana, Yoganidra  <b>Pranayama-</b> Bhramari, Sheetkari  <b>Concentration-</b>on ‘Dot’ or ‘Ohm’, Ohm Chanting and shanti path.</p>	<ol style="list-style-type: none"> <li>1. Objectives of yoga Education.</li> <li>2. Difference between Yoga Asana and physical exercises.</li> <li>3. Importance of Yoga in daily life.</li> <li>4. Methods and benefits of Asanas, Pranayama and Concentration</li> </ol>
XI	<p><b>Shatha karma-</b> Kunjal, jalaneti &amp; Nauli (if facilities available)  <b>Shukshma vyayama-</b> One or Two Vyayama for each part of body  <b>Asanas-</b> Surya Namaskar, Gomukhasana, Parvatasana, Supta Vajrasana, Hanumanasana, Sarvangasana, Uttanpadasana, Dhanurasana, Shavasana  <b>Bandhya-</b> Moola, Uddiyana and Jalandhar  <b>Pranayama-</b> Bhastrika, Nadisodhan  <b>Concentration-</b>on ‘Dot’ or ‘Ohm’, Ohm Chanting and shanti path.</p>	<ol style="list-style-type: none"> <li>1. Role of yoga in character building</li> <li>2. Therapeutic values of yoga</li> <li>3. Introduction of yoga literature</li> <li>4. Life history of Arvindo, Vivekanand and other yogis</li> <li>5. Knowledge of Bandha, Mudra and Chakras</li> <li>6. Methods and benefits of Asans, Pranayama and Concentration</li> </ol>
XII	<p><b>Shatha karma-</b> Shatha kriyas by rotation (if facilities available)  <b>Shukshma vyayama-</b> One or Two Vyayama for each part of body  <b>Asanas-</b> All kinds of Asanas by rotation depending upon facilities  <b>Bandhya-</b> Moola, Uddiyana and Jalandhar  <b>Pranayama-</b> kapalbhati, Bhramari, Ujjayi  <b>Concentration-</b>on ‘Dot’ or ‘Ohm’ &amp; Trataka Ohm Chanting and shanti path.</p>	<ol style="list-style-type: none"> <li>1. Effects of Asanas and Pranayama on physiology of human body</li> <li>2. Concept of Nishkama Karma Yoga</li> <li>3. Role of Yoga practices in developing concentration, will power and discipline</li> <li>4. Techniques of stress management</li> <li>5. Methods and benefits of Asanas, Pranayama and concentration</li> </ol>