SECTOR 5, DWARKA, NEW DELHI-75

CURRICULUM

SUBJECT: ENGLISH TEXT BOOKS: 1. LITERATURE READER 7 – GOLDEN LEAVES BY NEUBERG PUBLICATIONS 2. GOOD WITH GRAMMAR (3rd Edition) BY NEUBERG PUBLICATIONS

SUBJECT TEACHER: HETAL RANA

MONTH	CONTENT	OBJECTIVES	METHODOLOGY	EXPECTED LEARNING OUTCOMES	ACTIVITIES
APRIL	Literature: • The Little Black Boy • Anne's History Writing: • Diary Entry Grammar: • The Sentence • Subject & Predicate • Nouns	Literature: • develop and enhance listening, reading, speaking and writing skills • develop skills of general application like analysis, synthesis, drawing of inferences etc. • develop high order thinking skills and critical thinking ability. • develop vocabulary Writing: • develop vocabulary Writing skills • develop the confidence to express thoughts effortlessly and in an organised manner • develop the ability to write for a specific purpose • Learn the correct format of a Diary Entry Grammar: • use basic grammar appropriately while speaking and writing • learn the basic conventions of English grammar • learn the types of sentences and its usage in	 Literature: give the background of the writer/poet and the lesson individual and group reading Encourage students to raise questions and share their views discuss the lesson explain the meanings of difficult words and phrases discuss the rhyme scheme and poetic devices in the poem discuss the questions asked at the end of the lesson Writing: explain the format of a Diary Entry create situations for the students to write diary entries Grammar: review and build on previous learning explain the topic with the 	 Literature: The students will be able to comprehend literature in the form of prose and poetry understand and appreciate the poetic devices understand and answer a variety of questions determine the meanings of words and phrases as used in the text enhance speaking and writing skills enhance vocabulary Writing: The students will be able to organize and structure meaningful sentences in a sequential manner demonstrate the ability to use words and phrases to the appropriate level write a diary entry using the correct format Grammar: The students will be able to identify the types of sentences according to 	Literature: • Explanation of Racism • Recitation Writing: • Write a Diary Entry Grammar: • Grammar Quiz



SESSION: 2025-26 CLASS: VII

		 the language develop an interest in different topics related to nouns 	help of examplesprovide worksheets	 their function and structure apply the subject and predicate rules in sentence identify the types of nouns used in language. 	
MAY	Literature: • Cheerful Spirits Writing: • Notice Writing Grammar: • Adjectives • Pronouns	 Literature: develop and enhance listening, reading, speaking and writing skills develop skills of general application like analysis, synthesis, drawing of inferences etc. develop high order thinking skills and critical thinking ability develop vocabulary Writing: develop vocabulary Writing skills develop the confidence to express thoughts effortlessly and in an organised manner develop the ability to write for a specific purpose learn the correct format of a Notice learn the correct format of an Article Grammar: use basic grammar appropriately while speaking and writing learn the adjectives and its types kinds of pronouns and its importance 	Literature: • give the background of the writer and the lesson • individual and group reading • encourage students to raise questions and share their views • discuss the lesson • explain the meanings of difficult words and phrases • discuss the questions asked at the end of the lesson Writing: • explain the format of a Notice • create situations for the students to write notices for the class/ school (information about an event or a situation) • explain the format of an article • give topics to the students to write articles Grammar: • review and build on previous learning • explain the topic with the help of	Literature: The students will be able to • comprehend literature in the form of prose • understand and answer a variety of questions • determine the meanings of words and phrases as used in the text • enhance speaking and writing skills • enhance vocabulary Writing: The students will be able to • organise and structure meaningful sentences in a sequential manner • demonstrate the ability to use words and phrases to the appropriate level • think and write a Notice using the correct structure and format • think and write an article using the correct structure and format Grammar: The students will be able to • identify the adjectives • understand the types of pronouns	Literature: • Group discussion on how the ancestors are a treasure house of knowledge. Writing: • Frame a Notice • Write an article on the topic given Grammar: • Grammar Quiz

JUNE			examples • provide worksheets • do practice exercises from the Grammar book in the class SUMMER VACATION		
JULY	Literature: • My Cats • Himsuka Writing: • Formal Letter (Editor, Complaint, Request & Application) Grammar: • Tenses	 Literature: develop and enhance listening, reading, speaking and writing skills develop skills of general application like analysis, synthesis, drawing of inferences etc. develop high order thinking skills and critical thinking ability develop vocabulary Writing: develop and enhance writing skills develop the confidence to express thoughts effortlessly and in an organised manner develop the ability to write for a specific purpose learn the format of short story & report. provide opportunity to think and write a story using correct structure and appropriate vocabulary provide opportunity to think and write a report using correct structure and appropriate vocabulary Grammar: use basic grammar appropriately while 	 Literature: give the background of the poet/ writer and the lesson individual and group reading encourage students to raise questions and share their views discuss the lesson explain the meanings of difficult words and phrases discuss the rhyme scheme and poetic devices in the poem discuss the questions asked at the end of the lesson Writing: explain the structure of a short story explain the inclusion of dialogues and a suitable title give an outline to develop a story explain the structure of a report create situations for the students to write reports on events and incidents Grammar: review and build on 	Literature: The students will be able to • comprehend literature in the form of prose and poetry • understand and appreciate the poetic devices • understand and answer a variety of questions • determine the meanings of words and phrases as used in the text • enhance speaking and writing skills • enhance vocabulary Writing: The students will be able to • organise and structure meaningful sentences in a sequential manner • demonstrate the ability to use words and phrases to the appropriate level • think and write a story using the correct structure and format • think and write a report using the correct structure and format • think and write a report using the correct structure and format • think and write a report using the correct structure and format • think and write a report using the correct structure and format • think and write a report using the correct structure and format • think and write a report using the correct structure and format • think and write a report using the correct structure and format • think and write a report using the correct structure and format • think and write a report using the correct structure and format • think and write a report using the correct structure and format • think and write a report using the correct structure and format	Literature: • Recitation • Share anecdotes of pet animals. Writing: • Write Informal and Formal letters Grammar: • Grammar Quiz

		 speaking and writing learn the basic conventions of English grammar provide knowledge to identify the tense in sentence 	 previous learning explain the topic with the help of examples provide worksheets do practice exercises from the Grammar book in the class 	formula of a particular tense in language	
• W • I F (I R A G •	iterature: The Indigo Terror The Listeners Vriting: Informal Letter & ormal Letter Editor, Complaint, equest & application) Frammar: Subject –Verb Agreement Adverbs	 Literature: develop and enhance listening, reading, speaking and writing skills develop skills of general application like analysis, synthesis, drawing of inferences etc. develop high order thinking skills and critical thinking ability develop vocabulary Writing: develop and enhance writing skills develop the confidence to express thoughts effortlessly and in an organised manner develop the ability to write for a specific purpose learn the correct format of Formal & Informal Letters Grammar: consistently identify the subject in a sentence and choose the correct verb form to match it understand how to use words that modify verbs, adjectives, or other adverbs 	 Literature: give the background of the writer/poet and the lesson individual and group reading encourage students to raise questions and share their views discuss the lesson explain the meanings of difficult words and phrases discuss the rhyme scheme and poetic devices in the poem discuss the questions asked at the end of the lesson Writing: explain the formats of informal & formal letters create situations for the students to write informal letters to friends and family members students to write formal letters to the Principal, the editor of a newspaper or 	 Literature: The students will be able to comprehend literature in the form of prose/poetry understand and appreciate the poetic devices understand and answer a variety of questions determine the meanings of words and phrases as used in the text enhance speaking and writing skills enhance vocabulary Writing: The students will be able to organise and structure meaningful sentences in a sequential manner demonstrate the ability to use words and phrases to the appropriate level Grammar: The students will be able to define what subject-verb agreement means and recognize the basic rules governing it identify adverbs in sentences, differentiate them from other parts of speech, and correctly 	Literature: • Group discussion on Satyajit Ray and his work • Recitation Writing: • Write informal and formal letters Grammar: • Grammar Quiz

			 magazine or an official holding an important position in an organisation Grammar: review and build on previous learning explain the topic with the help of examples provide worksheets do practice exercises from the Grammar book in the class 	incorporate them into writing to enhance sentence meaning and clarity.	
SEPTEMBER	Literature: • Revision Writing: • Revision Grammar: • Modals • Integrated Grammar (error correction & cloze gap filling) ASL & Multiple Assessment Activities	 Literature: develop and enhance listening, reading, speaking and writing skills develop skills of general application like analysis, synthesis, drawing of inferences etc. develop high order thinking skills and critical thinking ability develop vocabulary Writing: revise writing skills learnt so far Grammar: use basic grammar appropriately while speaking and writing revise and recapitulate the topics learnt so far learn the different modals and their usage in sentences 	 Literature: recapitulate the lessons. encourage students to raise questions and share their views discuss the lesson discuss questions & queries Writing: Revision tests Grammar: review and build on previous learning explain the topic with the help of examples provide worksheets do practice exercises from the Grammar book in the class provide revision worksheets 	 Literature: The students will be able to recall & answer questions Writing: The students will be able to recall & answer the questions asked demonstrate the ability to use words and phrases to the appropriate level Grammar: The students will be able to apply grammar rules learnt so far use appropriate modals in sentences 	Literature: • Revision Writing: • Revision Grammar: • Grammar Quiz ASL &MA • Individual & group activities

OCTOBER	Literature: • Adventure on Clee Island -1 • Adventure on Clee Island - 2 Writing: • Factual Description Grammar: • Active & Passive Voice • Reported Speech	 Writing: develop and enhance writing skills develop the confidence to express thoughts effortlessly and in an organised manner develop the ability to write for a specific purpose Grammar: use basic grammar appropriately while speaking and writing learn the basic conventions of English grammar learn sentences in Active and Passive voice learn the rules to change the voice learn the rules to change speech from direct to indirect and vice versa 	 Writing: key points about factual description – Objectivity: They present information without personal bias or subjective opinions. Specific details: They include precise details and characteristics to accurately describe the subject. Clear language: They use clear and concise language to convey information effectively. Relevant information: They focus on the most important aspects of the subject matter. Grammar: review and build on previous learning provide worksheets 	 enhance speaking and writing skills enhance vocabulary Writing: The students will be able to describe the result of an experiment report of an analysis describe the features of a product etc. Grammar: The students will be able to identify and change the voice from active to passive and vice versa change the speech from direct to indirect and vice versa 	 Literature: Group discussion on importance of environmental protection, particularly concerning bird species Writing: write accurately to convey information in a clear and concise manner. Grammar: Grammar Quiz
NOVEMBER	Literature: • To the Cuckoo • The Island of the Nine Whirlpools Writing: • Story writing • Picture Composition Grammar: • Conjunctions • Prepositions	 Literature: develop and enhance listening, reading, speaking and writing skills develop skills of general application like analysis, synthesis, drawing of inferences etc. develop high order thinking skills and critical thinking ability develop vocabulary Writing: develop and enhance writing skills develop the confidence to express thoughts 	 Literature: give the background of the poet and the lesson individual and group reading discuss the rhyme scheme and poetic devices in the poem encourage students to raise questions and share their views discuss the lesson explain the meanings of difficult words and phrases discuss the questions asked at the end of the 	 Literature: The students will be able to comprehend literature in the form of prose understand and answer a variety of questions determine the meanings of words and phrases as used in the text enhance speaking and writing skills enhance vocabulary Writing: The students will be able to organise and structure meaningful sentences in a sequential manner demonstrate the ability to 	 Literature: Recitation Discussion on fairy tales and famous characters Writing: Write the story with the help of the hints given Look at the picture-think and write Grammar: Grammar Quiz

	 effortlessly and in an organised manner develop the ability to write for a specific purpose learn to interpret the data given Grammar: use basic grammar appropriately while speaking and writing learn the basic conventions of English grammar learn the types of conjunctions and their usage in sentences 	 lesson Writing: explain the format of Data Interpretation create situations for the students to interpret data from tables, pie chatrts and bar graphs Grammar: review and build on previous learning explain the topic with the help of examples 	 use words and phrases to the appropriate level interpret data and write a paragraph Grammar: The students will be able to apply grammar rules learnt so far identify the kinds of conjunctions as coordinating (FANBOYS) and subordinating (as, since, when,while which etc) and use them in sentences 	
Literature: • The Tempest • Revision Writing: • Speech Writing Grammar: • Transformation of Sentences • Integrated Grammar	 Literature: Enhance creativity Revision Writing: develop and enhance writing skills develop the confidence to express thoughts effortlessly and in an organised manner develop the ability to write for a specific purpose learn the format and structure of a formal speech revise writing skills learnt so far Grammar: use basic grammar appropriately while speaking and writing learn the rules for transformation of sentences from simple to compound or complex, complex or compound to simple, and vice versa 	 Literature: Winter assignment on India's Space Odyssey Revision Writing: provide a topic and key points to the students to write a speech revise writing topics Grammar: review and build on previous learning provide revision worksheets 	 Literature: The students will be able to use their creativity to make a collage recall the lessons & answer questions Writing: The students will be able to organise and structure meaningful sententes in a sequential manner demostrate the ability to use words and phrases to the appropriate level write a speech on the topic given Grammar: The students will be able to apply grammar rules learnt so far transform sentences 	Literature: • Discussion on Shakespeare and his famous literary pieces • Revision Tests Writing: • write & read out a speech in the class • Revision Tests Grammar: • Grammar Quiz

JANUARY	Literature: • Revision Writing: • Revision Grammar: • Revision	Literature: • Revision Writing: • revise the previous topics Grammar: • revise and recapitulate the topics learnt so far	Literature: Writing: • revise the previous topics Grammar: • review and build on previous learning • provide revision worksheets	Literature: The students will be able to • recall & answer questions Writing: The students will be able to • recall & answer the questions asked • demonstrate the ability to use words and phrases to the appropriate level Grammar: The students will be able to • apply grammar rules learnt so far	Literature: • Revision Tests Writing: • Revision Tests Grammar: • Grammar Quiz
FEBRUARY	Literature: • Revision Writing: • Revision Grammar: Revision	Literature: • Revision Writing: • revise the previous topics Grammar: revise and recapitulate the topics learnt so far	Literature: Writing: • revise the previous topics Grammar: • review and build on previous learning • provide revision worksheets	Literature: The students will be able to • recall & answer questions Writing: The students will be able to • recall & answer the questions asked • demonstrate the ability to use words and phrases to the appropriate level Grammar: The students will be able to • apply grammar rules learnt so far	Literature: • Revision Tests Writing: • Revision Tests Grammar: • Grammar Quiz
MARCH			FINAL EXAMINATION		

बी.जी.एस. इंटरनेशनलपब्लिक स्कूल, सेक्टर-5, नई दिल्ली-7

CURRICULLUM(पाठ मूल्यांकन) प्रथम सत्र 2025-26

कक्षा : VII

SUBJECT: हिंदी TEXT BOOK: वसंत-भाग 2, बाल महाभारत कथा TEACHERS NAME: विशाखा गुप्ता

महीना	पाठ सं	भाषा की योग्यताएँ/कौशल और	सीखने का परिणाम
		मूल्य	
अप्रैल	वसंत–	• कविता का भावबोध,संदेश,	बच्चों में प्रकृति-प्रेम,पक्षी-प्रेम, स्वतंत्रता का
	1.हम पंछी उन्मुक्त गगन	अर्थ,	महत्त्व ,गर्व,साहस आदि गुणों का विकास हुआ
	2. हिमालय की बेटियाँ	 पक्षियों की परिकल्पना द्वारा 	कार्यविधि1 - पिंजरे मे बंद पंछी का चित्र
		 पराधीनता की वेदना को 	बनाते हुए उनकी भावनाओ को अपने शब्दों मे
		व्यक्त	लिखिएँ
	बाल महाभारत	बच्चें महाभारत की कथाओं से अवगत	बच्चो में धार्मिक,पौरानिक,एतिहासिक और
	1.शांतनु और भीष्म	होंगे। महाभारत में राजाओं का आचरण	दार्शनिकता की भावना का विकास हुआ
	2. भीष्म प्रतिज्ञा	उनकी शासन व्यवस्था, व्यवहार आदि	
		जान पाएँगे।	
	व्याकरण -वर्ण और भाषा	वर्णो का उच्चारण स्थान भाषा के	कार्यविधि2ए4 साइज शीट पर अपने देश मे
		प्रकार सिख पाएगे	प्रयोग होने वाले सभी भाषाओ की सूची बनाए
मई	वसंत–	 बालमनोविज्ञान को प्रकट 	
	3.कठपुतली	करना	बच्चों में बाल मनोविज्ञान,साहस,
		 जीवन में संघर्ष को सरल 	पारिवारिक सम्बन्ध,स्नेह की भावना
		बनाने की शिक्षा	का विकास हुआ

			कार्यविधि3-पुराने कपड़ो की सहायता से कतपुतली बनाए
	बाल महाभारत– 4.धृतराष्ट्र और पांडु 5. धृतराष्ट्र एवं पांडु का विवाह	महाभारत की इन कथाओं द्वारा त्याग और प्रतिज्ञा के संबंध में जान पाएँगे । आदर्श माता जिन्होंने संघर्षपूर्ण जीवन में भी अपने पुत्रों को कुशल शासक व कुशल योद्धा बनाने में अपना जीवन बीता दिया।	बच्चो में धार्मिक,पौरानिक,एतिहासिक और दार्शनिकता की भावना का विकास हुआ
	व्याकरण - विलोम शब्द, पर्यायवाची शब्द	विलोम शब्द, पर्यायवाची शब्द	शब्दकोश में वृद्धि
जून	ग्रीष्मावकाश		
जुलाई	वसंत— 4.मिठाईवाला	 बच्चे इस कहानी से दूसरों के लिए जीना सीखेंगे। मिठाईवाले के चरित्र से सहनशीलता का पाठ सीख पाएगे 	वैज्ञानिक दृष्टिकोण का विकास हुआ
	बाल महाभारत– 6.कौरव पांडव की शस्त्र शिक्षा 7. लाक्षागृह -दाह 8. द्रौपदी का स्वयंवर	भीम और द्रोणाचार्य के स्वभाव कैसे थे ? द्रौपदी के स्वयंवर की प्रतिज्ञा किस प्रकार पूरी हुई थी । चौसर के खेल में दुर्योधन एवं शकुनि का षड्यंत्र किस	कार्यविधि4- मोम के प्रयोग से एक छोटी सी झोंपरी बनाए
		प्रकार सफल हो गया ।यह जान पाएँगे	

	व्याकरण- वचन,लिंग, अनेक शब्दों के लिए एक शब्द		कल्पनाशक्ति का विकास अर्थ ग्रहण करके लिखना शब्दकोश में वृद्धि
अगस्त	वसंत– 5. शाम एक किसान	 प्रकृति की शोभा को जीवंत रूप में समझ पाएँगे । 	बच्चों में मान-सम्मान,सही-गलत का निर्णय,विवेकबुद्धि,मात्-प्रेम,आत्मगौरव का विकास हुआ
	बाल महाभारत- 9. इंद्रप्रस्थ की स्थापना 10. जरासंघ और राजसूय यज्ञ 11. जुए का खेल और द्रोपदी की वेदना	बच्चो मे द्वेष करने वालों की क्या हालत होती है यह जान पाएँगे ।	कार्यविधि5- जुआ खेलने के दुस्परिणाम को दिखाते हुए चित्र सहित वर्णन करे
	व्याकरण -मुहाबरे, संधि		शब्दकोश में वृद्धि
सितम्बर	पुनरावृति	पत्र ,चित्र-वर्णन	कल्पनाशक्ति का विकास कल्पनाशक्ति का विकास

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CURRICULLUM (पाठ मूल्यांकन) द्वितीय सत्र : 2025-26

कक्षा : VII

SUBJECT :हिंदी TEXT BOOK: वसंत-भाग 2, बाल महाभारत TEACHERS NAME: श्रीमती विशाखा गुप्ता

महीना	पाठ सं - पाठ	भाषा की योग्यताएँ/कौशल और	सीखने का परिणाम
		मूल्य	
अक्तूबर	वसंत–		
	6.अपूर्व अनुभव संस्मरण	• बाल-मनोविज्ञान को	बच्चों में दूसरों की जरूरतों को
		दर्शाना	समझना,सहायता व स्नेह की भावना को बढ़ावा
	7.रहीम के दोहे	 दोस्ती की ख़ातिर जोखिम 	मिला
		उठाना	
			सच्चा-मित्र,अनुशासन,गुण-अवगुण की
		 भावार्थ जानना 	पहचान,समयपालन आदि गुणों का विकास हुआ
		 दोहे के माध्यम से नैतिक 	कार्यविधि6- रहीम के अन्य दोहे अपनी नोटबुक
		मूल्यों को समझना	मे लिखिए
	बाल महाभारत-	बच्चो में	बच्चो में धार्मिक,पौरानिक,एतिहासिक और
	12.अज्ञातवास	धार्मिक,पौरानिक,एतिहासिक और	दार्शनिकता की भावना का विकास हुआ
	13. विराट का भ्रम	दार्शनिकता की भावना का विकास	
	14. कौरव पाडंव के राजदूत	करना	
	व्याकरण - लोकोक्तियाँ		शब्दकोश में वृद्धि
नवम्बर	वसंत–		
	8. खान पान की बदलती	 पशुपक्षियों में भी मनुष्य 	विवेक बुद्धि,अनजान परिस्थितियों से न
	तस्वीर	के जैसी भावनाएँ होती है	घबराना,सहायता,सकारात्मकताआदि गुणों का
	9. नीलकंठ	इसे समझ पाएँगे ।	विकास हु
			कार्यविधि7-खानपान की बदलती तस्वीर पर
			कक्षा मे वादविवाद करवाना

बाल महाभारत 15. कौरव पाडंव के राजदूत 16.पांडव और कौरव के सेनापति	बच्चे युद्ध में सेना की संरचना के विषय में जान पाएँगे ।	बच्चो में धार्मिक,पौरानिक,एतिहासिक और दार्शनिकता की भावना का विकास हुआ
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दिसम्बर	वसंत–		प्रकृति-प्रेम,लगन निष्ठां,समर्पण भावना आदि
	10.भोर और बरखा	कविता का भावबोध,संदेश,अर्थ	गुणों का विकास हुआ
	व्याकरण- पत्र और संबाद	स्पष्ट करना,	
			बच्चो में धार्मिक,पौरानिक,एतिहासिक और
	बाल महाभारत	बच्चो में	दार्शनिकता की भावना का विकास हुआ
	17 .पहले ,दूसरे और तीसरे	धार्मिक,पौरानिक,एतिहासिक और	
	दिन का युद्ध	दार्शनिकता की भावना का विकास	
	18 . चौथे से नवें दिन का	करना	
	युद्ध		
	19. दसवे तथा ग्याहरवें		
	दिन का युद्ध		
			कल्पनाशक्ति का विकास
जनवरी	वसंत–		बच्चों में देश के प्रति सम्मान,अपनी स्वतंत्रता
	13.वीर कुँवर सिंह (जीवनी)	बच्चों में स्वदेश	को अक्षुष्ण रखने की भावना,साहस,वीरता,
		प्रेम,साहस,वीरता,त्याग एवं बलिदान	त्याग एवं बलिदान आदि गुणों का विकास हुआ
		आदि गुणों का विकास करना	

	बाल महाभारत 20 .तेरहवे दिन का युद्ध 21.कर्ण और दुर्योधन का वध	बच्चो में धार्मिक,पौरानिक,एतिहासिक और दार्शनिकता की भावना का विकास करना	बच्चो में धार्मिक,पौरानिक,एतिहासिक और दार्शनिकता की भावना का विकास हुआ
फरवरी	व्याकरण- कारक	पुनरावृति	शब्दकोश में वृद्धिबच्चों के भाषा ज्ञान में वृद्धि हुई कल्पनाशक्ति का विकास
मार्च	वार्षिक परीक्षा	वार्षिक परीक्षा	मूल्यांकन

समाप्त

SECTOR 5, DWARKA, NEW DELHI

CURRICULUM

SUBJECT : Mathematics

TEXTBOOK: NCERT

TEACHER'S NAME: Sunita Pandey

SESSION: 2025-26

Class: VII

MONTH	CONTENT	OBJECTIVES	METHODOLOGY	EXPECTED LEARNING OUTCOMES	SUGGESSTED ACTIVITIES
APRIL	Integers	To learn properties of integers like closure, commutative, associative, existence of an identity, and the existence of inverse in addition and multiplication of integers. To compute multiplication & division of integers.	Discussion Explanation	They will learn fundamental operations multiplication & division of integers.	
	Fractions & Decimals	To learn multiplication &division of fractions and decimals.	Discussion Problem-solving	They will learn the multiplication & division by10, 100, etc.	Representation of fractions & decimals on a number line.
ΜΑΥ	Symmetry	To learn line & rotational symmetry	Demonstration Explanation	They will study about line symmetry and rotational symmetry.	2 D figures can be drawn and lines of symmetry can be shown in them.

JULY	Algebraic Expression	To understand	Discussion	They will learn to	
JOLY	Algebraic Expression	algebraic	Problem-solving	form algebraic	
		•	Drilling	expressions and to	
		terms, like and unlike		calculate their	
			Explanation	values.	
		algebraic	Explanation	values.	
		expressions. To			
		calculate the value of			
		an expression.			
	Simple Equations			They will learn to	
		To solve equations by	Discussion	apply simple	
			Explanation	equations in practical	
		method.		situations.	
		To apply simple equations in		They will frame	
		practical situations		equations from the	
		P		given solution.	
				0	
AUGUST	Lines & Angles	To identify various angles like	Explanation	They will learn the	Representation of properties associated
	_	complementary,	Discussion	relationship between	with Linear pair and Parallel lines using
		supplementary, adjacent &	Problem-solving	angles.	activity method.
		vertically opposite angles learn			
		angles made by a transversal	Multimedia	They will learn different	
		with two lines.		conditions for lines to be	
				parallel.	
	Data Handling	To calculate Mean Median	Explanation	They will learn to	
			Drilling method	organize, present,	To draw double bar graphs on a graph
		To draw double bar	5	analyze and interpret	sheet with an example from real life
		graphs.			situation.
				also learn arithmetic	
				mean, median	
				and mode.	
l					

SEPTEMBER	Visualizing Solid Shapes	Drawing & viewing of solid shapes on a flat surface.	Demonstration Explanation	They will learn the parts of a solid object They will learn to view different sections of a solid object.	Drawing of nets of various solids.
	Revision &Exams		Class tests, quizzes & worksheet discussion.		
OCTOBER	Triangle & its properties	To learn properties of triangles like exterior angle property, angle sum property & triangle inequality property To learn the right-angled triangle & Pythagoras property.	Demonstration Problem-solving	They will learn medians, altitudes, centroid, orthocenter They will learn the application of Pythagoras' property.	By activity, proof of angle sum property of triangles can be shown.
	Perimeter & Area	To find the area of parallelogram, triangle and circle.	Discussion Problem-solving Brain-storming	They will calculate the	To show parallelograms with same perimeters but different areas graphically. (Page-146)

NOVEMBER	Rational Numbers	To understand rational numbers and their addition, subtraction, multiplication, and division.	Discussion Explanation	They will learn to understand rational numbers and their properties.	Representation of rational numbers on a number line.
	Comparing Quantities	To learn percentages to convert fractions, and decimals into percentages & vice-versa To calculate profit & loss percentage, selling price, and cost price in word problems. To understand the concept of simple interest.	Explanation Demonstration Problem-solving	They will learn the application of percentage. They will learn to calculate selling price, cost price, and profit percent or loss percent. They will learn about the concept of Simple interest.	Representation of a given percent on a graph sheet and its conversion from fraction and decimal.

DECEMBER	Exponents & Powers	To learn the usage of exponents in regular mathematics. Application of exponents in daily life.	Discussion Explanation	They will learn to represent large numbers in standard form.	
JANUARY	Revision		Practice of worksheets. Class tests		
FEBRUARY	Revision		Class tests, quizzes & worksheets discussion.		
MARCH	Final exam				

SUBJECT TEACHER



SUBJECT: SCIENCE

CLASS VII

SESSION: 2025-26

TEXT BOOK: NCERT

TEACHER: Ms. SUKANKSHA

MONTH	CONTENT	OBJECTIVE	METHODOLOGY	EXPECTED LEARNING OUTCOMES	ACTIVITIES
April and May	 <u>NUTRITION IN</u> <u>PLANTS:</u> Mode of nutrition in plants Photosynth esis Other modes of nutrition How nutrients are replenished in the soil 	 To understand the modes of nutrition. To explain the process of photosynthesi s and conditions necessary for the same. To classify different modes of nutrition. 	 Discussion Interactive method Demonstrati on Multimedia 	 Students will be able to differentiate plants on the basis of their nutrition. Can diagrams of stomata Explain different modes of nutrition. Explain the process of photosynthesis. 	 Diagram of stomata Word and chemical equations of photosynthe sis. Worksheet
	 2. <u>NUTRITION IN</u> <u>ANIMALS</u> Different steps of nutrition. Human digestive system Types of teeth, structure of a tooth Digestion in grass eating animals 	 To have knowledge about the human digestive system. To understand the process of digestion. Identify the types of teeth and its function. Explain digestion in ruminants. 	 Oral drilling Discussion Interactive method Multimedia 	 Students will be able to identify different parts of human digestive system. Can explain the human digestive process. Can identify different types of teething human. Can explain human digestive system. 	 Diagram Worksheet
	3. <u>HEAT</u> Types of thermometer 	 To understand the concept of heat and transfer of heat. 	 Discussion Interactive method 	 Understand and comprehend the concepts of Heat and Temperature. 	•

JULY	 Modes of heat transfer 4.<u>ACIDS,</u> <u>BASES & SALTS</u> Acids, Bases and salts. Indicators Neutralization in everyday life 	 concept; measuring temperature with the help of thermometer To differentiate between clinical and laboratory thermometer. To understand the different methods of heat transfer. To identify acidic, basic and neutral substances on the basis of their properties. To encourage students to conduct simple investigations to seek answers. To know the chemical names of some common substances that are used in day today life. To be able to write chemical/word equations of acid-base reaction 	 Lecture cum notes Demonstratio Multimedia Discussion Interactive method Lecture cum notes Demonstratio Multimedia 	 Students will be able to use thermometer and record the temperature. Can differentiate between clinical and laboratory thermometer. Students will be able to explain different methods of heat transfer. Students will be able to relate the concept with real life situation. Students will be able to differentiate acidic, basic and neutral substances. Students will be able to test acidic/basic substances in the laboratory, observe, analyses and record the changes/findings during the experiment. Students will be able to apply the scientific concepts in day-to-day life, Can write word/chemical equation of acid-base reaction 	 Using natural and laboratory indicators to test samples of some common household materials (group activity) Test of turmeric indicator using soap solution.
	 5. <u>PHYSICAL</u> <u>AND</u> <u>CHEMICAL</u> <u>CHANGES.</u> Rusting of iron Galvanization Crystallization 	 To understand the properties of physical and chemical changes To be able to differentiate between physical and chemical changes. 	 Discussion Interactive method Lecture cum notes Demonstration Multimedia 	 Students will be able to understand the properties of physical and chemical changes. Students will be able to classify the changes. Students will be able to Observe, record and 	 Write all the chemical equations occurring chemical changes

				·	
		 To understand the 		analyses the	
		process of		experiment.	
		rusting of iron		Will be able to write	
		and write word		word and chemical	
		and chemical		equations of rusting of	
		equation		iron.	
		equation			
		To recapitulate the			
		previous			
	Revision				
			Oral and Written		
August	6. <u>RESPIRATION</u>	• To have			
	IN ORGANISMS:	knowledge about	Discussion	 Can draw diagrams of 	
		human	Interactive e	human respiratory	
	Breathing	respiratory	method	system and label the	
	• Human	system.	Lecture cum	parts.	
	respiratory	 To understand 	notes	• Can explain the	
	system.	process of	 Demonstration 	breathing	
	• Breathing in	respiration in	 Multimedia 	mechanism and the	
	other animals	human.		process of	
	other animals				
		• To enable		respiration in	
		students to draw		human	
		diagrams and			
		label the parts of			
		human			
		respiratory			
		system			
	7.TRANSPORTATI	-,		• Understand the concept	
	ON IN PLANTS				
				•	 Diagram of
	AND ANIMALS	 To have concept of 		substances in plants and	circulatory
	Girculatory	transportation of	method	animals	and
	Circulatory system	substances in	Lecture cum	• Understand the	excretory
	•	plants and	note Problem	functioning of circulatory	-
	• Excretion in	animals.	solving method	system and excretory	system.
	animals.	• To understand the	Demonstration	system in human	Worksheet
	Transportation	functioning of	Multimedia	Can draw labeled	
	of substances	circulatory system	Diagram Flow	diagrams	
	in plants		chart	-	
		and excretory		•	
		system in human		digestive system and	
				excretory system of	
				human.	
				• Understand the	
				mechanism and concept	
				of transpiration	
September	8.REPRODUCTI		<u> </u>		Diagrams of
September	ON IN PLANTS	 To understand the 	 Interactive 	• Understand the different	-
			method		reproductive
	Modes of	different modes	method	modes of reproduction	parts of plant.
		of reproduction		in plants; Asexual and	

	reproduction Asexual Asexual Fruit and seed formation Seed dispersal 	in plants, Asexual and sexual reproduction in plants. • Fruits and seed formation, Seed dispersal	 Lecture cum note. Problem solving method Demonstration Multimedia Diagram Flow chart 	 sexual reproduction in plants. Differentiate between unisexual and bisexual flowers Fruits and seed formation process. Can explain the process of Seed dispersal and how wind, water and animals help. 	 Diagrams showing asexual reproduction in various plants.
	REVISION	previous	Oral and written		
OCTOBER	 9. MOTION AND TIME Speed Units of time and speed Measuring speed Distance- time graph Simple pendulum 	 To help the students to understand types of motion, speed, and measurement of time, units of time and speed To help students to draw distance-time graph Problem solving and calculating speed /distance 	 Discussion Interactive method Lecture cum note. Demonstration Multimedia 	 Students will be able to interpret the graphical representation of different types of motion. Can distinguish between uniform and non-uniform motion. Draw the graph of different motion, Distance –time graph To have concepts of Motion, Time, Speed and distance time graphs 	 motion of a pendulum. Draw graph to show uniform motion and non-uniform motion. Plot distance-time graph.
	10. ELECTRIC CURRENT ANDITS EFFECTS • Symbols o f electric componen ts • Effects of	 To understand the Symbols of electric circuit components. Effects of electric current Working of electromagnet Working of electric bell 	 Diagram Interactive method. Lecture cum note making. Demonstration of mirror and lens. Use of multimedia 	 Can solve problems and calculate speed Students will be able identify the Symbols of electric circuit components. Students can understand the concept and comprehend the same. 	 Draw the symbols of electric circuit components. Drawing circuit diagram. Making a simple electromagnet

	electric current • Electromagn et • Electric bell			 Understand the concept of effects of electric current. Working of electromagnet Working of electric bell 	
NOVEMBER	 <u>11.LIGHT</u> Light travels in a straight-line Reflection of light. Images formed by Mirror and Lens. Sunlight white or colored? Dispersion of light 	 Enable the students to learn the concept and knowhow light travels. To be able to differentiate between lens and mirror. To enable them to know colours of sunlight. Understand the concept of reflection, refraction and dispersion of light. 	 Diagram Interactive method. Lecture cum note making. Demonstratio n of mirror and lens. Use of multimedia 	 Students will be able to understand the concepts of Reflection, Refraction and dispersion of light. Students can understand properties of mirrors and lenses. Students can make Newton's disc to discover the colours of sunlight and comprehend the concept. Can explain the application of knowledge in day today life. 	 Draw diagrams of different types of lenses and mirror. Make a Newton's disc
DECEMBER	 12. <u>FORESTS:</u> <u>OUR LIFELINE</u> Structure of forest Components of forest. Importance of the forests 	 To understand the meaning of forest and know names of some forest trees To know the various components of a forest To understand the role of forests in maintaining the balance between oxygen andCO2 	 Discussion Interactive method. Lecture cum note making Problem solving method Demonstrati on Multimedia 	 Students will be able to define forest and name some forest trees Explain the structure of a forest Can explain the various components of forest. Appreciate the nature and understand the importance of forests for the environment and all the living organisms 	 Diagram of structure of a forest Worksheet
JANUARY	13. WASTE WATER STORY:Sewage waterWWTP	 To have knowledge about the term's wastewater/sewag e sources and treatment of 	• Interactive	 To be able to define the various terms included in the lesson. Can describe the various 	• WORKSHEET

	Better housekeeping practices Sanitation & diseases	 wastewater. To enable the students to relate sanitation and diseases and have knowledge about onsite sewage disposal systems. To encourage the students to adopt good housekeeping practices 	solving method • Demonstration • Multimedia	 pollutants present in the sewage and the process of purification of wastewater. Appreciate the value conserving water. They can appreciate the value of adopting good housekeeping practices 	
	Revision	-To recapitulate the previous topics.	Oral and written		
FEBRUARY	Revision	 To recapitulate the previous topics. To clarify doubts 	Oral & writtenWorksheets		

SECTOR 5, DWARKA ,NEW DELHI

CURRICULUM

SUBJECT : HISTORY CURRICULUM

TEXT BOOK: OUR PASTS-I

TEACHER'S NAME: KAVITA SETH

SESSION: 2025-2026

CLASS : VII

MONTH	CONTENT	OBJECTIVES	METHODOLOGY	EXPECTED LEARNING OUTCOMES	ACTIVITIES
APRIL	CH 1 Introduction- Tracing Changes Through A Thousand Years	 To gain an understanding of the changing names of the land To provide an understanding of the various source materials used for studying this period 	Multimedia, Question Answer method and Explanation	 The students will be able to understand Various terminologies like scribes, cartographer, patron , prashasti. Emergence of new socio- political groups Old and new religions 	Discuss what difficulties Historians would be facing in using manuscript.
MAY	CH 2 Kings and Kingdoms	 To know about the new dynasties and their administration during the period 700-1200 A.D A detailed study of the Chola Administration 	Multimedia, Textbook, Discussion and Explanation	 The students will be able to understand Prashastis and Land grants Various taxes imposed on people. Splendid temples built by rulers and its purpose. Agricultural development during the medieval period 	On map of India mark the area occupied by Cholas, Chalukyas, Pandyas, Gurjara Pratiharas , Palas

JULY	CH 3 Delhi:(12 th to 15 th Century)	 To provide an overview of the political history of the Delhi Sultanate from A.D. 1206-1526. A comparative study of the administration under the Khaljis and Tughlaqs 	Multimedia, Textbook, Art Integration	 The students will be able to understand Administration under the Khaljis and Tughlaqs Strength and weakness of rulers which lead to downfall of the dynasties. 	Prepare a wall hanging showing the timeline of the Delhi Sultans
AUGUST	CH 4 The Mughals (16 th to 17 th Century)	 An outline of the growth of Mughal empire Illustrate how the Akbarnama and the Ain-i-Akbari are used to reconstruct history. 	Multimedia, Textbook, Map Skill, Explanation and Discussion method	 The students will be able to describe Mughal traditions of Succession Mansabdars and Jagirdars Mughal empire in the seventeenth century and after 	On map of India mark the areas occupied by Akbar and Aurangzeb
SEPTEMBER	Revision	• Recapitulation	Oral, Written, Worksheet	Clarity of concepts	Revision worksheets
OCTOBER	CH 5 Tribes , Nomads and Settled Communities	 To know about the tribes and the regions where they lived To understand about Nomads, new castes and hierarchies To give an understanding of the Gonds and the Ahoms 	Multimedia Discussion method Lecture method Textbook	 The students will be able to understand. Occupation of the tribal people How the nomads like Banjaras were important for the economy. Administrative system of the Gonds and the Ahoms. 	On map of India mark important tribes of India.
NOVEMBER	CH 6 Devotional Paths to the Divine	 To give an understanding of the Bhakti Movement and the 	Multimedia Discussion	The students will be able to	On map of India mark major bhakti saints and

		saints of the medieval period.To understand how Kabir and Guru Nanak challenged formal religions	method Mapskill Textbook	 understand. Major beliefs and practices of various Bhakti saints in the North Teachings of the Bhakti Saints of the south 	regions associated with them.
DECEMBER	CH 7 The Making of Regional Cultures	 An overview of the various religious traditions regional cultures -language, dance painting and music Case Study of Bengali literature 	Multimedia Discussion method Textbook	 The students will be able to understand Language, dance forms, Art form, religious traditions Features of the temples of Bengal and its architectural features 	Prepare a brochure on any state/ UT and write about its culture, food, places to visit, language spoken.
JANUARY	CH 8 Eighteenth – Century Political Formations	 To gain an understanding of the decline of the Mughal empire To know about the emergence of new groups— The Rajputs, Marathas, Sikhs and the Jats Understand how the Marathas expanded their area of control 	Multimedia Discussion method Textbook	 The students will be able to understand Reasons for the decline of the Mughal empire How Sikhs and Marathas organized themselves into a political community. 	Make a PPT on the rule of the Marathas, Jats ,Sikhs or Rajputs
FEBRUARY	Revision	Recapitulation	Oral, Written, Multimedia	Clarity of concepts	Revision worksheets
MARCH	Final Examination		1		1

SECTOR 5, DWARKA ,NEW DELHI

CURRICULUM

SUBJECT : CIVICS

SESSION: 2025-26

TEXT BOOK: SOCIAL AND POLITICAL LIFE-II (NCERT)

CLASS: VII

TEACHER'S NAME: KAVITA SETH

MONTH	CONTENT	OBJECTIVES	METHODOLOGY	EXPECTED LEARNING OUTCOMES	ACTIVITIES
APRIL	CH-1 On Equality	 To understand the concept of democracy and the right to equality enshrined in our Constitution. Laws and various government initiatives to establish equality To familiarise the students with the Civil Rights Movement in America 	Multimedia Story Telling Art Integration Textbook	 The learner will be able to: explain the significance of equality in democracy Distinguish between political equality, economic equality and social equality explain the programmes started by the government to promote equality 	Prepare posters on the Right to equality

MAY	Ch-2 Role of the Government in Health	 To analyse the health care system in India To gain a sense of the nature of decision – making within the State government 	Multimedia Discussion method Examples Textbook	 The learners will be able to: Differentiate between Private health care centres and Public health services Study the health situation of Costa Rica and Kerala 	Prepare newspaper collage about the work being done by the State government on issues like health, food, agriculture, roads etc.
JULY	Ch-3 How the State Government works	 To examine the working of the government at the state level To understand the functions of the opposition party. 	Multimedia Discussion method Learning by doing	Students will be able to Describe the process of election to the legislative assembly Gain an understanding on the working of the government 	Mock Elections
AUGUST	Ch-4 Growing up as boys and girls	 To make them understand that gender is a social constraint and not determined by biological difference To familiarise the students with the gender discrimination in the society 	Multimedia Discussion method Art Integration method Textbook	 Learn gender differences or inequality Explain Government's role in women's education and welfare Analyse the changes in working conditions of men and women at work outside and work at home 	Prepare a story board on breaking stereotype.

SEPTEMBER	REVISION PT2	Recapitulation	Oral , Written , Multimedia	Clarity of concepts	Revision worksheet
OCTOBER	Ch-5 Women change the World	 To gain knowledge of the discrimination faced by women and their stereotyping Trace the efforts of the women's movement in challenging the discrimination and various forms of violence against women 	Multimedia Story Telling Textbook	 The learners will be able to: Tell about common stereotypes in men and women About the struggle of women for education through accounts of different people Identifies women achievers in different fields from various regions of India Illustrates contribution of women to different fields with appropriate examples 	Group discussion about women who worked for a better society
NOVEMBER	Ch-6 Understanding Media	 To understand the role of the media in facilitating interaction between the government and citizens To gain a sense that government is accountable to its citizens. 	Multimedia Discussion method Explanation Textbook	 The students will be able to: Explain the functioning of media with appropriate examples from newspapers Create an advertisement Explain the impact of media on people's lives 	Group discussion on how has the technology media use changed over the years.
DECEMBER	Ch-7 Markets Around us	• To provide an understanding of the buying and selling of	Multimedia Discussion method Examples	The students will be able to: • Differentiate between different kinds of	Compare and contrast a weekly market and a

JANUARY	Ch-8 A Shirt in the Market	 products To encourage students to know the types of markets To gain knowledge of the chain of markets involved in the manufacture of a commodity with the help of a story of the making of a shirt 	Textbook Multimedia Discussion method Explanation Textbook	markets The students will be able to: • Trace how goods travel through various market places • Explain the advantages and disadvantages of putting out system. • Advantages of weavers Cooperatives	 shopping complex on the following: Kinds of goods sold Prices of goods Sellers Buyers Discuss the role of foreign companies in the making of a shirt
FEBRUARY	Revision	Recapitulation	Oral , Written , Multimedia	Clarity of concepts	Revision worksheet
MARCH	FINAL TERM E	XAMS			

SECTOR 5, DWARKA ,NEW DELHI

CURRICULUM

SUBJECT : GEOGRAPHY

SESSION: 2025-26

TEXT BOOK: OUR ENVIRONMENT

CLASS: VII

TEACHER'S NAME: KAVITA SETH

MONTH	CONTENT	OBJECTIVES	METHODOLOGY	EXPECTED LEARNING	ACTIVITIES
				OUTCOMES	
APRIL	CH-1 Environment	 To understand the environment in its totality including various components both natural and human To explain the components of natural environment 	Multimedia Discussion method Story Telling Textbook	 The students will be able to: Explain the various types of wastes being added to the environment Predict the consequences due to human activities which affect the environment Explain components of natural environment i.e. lithosphere, hydrosphere, atmosphere and biosphere 	Flow chart of components of environment

MAY	CH-2 Inside our Earth	 To understand the interior of the earth To familiarise the students with the formation of the rocks 	Multimedia Discussion method Learning by doing Textbook	 Students will be able to Identify major layers of the earth Explain the types of rock and its formation 	Prepare a model of the interior of the earth and rock cycle
JULY- AUGUST	CH-3 Our Changing Earth	• To understand the various movements in the earth's surface that lead to formation of various features on the earth	Multimedia Discussion method Explanation Textbook	 Students will Reflect on the factors leading to disasters and calamities Explains preventive actions to be undertaken in the event of disasters e.g. earthquake, floods, droughts 	Prepare a model on Volcano.
SEPTEMBER	REVISION	Recapitulation	Oral , Written , Multimedia	Clarity of concepts	Revision worksheet
OCTOBER	CH-4 Air	• To facilitate the learners to understand about atmosphere and its elements	Multimedia Discussion method Explanation Textbook	 Explains composition and structure of the atmosphere Explains the elements of weather and climate 	Diagram of composition of air and the structure of the atmosphere

NOVEMBER	CH-5 Water	 To know about distribution of water on the earth. To facilitate the learners to understand the importance of conserving water 	Multimedia Discussion method Lecture method Textbook	• Appreciate the importance of clean water and the problems that may arise in the absence of it	On a world map, mark continents, oceans, ocean currents and important seas
DECEMBER	CH-6 Human Environment Interactions- The Tropical and the Sub tropical region	• To familiarise the students with the relationship between natural environment and human environment	Multimedia Discussion method Lecture method Textbook	Understand the life of the people in different climatic conditions	Prepare a presentation showing comparison between the tropical and the sub tropical regions
JANUARY	CH-7 Life in the Deserts	• To understand the life of the people living in these regions and the effect of the climate on their lives and occupation	Multimedia Discussion method Lecture method Textbook	Describe interrelationship between climatic regions and life of people living in different climatic regions	Mark hot and cold desert on the world map
FEBRUARY	Revision	Recapitulation	Oral , Written , Multimedia	Clarity of concepts	Revision worksheet
MARCH	Final Examination				

BGS INTERNATIONAL PUBLIC SCHOOL SECTOR 5, DWARKA ,NEW DELHI CURRICULUM

SESSION: 2025 - 2026

SUBJECT : संस्कृतम् - कक्षा सप्तमी TEXT BOOK : रुचिरा द्वितीयो भाग: TEACHER'S NAME: ऋचा बहुगुणा

MONTH	CONTENT पाठ्यवस्तु	OBJECTIVES अधिगमोद्देशयानि	METHODOLOGY सहायकशैक्षिकानुदेशाः	EXPECTED LEARNING OUTCOMES अधिगमसम्प्राप्तयः	ACTIVITIES
APRIL	1. सुभाषितानि	- श्लोकानां गायनक्षमतायाः विकासः । पाठे स्थितश्लोकानां मूल्यानाम् अनुभूतिः ।	- श्लोकानां गति -यति- लय-भावाभिनय-अनुसारं सस्वरगायनाभ्यासः, श्लोकानां भावार्थस्य ज्ञानम्, लिंगज्ञानम्,अभ्यासकार्यञ्च। - श्लोकलेखनम् - पाठे स्थितानां श्लोकानाम् उच्चारणम्, कण्ठस्थीकरणम्, लेखनाभ्यासश्च ।	- श्लोकानां गायनसामर्थ्यम् । -जीवनानुभवे संस्कृत श्लोकोद्धरणस्य कौशलसंपादनम् ।	चित्राधारित पंचवाक्यानि लेखनम्।

आत्म-परिचयः	-छात्रेषु संस्कृते आत्मपरिचयप्रदान कौशलस्य विकासः -संस्कृते वाक्यनिर्माणस्य अभ्यासः	 मम नाम। शिक्षकः छात्रं पृच्छति-भवतः नाम किम् ? छात्रः वदति - मम नाम। शिक्षकः छात्रां पृच्छति- भवत्याः नाम किम् ? छात्रा वदति-मम नाम। परस्परं छात्राः परिचयं वदन्ति नामानि च पृच्छन्ति 	संस्कृतसंभाषणकौशलवृद्धिः आत्मविश्वासश्च । -आत्मपरिचयस्य मौखिकाभिव्यक्तिः लेखनाभ्यासश्च ।	
	-पाठमाध्यमेन छात्रेषु कथाकथन-कौशलस्य विकासः । -पाठस्थित- मैत्रीमूल्यस्यज्ञानम्	-पाठस्य/कथायाः आदर्शवाचनम्, अनुवाचनम्, काठिन्यनिवारणं, शब्दार्थज्ञानं, लिङ्गज्ञानम्, अभ्यासकार्यञ्च ।	-लघुसंस्कृतवाक्यानां परिचयः संस्कृते कथा-पठनकौशलः वृद्धि । -सन्धिः - दीर्घसन्धिः	

	2. दुर्बुद्धिः विनश्यति	-प्राचीनसंस्कृत कथानां प्रति अनुरागस्य वर्धनम् ।	-पाठे निहितानां नैतिकमूल्यानां निर्देशपूर्वकं कथाग्रंथस्य परिचय	-पुनरावर्तनम् - सन्धिपाठनात् प्राक् षष्ठी-सप्तमीकक्षायां पठित-वर्णसंयोजन-वर्णविच्छेद-	
	संख्या 1-50	संस्कृतभाषायां गणना एवञ्च व्यावहारिक	-षष्ठी कक्षायां पठितानाम् एकतः - विंशतिः	प्रक्रियायाः पुनरावर्त संस्कृतभाषायां संख्यानां लेखनस्य सामर्थ्यम् ।	
		अनुप्रयोगस्य सामर्थ्यः।			
			लिङ्गानुसारं संख्यापदानां भिन्नतायाः ज्ञानम् ।		
MAY	3. स्वावलंबनम्	-पाठमाध्यमेन स्वावलंबनम् इति गुणस्य उपयोगितायाः विषये ज्ञानसंपादनम् ।	-कथायाः आदर्शवाचनम्, अनुवाचनम्, काठिन्यनिवारणं, शब्दार्थज्ञानं, लिङ्गज्ञानम्,	संख्याज्ञानम् । तत्-एतत् शब्दानां प्रत्ययानाञ्च ज्ञानम् ।	चार्ट निर्माणम् (लिंगानुसारम् चित्र)
		-संस्कृते संवादपठनस्य योग्यतायाः विकासः।	अभ्यासकार्यञ्च ।	-अपठितगद्यांशः- एकपदेन, पूर्णवाक्येन यथानिर्देशं वा	

	उपसर्गाः/ प्रत्ययाः	-संस्कृतभाषायां गणना एवञ्च व्यावहारिक अनुप्रयोगस्य सामर्थ्यः। - संस्कृतभाषायां निहित-उपसर्गानां पाठनम्, तेषां शब्दनिर्माणे उपयोगसामर्थ्यम् सम्पादनम् । - संस्कृतभाषायां निहित प्रत्ययानां पाठनम्, तेषां शब्दनिर्माणे उपयोगसामर्थ्यस्यस म्पादनम् ।	-भारतीयमासानाम् ऋतूनां नामानि स्फोरकपत्रे लेखनम् -स्वावलंबनम् इति पदमाधृत्य कक्ष्यायां चर्चा उपसर्गपरिचयः प्र, सम्, अनु, उपसर्गानां शब्दैः सह मेलनाभ्यासः । -प्रत्ययपरिचयः, क्त्वा, तुमुन् प्रत्ययस्य अभ्यासः। प्रत्ययानामवधारणा, प्रत्ययाधारितशब्दानां निर्माणम् ।	प्रश्नोत्तराणाम् अभ्यासः कारणीयः। -उपसर्गाधारित-नूतन-शब्दानां प्रयोगस्य क्षमतायाः विकासः । क्त्वा, तुमुन् प्रत्ययाधारित- नूतनशब्दानां प्रयोगस्य क्षमतायाः विकासः	
JULY	4. पण्डिता रमाबाई	संस्कृते गद्यपठनकौशलस्य संपादनम् । -छात्रेषु महिलाशिक्षाविषये	-कथायाः आदर्शवाचनम्, अनुवाचनम्, काठिन्यनिवारणं, शब्दार्थज्ञानं, लिङ्गज्ञानम्, अभ्यासकार्यञ्च।	आरोह-अवरोहपूर्वकं गति-यति- लय-भावाभिनय- पूर्वकं संस्कृतगद्यपठनस्य सामर्थ्यम् । -महिलासशक्तीकरण- संप्रत्ययस्य ज्ञानम् ।	पद्य गायनम्

		नूतनचिंतनस्य वर्धनम् । - पाठे स्थितानां व्याकरण -पदानां ज्ञानम्।	- पाठमाध्यमेन स्त्रीशिक्षाविषयक- ज्ञानसम्पादनम्।		
	पत्रलेखनम् चित्रवर्णनम् अपठित गद्यांश	भावानां सरलसंस्कृतभाषायां लेखनाभ्यासः।	-मंजूषायाः सहायतया सरलपत्र-लेखनस्याभ्यासः।	मंजूषायाः सहायतया सरलपत्र- लेखनस्य सामर्थ्यम्।	
AUGUST	5. त्रिवर्ण: ध्वज	- संस्कृते अभिनयशैलेः परिचयः संपादनम् -संस्कृते संवादपठनकौशलस्य अभिवर्धनम् ।	पाठस्य आदर्शवाचनम्, अनुवाचनम् काठिन्यनिवारणं, शब्दार्थज्ञानं, लिङ्गज्ञानम्, अभ्यासकार्यञ्च ।	आरोह-अवरोहपूर्वकं गति-यति- लय-भावाभिनय- पूर्वकं संस्कृतगद्यपठनस्य सामर्थ्यम् ।	शब्दरूप / धातुरूप मौखिकाभ्यास
		-भारतीयराष्ट्रध्वजस्य विषये अभिज्ञतायाः विकासः ।	राष्ट्रध्वजविषये ज्ञानसम्पादनम् ।	-संवादानां लावानुकूलं वाचनाभ्यासः ।	

	धातुरुपाणि/शब्दरूपाणि पुनरावृत्ति	-राष्ट्रीयप्रतीक-चिहनानां विषये ज्ञानस्य अभिवर्धनम् । संस्कृतभाषायां शब्दरूपाणां , धातुरूपाणां कण्ठस्थीकरणं भाषायाम् च अनुप्रयोगस्य ज्ञान- विस्तारः	-राष्ट्रीयचिहनानां विषये छात्राणाम् अभिज्ञतायाः वर्धनम् । कृ धातुः (परस्मैपदी) (लट्, लृट्, लङ्ग, लकारेषु) अभ्यासः सर्व,मति, वारि शब्दरुपाणाम् अभ्यासः ।	-सर्वेषां देशानां राष्ट्रीयध्वजसंकलनमाध्यमेन भारतीयध्वजविषये ज्ञानप्रदानम् - शब्दरूपाणां कण्ठस्थीकरणम् -भाषायां शब्दरूपाणां प्रयोगज्ञानम् -वाक्यनिर्माणाय आवश्यकक्रियापदानां ज्ञानम् ।	
SEPTEMBER OCTOBER	6. सदाचार: सदाचार: 7. अहमपि विद्यालयं गच्छामि	MID TERM - संस्कृत श्लोकानां उच्चारणक्षमतायाः विकासः। - श्लोकस्यार्थस्य ज्ञानं एवञ्च जीवने अनुप्रयोगः। संस्कृते नाट्यरीतेः परिचय	- श्लोकानां गति -यति-लय- भावाभिनय-अनुसारं सस्वरगायनाभ्यासः, श्लोकानां भावार्थस्य ज्ञानम्, लिंगज्ञानम्, अभ्यासकार्यञ्च। नाट्यरीत्या शिक्षणं कक्षायां (पात्राणां चयनपूर्वकं	- श्लोकानां गायनक्षमतायाः विकासः। -जीवनानुभवे संस्कृतश्लोकोद्धरणस्य कौशलसंपादनम् । भावानुसारेण संवादान्मं पठनम्, अभिनयपूर्वकसंस्कृत-संवादानां	वर्ग पहेलिका निर्माणम्

		-भावानुकूलं संवादानां पठनकौशलस्य अभ्यासः। -शिक्षा जागरूकतायाः सम्बन्धिः मूल्यानावबोधः।	-पाठस्य सरलार्थः अभ्यासकार्यञ्च ।		
NOVEMBER	8.विश्वबन्धुत्वम्	-"वसुधैव कुटुंबकम्" भावनायाः विस्तारः। -वैश्विकसमस्यानां पाठनं चिंतनं च। संस्कृते गद्यपठन- कौशलस्य संपादनम्	-पाठस्य आदर्शवाचनम्, अनुवाचनम्, काठिन्यनिवारणं, शब्दार्थज्ञानं, लिङ्गज्ञानम्, अभ्यासकार्यञ्च ।	-आरोह-अवरोहपूर्वकं गति-यति- लय-भावाभिनय- पूर्वकं संस्कृतगद्यपठनस्य सामर्थ्यम्।	श्लोकगायन
	9. अमृत संस्कृतम्	- पाठमाध्यमेन संस्कृतभाषायाः उपयोगितां प्रति अभिज्ञतायाः वर्धनम्।	-पाठस्य आदर्शवाचनम्, अनुवाचनम्, काठिन्यनिवारणं,	गद्यपठनक्षमता, संस्कृत- सूक्तीनां, ध्येयवाक्यानां व्यवहारिक-जीवने प्रयोगकौशलस्य विकासः ।	

-गद्यपठनम् एवञ्च	शब्दार्थज्ञानं, लिङ्गज्ञानम्, अभ्यासकार्यञ्च ।	
अर्थावगमनकौशलम्।	अभ्यासकार्यञ्च ।	
- संस्कृतसाहित्यं प्रति अभिरुचेः वर्धनम् ।		
अभिरुचेः वर्धनम् ।		

DECEMBER					क्रीडा-विभिन्नविषयेषु
	10. लालन गीतम्	संस्कृते गीतगायन-	गीतस्य गति -यति-लय-	-आरोह-अवरोहपूर्वकं गति-यति-	
		कौशलस्य विकासः ।	भावाभिनय-अनुसारं	लय-भावाभिनय- पूर्वकं	
			सस्वरगायनाभ्यासः, श्लोकानां	संस्कृतगीतगायनस्य सामर्थ्यम्	
		-संस्कृते गीतस्य भावग्रहण क्षमतायाः अभिवर्धनम् ।	भावार्थस्य ज्ञानम्, लिंगज्ञानम्, अभ्यासकार्यञ्च ।		
		-नूतनशब्दानां ज्ञानं अनुप्रयोगञ्च ।			

JANUARY		पुनरावृत्ति कार्य:	
	पुनरावृत्ति कार्य:		
FEBRUARY	वार्षिक परीक्षा		
MARCH	वार्षिक परीक्षा	= 80+20=100	

SUBJECT TEACHER - RICHA BAHUGUNA

BGS INTERNATIONAL PUBLIC SCHOOL SECTOR 5, DWARKA, NEW DELHI CURRICULUM – CLASS VII

SUBJECT: FRENCH TEXTBOOK : APPRENONS LE FRANÇAIS 2 (Méthode et Cahier) TEACHERS NAME : MS. RITIKA GABA

SESSION: 2025-26

MONTH	CONTENT	OBJECTIVES	METHODOLOGY	EXPECTED LEARNING OUTCOMES	ACTIVITIES
AVRIL	0. Un clin d'œil sur la France	 Connaissance générale de la France Les accents La ponctuation Les Voyelles Les Liaisons 	 S'initier à la culture française 	Connaissance générale de la France	Un collage sur la culture française.
	1. Un voyage anatomique	 Décrire une personne Les verbes –er Les verbes être, aller, avoir Les pronoms sujets Les articles définis/indéfinis Le corps humain La description physique 	 Les règles les verbes Le vocabulaire des parties de corps Les règles des pronoms sujets Les règles des articles Définis/Indéfinis 	 Savoir les parties du corps Savoir comment décrire : Une personne La Famille 	Une affiche sur les parties du corps

ΜΑΙ	2. Allons à la cafétéria	 Les aliments et les boissons Les noms- pluriel Les verbes –ir 	 Les règles des noms et les verbes Choisir quelque chose à la cafétéria 	 Les règles les noms, Les verbes et les articles indéfinis 	Lire une conversation à la cafétéria.
JUIN	VACANCES D'ETE				
JUILLET	3. Une journée à Paris	 Dire la nationalité Présenter quelqu'un Vocabulaire Géographique Les Adjectifs L'Accord des adjectifs Les nationalités 	 Les noms de pays Les règles des adjectifs 	 Savoirles nationalités Savoir les adjectifs (Le Féminin, Le Masculin, Le pluriel) 	Fabrication de drapeaux de différents pays et leurs nationalités (féminin/masculin).
	4. La famille professionnelle	 Donner des informations personnels Demander l'identité d'un objet ou d'une personne La négation Les verbes –ger Les professions La notion de "Qui est-ce ?" et "Qu'est ce que c'est?" 	 Les règles de négation, les verbes. Le vocabulaire de professions 	 Savoir le vocabulaire de professions Savoir la conjugaison de verbes Connaissez l'usage de négatif 	Préparation d'une Fiche d'Identité
AOÛT	5. Explorons les saisons	 Expressions avec faire Décrire les quatre saisons s Les verbes irréguliers La Négation (Suite) Les jours, les mois, 	 Expressions avec <<faire>></faire> Les noms de planètes et saisons Les conjugaisons de verbes irréguliers. La Négation 	 Apprendre les expressions courantes avec <<faire>></faire> Décrire les quatre Saisons 	Activités de cartes sur les saisons.

		les couleurs et les planètes			
SEPTEMBRE	Révision MID TERM EXAM				•Récapitulation orale •Quiz en classe
OCTOBRE	6.Le Collège Jean Renoir	 Localiser des objets Les prépositions Les verbes –re et irréguliers Les nombres cardinaux et ordinaux Le système scolaire en France 	 Les règles des verbes Les nombres Décrire les salles de classe. Décrire votre école. 	 Apprendre les nombres Savoir conjuguer les verbes Savoir les prepositions 	Trouver l'objet et utiliser une préposition pour indiquer sa position.
NOVEMBRE	7. Une visite aux Galeries Lafayette	 L'interrogation Les verbes irréguliers Les vêtements et les accessoires Les articles contractés (avec préposition à et de) 	 Les prépositions Verbes irréguliers l'interrogation Les articles contractés 	 Apprendre les prépositions Conjugaisons des verbes irréguliers Apprendre les articles contractés 	Clipart de vêtements selon les différentes saisons.
	8. Un Repas Français	 Les articles partitifs Les verbes tir et irréguliers Les repas français La négation Les aliments 	 Les vocabulaire de repas français Décrivez les repas français 	 Apprendre les articles partitifs Savoir les repas français 	Dessiner ou coller des images de pains français avec des noms.

DECEMBRE	9. Visitons la maison de Manuel	 Décrire les pièces, les meubles et les appareils dans la maison Poser des questions personnelles Les adjectifs possessifs 	 Le vocabulaire des lieux et du décor Règles des adjectifs possessifs Décrivez votre maison. 	 Apprendre les adjectifs possessifs Apprendre les vocabulaire Apprendre à poser les questions 	Parler de votre maison
JANVIER	10. Une lettre de Boulogne- Billancourt	 Les endroits dans la ville Les homonymes Les Virelangues Décrire une ville 	 Le vocabulaire de ville Décrire une ville (Delhi/Paris) 	 Apprendre le vocabulaire Apprendre les homonymes et des Virelangues 	Récitation des Virelangues et des homonymes
FÉVRIER	Révision				 Récapitulation orale Quiz en classe
MARS	FINAL TERM EXAMINATION				

BGS INTERNATIONAL PUBLIC SCHOOL SECTOR-5, DWARKA, NEW DELHI-75

CLASS – VII

SUBJECT- BLOCK PRINTING

TEACHER:- MS. ANITA

Month	Content	Objectives	Methodology	Learning Outcomes	Activity
April-May	Introduction of weaving & wood block printing	I. To create a variety of textures, patterns & materials . II. To transfer designs or image from carved wooden blocks onto paper or fabric.	Work on file	To develop skills of weaving	Visit to power loom factory
July- August	Block Printing	I. To transfer designs or image from carved wooden blocks onto paper or fabric.	Block Carving	 Learn to create their own blocks using various techniques. Students will learn about creating pattern designs. Transferring the image onto fabric or paper. 	Pattern Designing
October	Printing – Merging Rajasthani Block Printing	 II. Create unique, globally recognized designs. III. Preserve a traditional craft. 	Work in file	 Cultural understanding Developing technical skills 	Designs and patterns creativity

November	Printing- Merging Rajasthan's Block Printing with fashion	Ι.	Blending traditions & Modernity	Work in fabric	 Exploring design possibilities Understanding the challenges 	
December	Evolution & innovation of block printing	11.	To continued its existences and relevance Blending of traditional and modern designs.	Work in Art File	 Value their heritage of Art work. 	Dye Printing
January	Evolution of innovation of block printing	I. II.	Illustrates a broader trend Reforesting a rich cultural heritage	Work in Art File/ Fabric	 Artistic Expressions through hands on creation 	Create designs Visit printing mills.
February	Mills- to market	Ι.	Used to make apparel and home furnishing	Work on fabric	 Cultural significance Develop an interest and respect the legacy. 	

BGS INTERNATIONAL PUBLIC-SCHOOL SECTOR-5, DWARKA, NEW DELHI

SUBJECT: DANCE

SESSION: 2025-2026

TEACHER'S NAME: Havisha Agnihotri

MONTH	CONTENT	OBJECTIVES	METHODOLOGY	EXPECTED LEARNING OUTCOMES
APRIL	Dance Choreography on Social Issues.	To develop choreography skills by incorporating movements and gestures that represents a social cause.	Guide students in incorporating storytelling elements through movement.	Understanding of how dance can raise awareness about social issues and contribute to social change.
ΜΑΥ	Dance on Vibhatsya & Adbhuta rasa.	To teach students how to express these emotions through Abhinaya (Expression), Mudras (Hand gestures), and Body movements.	Demonstration Method & Technique development.	Students will develop the ability to use facial expressions, body movements, and gestures to evoke these specific emotions clearly and convincingly.
JULY	Dance on Shringar rasa & Hasya rasa	Express Dance through lyrical movements, soft facial expressions, and symbolic gestures (mudras) that evoke love or beauty.	Demonstration Method, Focus on Rhythm and Synchronization.	Display improved collaboration, teamwork, and communication skills through group work and performance preparation.
AUGUST	Dance on Karuna rasa & Rudra rasa	To train students in the appropriate facial expressions (abhinaya) and body movements (nritya) required for portraying these emotions.	Demonstrating both individual and collective expression.	Students will learn and perform compositions that reflect Karuna and Rudra rasas.
SEPTEMBER	Dance on Veer & Bhayanak rasa	Veer Ras: Expresses bravery, valor, courage, and the warrior spirit, use of high energy movements. Bhayanak Ras: Expresses fear, terror, and horror.	Demonstrating movements and Providing constructive feedback to each student.	Student will perform in groups, displaying their learned choreography of either Veer or Bhayanak Ras.
OCTOBER	Honor's day Practice	Rehearse and perfect performances for Honors Day	Review and refine dances.	Focus on stage presence and expression. Build confidence for the performance.
NOVEMBER	Preparation for the Utsav (Festival) performance.	Learn festival-related choreography.	Rehearse traditional and folk dances.	Competition can build self-confidence, as students see their own capabilities and grow through feedback and reflection.
DECEMBER	Dance on Self-Reliant India	Create choreography around themes of self-reliance and empowerment. Practice storytelling through dance	Incorporate modern and traditional dance elements.	Student will learn to celebrate concept of "Atmanirbhar Bharat" (Self-Reliant India).Dances that showcase independence, empowerment, and strength.

JANUARY	Patriotic Dance for Republic Day	Celebrate Indian independence, unity, and pride.	Demonstrating use elements of classical, folk, and contemporary dance styles.	Focus on expressive movements that convey patriotism.
FEBRUARY	Execution of pre-learned dance routines, understanding of sequencing, and timing.	Evaluate students' mastery of dance techniques, including precision, strength, and flexibility.	After the test, provide feedback on strengths and areas for improvement. Encourage students to reflect on their performance.	feedback help them to improve performances

BGS INTERNATIONAL PUBLIC SCHOOL, SECTOR 5, DWARKA. NEW DELHI CURRICULUM

SUBJECT : ARTIFICIAL INTELLIGENCE SESSION: 2025-26 TEACHER NAME:ANNU LAMBORA CLASS: 7th

MONTH	CONTENT	OBJECTIVES	METHODOLOGY	EXPECTED LEARNING OUTCOME	ACTIVITIES
APRIL	Introduction to Artificial Intelligence Difference between human and artificial intelligence. Need of Artificial Intelligence	Students get their first taste of what problems Artificial Intelligence can solve and become excited about learning the technology behind it.	Discussion and practical	Describe application of AI in their daily lives	Ice Breaker Activity: Dream Smart Home idea Learners to design a rough layout of floor plan of their dream smart home. • Game 1: Rock, Paper and Scissors (based on data)
MAY	Human Machine Interaction How does human machine interaction work?	Gain the habit of solving problems by practicing critical thinking and self- directed learning.	Interactive Session + Game	Identify the 3 domains of AI.	 Game 2: Mystery Animal (based on Natural Language Processing - NLP)
JUNE		0	l		
JULY	Integrated AI apps,smartphones,media and music streaming services, maps and navigation,chatbots,digital assistance. Introduction to canva software	Students gain an awareness of where Artificial Intelligence is relevant in their lives.	Discussion and to watch videos	Gain an awareness of where Artificial Intelligence is relevant in their own lives	Video Session: To watch a video Introducing the concept of Smart Cities, Smart Schools and Smart Homes Welcome to Canva!
AUGUST	Application of AI in various sector Health,E-commerce,automative industry etc	Practice storytelling using an open source AI tool.	Discussion and to watch videos	Practice storytelling using an open source AI tool.	 Logging and setup canva account

	How to make your own account in canva software				
SEPTEMBER	What is sustainability development, What are sustainability development goals and role of AI in SDG How to use pre design layouts in canva	To understand the impact of artificial intelligence on sustainability development goals to develop responsible citizen	Discussion and practical	identify leverage points which are appropriate for achieving SDGs using AI solutions.	Canva layouts and templates
OCTOBER	What is start-up,Artificial intelligence and stat-ups,start-ups in various sectors- healthcare,entertainment,education. Working with text and images and shapes	To showcase local case studies of people using AI for good or working in the AI field	Discussion & Debate	Describe how AI has been affecting jobs in various industries	Apply some operatipons on images resizing ,cropping ,filters etc
NOVEMBER	What is the meaning of ethics, in Artificial Intelligence Graphics design elements Real worls applications of canca	Gain awareness of ethical concerns about AI	Discussion & Debate Discussion & Debate	Describe some ethical concerns of AI with respect to inclusion, bias and privacy	Graphics design elements- using shapes, icons and graphics Creating social media graphics – Design poster, flyers
DECEMBER	Some Ethical concern relating to us of artificial intelligence. AI for good.	Critically think about the cost and benefits of AI technology	Discussion & Debate	Be able to evaluate the cost and benefits of AI technology	Creating presentation with canva
JANUARY	Presentation and collaboration	Critically think about the cost and benefits of AI technology	practical	Be able to evaluate the cost and benefits of AI technology	Presentation and collaboration
FEBURARY	Revision	Revision	Revision	Revision	Revision



BGS INTERNATIONAL PUBLIC SCHOOL

SECTOR – 5, DWARKA

SESSION:2025-26

MUSIC CURRICULUM (CLASS VII)

TEACHER'S NAME: ROHIT GUPTA

MONTH	CONTENT
APRIL-MAY	Fundamental knowledge of INDIAN &
	WESTERN MUSIC
	House Song & School Song Practice
	with choir group
	PATRIOTIC Song Practice for Inter-
	School Competition
JULY	Revision of all previous lessons
	 Preparation for Inter-School
	Competition
AUGUST	Musical Instruments Practice

	Preparation for Inter-School
	Competition
SEPTEMBER	Preparation of Zonal and Carmelia
	Motivational Song
	Devotional Song
	Honour's Day Practice
OCTOBER	Honour's Day Practice
NOVEMBER	Musical Instruments Practice
	Devotional Song Practice
DECEMBER	Biography of Music Maestro
	Musical Instruments Practice
JANUARY	Musical Instruments Practice with choir
	group
FEBRUARY & MARCH	Revision of all previous lessons



BGS INTERNATIONAL PUBLIC SCHOOL SECTOR 5, DWARKA ,NEW DELHI CURRICULUM (CLASS VII)

SUBJECT : WHIZKIDS TEXT BOOK: EVER ONWARD 7 SUBJECT TEACHER'S NAME: ADITI KHANNA

MONTH **CONTENT OBJECTIVES METHODOLOGY** EXPECTED **ACTIVITIES** LEARNING **OUTCOMES APRIL** • STATES . CAPITALS • To introduce Class Discussion • The students will • Quiz on states and AND CMs learners to various • Brain storming be able to use a capitals wider range of • LESSON-1 states, their sessions and quick-**TESTING YOUR** capitals and CMs. thinking exercises. words in writing • Write about culture and speaking. VOCABULARY • To improve of any one indian students' word • They will recognize • LESSON-2 state along with knowledge and key figures in pictures FANOUS INDIAN OF modern India and TODAY language skills. • To introduce them their contributions. • LESSON-3 • They will DONATING BLOOD to influential understand the Indians in various • LESSON-4 FAVOURITE fields. importance of • To educate them donating blood. BREAKFASTS OF INDIA about the • They will learn • LESSON-5 about diverse importance of ANIMAL CHAMPIONS Indian culinary blood donation. • To introduce them traditions. to different • They will recognize traditional Indian and appreciate the contributions of breakfasts. • To teach them animals. about extraordinary

SESSION: 2025-26

		animals in history and nature.			
MAY	 LESSON-6 CLASSICAL INDIAN LITERATURE LESSON-7 OUR PARENTS AND US LESSON-8 BEAUTIFUL HILL STATIONS OF INDIA LESSON-9 LOGIC AND REASONING-1 LESSON-10 DISEASES 	 To introduce them to famous works of Indian Literature. To foster better communication and relationships within families. To encourage them to appreciate natural beauty and conservation. To improve their critical thinking and problem solving skills. To raise awareness about common diseases, their causes and prevention. 	• Class Discussion • Quiz	 They will gain knowledge of India's literary heritage. They will develop a deeper appreciation for their parents. They will be able to identify and describes major hill stations in India. They will develop sharper logical reasoning and analytical skills. They will become more aware of the importance of vaccination and medical care. 	• Quiz (current affaires- april & may)
JULY	• LESSON-11 POPULAR APPS • LESSON-12 SOCIAL ETIQUETTE • LESSON-13 ANIMALS THAT SAVE OUR PLANET • LESSON-14 INDIAN OLYMPIC MEDAL WINNERS • LESSON-15 WORLD LEADERS	 To encourage responsible and productive use of technology. To teach them the importance of good manners and etiquette. To educate them on the role of animals in maintaining 	• Class Discussion	 They will be able to critically analyze the benefits and drawbacks of different apps. They will become more respectful and empathetic individuals. They will understand the crucial role of 	• Write about any one famous folk dance form of india.

• LESSON-16 FOLK DANCES OF INDIAecological balance. • To introduce them to India's Olympic history and achievements. • To educate them about influential world leaders and their impact. • To introduce them to various folk dances from different states of India.animals in the ecosystem. • They will learn about influential world leaders and their impact. • To introduce them to various folk dances from different states of India.animals in the ecosystem. • They will learn about influential world leaders and their importance.AUGUST• LESSON-17 TECHNOLOGY IN EVERYDAY LIFE • LESSON-18 FIRE!FIRE! HOW TO BE A GOOD PUBLIC SPEAKER • LESSON-20 IN A HOTEL• To help them understand the role of technology in daily activities. • To make them aware of the role of firefighters and fire safety equipment. • To help them overcome stage fear and develop strong body language. • To help them understand hospitality industry basics.• Class Discussion • They will more • Class Discussion • They will learn and cons of technological advancements. • They will learn proper etiquettSEPTEMBER• LESSON-21 • To enhance • LESSON-21• To enhance • To enhance • To enhance • To enhance • They will impro- • Class Discussion • They will impro- • They will impro- their speaking a proper etiquett	key itieskey itiesFolk r• Draw symbols of popular appsv to• Draw symbols of popular appsv to• Quiz (current
SEPTEMBER• LESSON-21• To enhance• Class Discussion• They will improMENTAL EXERCISESstudents' cognitive• Quizmemory retenti	

	 LESSON-22 THE WORLD'S MOST FAMOUS DOMES LESSON-23 BANKS AND US LESSON-24 HOBBIES TO KEEP US HAPPY AND HEALTHY 	 abilities and problem-solving skills. To introduce them to iconic domes around the world. To introduce students to the role of banks in daily life. To encourage students to explore different hobbies. 		 and logical reasoning. They will gain knowledge of architectural styles and construction techniques. They will understand the importance of banks and their services. 	august)
OCTOBER	• LESSON-25 HOW I CAN HELP THE ENVIRONMENT • LESSON-26 THE OLYMPIC GAMES • LESSON-27 REACHING OUT - PHILANTHROPHY	 To raise awareness about environmental issues such as pollution, deforestation, and climate change. To introduce students to the history and significance of the Olympic Games. To explain the concept of philanthropy and its role in society. 	• Class Discussion	 They will be able to suggest and implement eco-friendly practices in their lives. They will appreciate the importance of sports in promoting unity and discipline. They will develop a sense of empathy and a willingness to make a difference. 	• Make a bookmark- protecting the environment
NOVEMBER	• LESSON-28 GREAT INDIAN FROM THE WORLD OF INDIAN MUSICS	• To introduce students to legendary Indian musicians and their	Class DiscussionQuiz	• They will gain knowledge about influential Indian musicians.	• Quiz (current affaires- september, october, november)

	 LESSON-29 INDIAN WOMEN WHO ARE FIRSTS LESSON-30 PEER PRESSURE LESSON-31 MORE MENTAL EXERCISES LESSON-32 DEMOCRACY, ELECTIONS, VOTING LESSON-33 HOW MOVIES ARE MADE LESSON-34 RELIGIONS OF INDIA 	 contributions. To highlight the achievements of Indian women pioneers in various fields. To explain the concept of peer pressure and its effects on behavior. To enhance logical thinking, problemsolving, and memory skills. To explain the principles of democracy and its importance. To introduce students to the process of filmmaking from script to screen. To provide knowledge about the major religions practiced in India. 		 They will be motivated to break stereotypes and pursue their goals. They will recognize different types of peer pressure (positive and negative). They will improve their critical thinking and problem-solving abilities. They will understand how democracy functions. They will understand the different stages of filmmaking. They will understand the diversity of religions in India. 	
DECEMBER	• LESSON-35 AROUND THE WORLD • LESSON-36 IMPROVE YOUR BRAIN POWER • LESSON-37 INSIDE THE INSECT WORLD	 To introduce students to different countries, cultures, and landmarks. To help students enhance their cognitive abilities 	• Class Discussion	 They will develop a broader understanding of global cultures. They will learn effective strategies for improving focus and memory. 	• Activity On Homophones

	• LESSON-38 MEDICINAL PLANTS IN INDIA	 and problem- solving skills. To introduce students to different types of insects and their characteristics. To educate about the significance of medicinal plants in Indian culture. 		 They will develop an appreciation for biodiversity and ecological balance. They will learn about key medicinal plants and their uses 	
JANUARY	 LESSON-39 LOGIC AND REASONING-2 LESSON-40 FAMOUS AUTHORS AND THEIR FAMOUS WORKS 	 To enhance students' logical thinking and problem-solving abilities. To introduce to renowned authors and their literary contributions. 	 Logical puzzles and brain teasers. Practice exercises on number series, coding-decoding Quiz 	 They will improve their analytical thinking skills. They will recognize key authors and their literary contributions. 	• Quiz (Current Affaires- December & January)
FEBRUARY	REVISION				

BGS INTERNATIONAL PUBLIC SCHOOL

SECTOR-5, DWARKA, NEW DELHI

CURRICULUM (2025-2026)

Teacher Incharge: Rajiv Dahiya

CLASS: VI,VII,VIII

SUBJECT-Badminton

MONTH	OBJECTIVES	METHODOLOGY	EXPECTED LEARNING OUTCOMES
APRIL	Introduction to badminton, understanding rules and court dimensions.	Classroom theory sessions and practical court visit. Demonstrate court markings, explain rules, and conduct quizzes.	Demonstrate court markings, explain rules, and conduct quizzes.
МАҮ	Basic grip techniques and footwork drills.	Demonstrate different grips and footwork movements.	Shadow practice, ladder drills, cone drills.
JULY	Basic strokes - Forehand and Backhand. Serve techniques - High Serve, Low Serve, and Flick Serve.	Step-by-step stroke practice using shuttle throws. Explanation and practical demonstrations.	Wall hitting, partner rallies, slow-motion stroke practice. Serve practice in pairs, accuracy challenges.
AUGUST	Return of Serve and basic game strategies.	Explain positioning and movement.	Return drills, practice mini matches.

SEPTEMBER	Smash and Net Play Techniques.	Demonstrate smash and net lifts.	Smash target practice, net rally competitions.
OCTOBER	Doubles and Singles Game Tactics.	Strategy sessions and practical application.	Simulated matches, strategy discussions.
NOVEMBER	Fitness and Agility Training.	Circuit training and strength-building exercises.	Agility ladder, shuttle run, endurance drills.
DECEMBER	Review and Evaluation	Conduct friendly matches and assess skills.	Organize mini tournaments and provide feedback.
JANUARY	Advanced Techniques – Dropshots and Drives.	Explain placement strategies and court control.	Target-based drop shot practice, defensive drive drills.
FEBRUARY	Match Play and Tactical Understanding.		Encourage students to analyze professional matches.

March	Exam Time	Exam Time	Exam Time



SPORT: BASKETBALL

BGS INTERNATIONAL PUBLIC SCHOOL

SECTOR 5, DWARKA, NEW DELHI - 75

CURRICULUM (SESSION: 2025-26)

CLASSES: VI - VIII



TEACHER NAME: NARENDER SINGH

S.No.	MONTH	OBJECTIVES	METHODOLOGY	ACTIVITIES
1	April	To demonstrate an understanding of basic basketball rules such as scoring, fouls.	 Demonstration Explanation Imitation Repetition 	 Introduction of game Warm up exercise Ball holding Dribbling
2	Мау	To apply basic fundamental moment skills like running and jumping.	 Demonstration Explanation Imitation Repetition 	 Jogging Warm up exercise Dribbling Passing
3	July	To develop hand-eye coordination by dribbling, passing and shooting the ball.	 Demonstration Explanation Imitation Repetition 	 Warm up exercise Dribbling Specific exercise Lay-Up Shot
4	August	To practice dribbling and ball- handling techniques such as stationary dribbling and moving while dribbling.	 Demonstration Explanation Imitation Repetition 	 Warm up exercise Specific exercise Cross dribbling Passing-two men pass Lay-Up shot
5	September		MID-TERM EXAM	

6	October	To learn proper shooting techniques and practice scoring from different spots on the court.	 Demonstration Explanation Imitation Repetition 	 Warm up exercise Lay-up shot with dribble Specific exercise Defence (One Vs One)
7	November	 To handle both winning and losing. To use experience of playing as opportunities for growth and improvement. 	 Demonstration Explanation Imitation Repetition 	 Warm up exercise Specific exercise Defence (Men to Men) Improve defence skill Practice matches
8	December	To develop confidence and self- esteem through participation in matches.	 Demonstration Explanation Imitation Repetition 	 Specific exercise Matches Offence skills
9	January	To learn to respect the opponents, team mates and officials and to play fairly and safely.	 Demonstration Explanation Imitation Repetition 	 Specific exercise Practise matches
10	February & March		REVISION	

BGSIPS SPORTS CURRICULUM - U11 - SEASON PLAN (CLASS - VI)

	OBJECTIVES				ORGAN	ZATIO	N			CONTENT D	DISTRIBUTION	
SCRI	MMAGE: Match focus is on possess	ion and t	ansition.	Sessions per week	02	Sessio	on time	35				
TACT	ICAL: Improve attacking principles	and basic	defending	Players per team	14	Game	time	35	BASIC STAGE			
			our of the second se	SESSION STRUCTU	JRE	AS	SPECTS TO CONSI	DER	1			
	INICAL: Accuracy and speed in indi collective techniques	vidual		Warm-up		- Size	of the practice		1	A Contraction of the second se		
				Physical			- Time of the practice					
PHYS	SICAL: Improve speed, agility, coord	ination ar	d balance	Technique			nsity of the practic	ce				
PSYC	HOSOCIAL: Cooperate with teamma	ates in co	llective tasks	Tactics		- Rule	es nber of players					
				Scrimmage			mmates - oppositio	n				
				Cool Down & Debrief		1						
	opposed collective practices Match: We strongly i Agility and speed movements with and without the ball Formations: 3-2-3 ir					Formations: 3-2-3 in 9-a-side and 4-3-3 in 11-a-side.						
	inty and opene motoments with the	without	the ball	 Formations: 3-2-3 in 					SCRIMMAGE 30%	TACTICS 20%	TECHNIQUE 30%	PHYSICAL 20%
	TACTICAL	without	the ball	Formations: 3-2-3 in TECHNICAL			3-3 in 11-a-side.	SICAL			The second second second	20%
4PRIL		without	1. Passing and F	TECHNICAL		TENT	3-3 in 11-a-side.				30% PSYCHOSOCIAL	20%
	TACTICAL			TECHNICAL Receiving	CON	TENT	3-3 in 11-a-side. PHYS	ce		20%	30% PSYCHOSOCIAL	20%
APRIL MAY JULY	TACTICAL 1. Attacking Principles	4	1. Passing and F	TECHNICAL Receiving	CON	TENT	3-3 in 11-a-side. PHYS Strength Enduran	ce h	30%	20%	30% PSYCHOSOCIAL ation confidence	20%
MAY JULY	TACTICAL 1. Attacking Principles 2. Possession 3. Transition	4	1. Passing and F 2. Running With	TECHNICAL Receiving	CON 5 4	TENT HL9N3LLS	3-3 in 11-a-side. PHYS Strength Enduran Explosive Strengtt	ce h	30%	20% 1. Motiv 2. Self o 3. Coop	30% PSYCHOSOCIAL ation confidence	20%
MAY JULY	TACTICAL 1. Attacking Principles 2. Possession 3. Transition	4 4 3	1. Passing and R 2. Running With 3. Dribbling	TECHNICAL Receiving	CON 5 4 3	TENT HL9N3HLS	3-3 in 11-a-side. PHYS Strength Enduran Explosive Strength Maximal Strength	ce h	30%	20% 1. Motiv 2. Self o 3. Coopr 4. Decis	30% PSYCHOSOCIAL ation confidence eration	20%
MAY JULY LUGUST	TACTICAL 1. Attacking Principles 2. Possession 3. Transition 4. Combination Play 5. Switching Play	4 4 3 4	1. Passing and R 2. Running With 3. Dribbling 4. Turning	TECHNICAL Receiving	CON 5 4 3 5	TENT HL9N3HLS	3-3 in 11-a-side. PHYS Strength Enduran Explosive Strength Maximal Strength Aerobic Capacity	ce h	30%	20% 1. Motiv 2. Self c 3. Coop 4. Decis 5. Comp	30% PSYCHOSOCIAL ation confidence eration icon/Determination	20%
MAY JULY August	TACTICAL 1. Attacking Principles 2. Possession 3. Transition 4. Combination Play 5. Switching Play	4 4 3 4 2	1. Passing and R 2. Running With 3. Dribbling 4. Turning 5. Shooting	TECHNICAL Receiving	CON 5 4 3 5 5 5	TENT	9-3 in 11-a-side. PHYS Strength Enduran Explosive Strength Maximal Strength Aerobic Capacity Aerobic Power	ce h	30%	20% 1. Motiv 2. Self c 3. Coop 4. Decis 5. Comp	30% PSYCHOSOCIAL ation confidence eration icon/Determination betitiveness entration	20%
MAY JULY AUGUST TEMBER	TACTICAL 1. Attacking Principles 2. Possession 3. Transition 4. Combination Play 5. Switching Play 6. Counter Attacking 7. Playing Out From the Back	4 4 3 4 2 1	1. Passing and R 2. Running With 3. Dribbling 4. Turning 5. Shooting 6. Ball Control	TECHNICAL Receiving the Ball	CON 5 4 3 5 5 5 5	TENT HL9N3HLS	PHYS Strength Enduran Explosive Strength Maximal Strength Aerobic Capacity Aerobic Power Anaerobic Lactic	ce h	30% 2 2 1	20% 1. Motiv 2. Self o 3. Coopy 4. Decis 5. Comp 6. Conce	30% PSYCHOSOCIAL ation confidence eration confidence eration eration metitiveness entration nitment	20%
MAY JULY LUGUST TOBER TOBER	TACTICAL 1. Attacking Principles 2. Possession 3. Transition 4. Combination Play 5. Switching Play 6. Counter Attacking 7. Playing Out From the Back	4 4 3 4 2 1 4	1. Passing and R 2. Running With 3. Dribbling 4. Turning 5. Shooting 6. Ball Control 7. Heading	TECHNICAL Receiving the Ball	CON 5 4 3 5 5 5 5 3	ENDURANCE STRENGTH	3-3 in 11-a-side. PHYS Strength Enduran Explosive Strength Maximal Strength Aerobic Capacity Aerobic Power Anaerobic Lactic Anaerobic Alactic	ce h	30% 2 2 1 2 2 2 2	20% 1. Motiv 2. Self c 3. Coop 4. Decis 5. Comp 6. Conce 7. Comm 8. Self C	30% PSYCHOSOCIAL ation confidence eration confidence eration eration metitiveness entration nitment	20%

				CON	IENI					
	TACTICAL		TECHNICAL			PHYSICAL			PSYCHOSOCIAL	
APRIL	1. Attacking Principles	4	1. Passing and Receiving	5	GTH	Strength Endurance			1. Motivation	5
MAY	2. Possession	4	2. Running With the Ball	4	ENG	Explosive Strength	2		2. Self confidence	4
JULY	3. Transition	3	3. Dribbling	3	STF	Maximal Strength			3. Cooperation	3
AUGUST	4. Combination Play	4	4. Turning	5	1 iu	Aerobic Capacity	2	1	4. Decision/Determination	2
EPTEMBER	5. Switching Play	2	5. Shooting	5	TANC	Aerobic Power	1		5. Competitiveness	3
OCTOBER	6. Counter Attacking	1	6. Ball Control	5	INDA	Anaerobic Lactic		1	6. Concentration	
OVEMBER	7. Playing Out From the Back	4	7. Heading	3	1	Anaerobic Alactic	2	1	7. Commitment	3
DECEMBER	8. Finishing in the Final Third	3	8. 1V1 Attacking	4		Reaction	4	1	8. Self Control	2
JANUARY	1. Defending Principles	4	9. Shielding the Ball	3		Acceleration	5		9. Communication	3
FEBRUARY	2. Zonal Defending	3	10. Receiving to Turn	3	SPEED	Maximal Speed	2	1	10. Respect & Discipline	5
MARCH	3. Pressing	2	11. Crossing and Finishing	3	~	Speed Endurance	2			
MARCH	4. Retreat & Recovery	3	12. 1V1 Defending	2		Acyclic Speed	5			
					4. Fl	exibility & Mobility	3			
					5. Co	oordination & Balance	5			
					6. Ag	gility	5			
					7. Ba	sic Motor Skills	2			

7. Basic Motor Skills 8. Perception & Awareness

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BGSIPS SPORTS CURRICULUM - U12 - SEASON PLAN (CLASS - VII)

	OBJECTIVES				ORGAN	IZATI	DN				CONTEN	IT DISTRIBUTION	
SCRIN	MAGE: Improve possession and tran	nsition a	is well as	Sessions per week	02	Sess	ion time	35					
collect	tive defending during the match			Players per team	14	Gam	e time	35	B/	ASIC STAGE			
	CAL: Develop attacking/defending pr	rinciples		SESSION STRUCTU	RE	1	SPECTS TO CONSI	DER	1				
	ombination play			Warm-up	1.4	- Siz	e of the practice						
	NICAL: Focus on quality of passing a	and rece	iving technique	Physical			ne of the practice						
	I as ball control in game situations			Technique	104		ensity of the practic	e					
	ICAL: Compete to increase speed, ag ce in competitive games	gility, co	ordination and	Tactics		1 1 1 1 1 1	- Rules - Number of players						
				Scrimmage			ammates, opposition	1					
PSYCH	SYCHOSOCIAL: Increase collective self-confidence y the end of the season the player must be capable of: courses		ce	Cool Down & Debrief		and support players							
3. Agil	lity, coordination and speed moveme	nts in s	mple practices	 Match: We strongly re Formations: 3-2-3 in 	9-a-side	and 4-			SC	RIMMAGE 30%	TACTIC 20%	S TECHNIQUE 30%	PHYSICA 20%
					CON	ITENT							
	TACTICAL			TECHNICAL			PHYS	SICAL				PSYCHOSOCIAL	
APRIL	1. Attacking Principles	4	1. Passing and	Receiving	5	E	Strength Enduran	00			1. N	lotivation	
MAY	2. Possession	5	2. Running With	the Ball	3	STRENGTH	Explosive Strength	i.		2	2. S	elf confidence	
JULY	3. Transition	4	3. Dribbling		2	STR	Maximal Strength				3. C	ooperation	
UGUST	4. Combination Play	5	4. Turning		4	w	Aerobic Capacity			3	4. D	ecision/Determination	
EMBER	5. Switching Play	3	5. Shooting		5	ENDURANCE	Aerobic Power			2	5. C	ompetitiveness	
OBER	6. Counter Attacking	1	6. Ball Control		5	NDUE	Anaerobic Lactic				6. C	oncentration	
EMBER	7. Playing Out From the Back	4	7. Heading		4		Anaerobic Alactic			2	7. C	ommitment	
MBER	8. Finishing in the Final Third	4	8. 1V1 Attackin	g	4		Reaction			4	8. S	elf Control	
NUARY	1. Defending Principles	4	9. Shielding the	Ball	3		Acceleration			5	9. C	ommunication	
RUARY	2. Zonal Defending	3	10. Receiving to	o Turn	3	SPEED	Maximal Speed			2	10.	Respect & Discipline	
ARCH	3. Pressing	2	11. Crossing an	d Finishing	3	05	Speed Endurance	1		2			
	4. Retreat & Recovery	3	12. 1V1 Defend	ling	3		Acyclic Speed			5			
						4. Fl	exibility & Mobility			3			
						5. Co	ordination & Balance	e		4			
						6. Ag	sility			4			

7. Basic Motor Skills

8. Perception & Awareness

BGSIPS SPORTS CURRICULUM - U13 - SEASON PLAN (CLASS - VIII)

OBJECTIVES		ORGAN	IZATION	CONTENT DISTRIBUTION				
SCRIMMAGE: Coordinate possession, transition and finishing	Sessions per week	02	Session time	35				
TACTICAL: Improve attacking coordinated movements	Players per team	16	Game time 35		INTERMEDIATE	STAGE		
and zonal defending	SESSION STRUC	TURE	ASPECTS TO CONSIDER		1			
TECHNICAL: Focus on quality of passing and receiving technique	Warm-up		- Size of the practic	æ	1			
and ball control in small spaces	Physical		- Time of the practi					
PHYSICAL: Basic development of speed, endurance and strength	Technique		- Intensity of the pr	actice				
PSYCHOSOCIAL: Commitment to the team and focus in training	Tactics		 Rules Number of players 					
	Scrimmage		- Teammates, oppos					
	Cool Down & Debrief	1	and support playe	rs				
By the end of the season the player must be capable of: (DUTCOMES) 1. Passing the ball at speed in reduced spaces 2. Combination play and communication with teammates 3. Combine endurance and speed during the game	Comments Use the contrast of and bigger spaces Match: 11v11 gam Formations: 4-3-3	or transitio		tices	SCRIMMAGE 30%	TACTICS 25%	TECHNIQUE 20%	PHYSICAL 25%

CONTENT

	TACTICAL		TECHNICAL			PHYSICAL		PSYCHOSOCIAL		
APRIL	1. Attacking Principles	5	1. Passing and Receiving	5	Ŧ	Strength Endurance	1	1. Motivation	5	
MAY	2. Possession	5	2. Running With the Ball	2	ENG	Explosive Strength	3	2. Self confidence	3	
JULY	3. Transition	5	3. Dribbling	2	STR	Maximal Strength	1	3. Cooperation	4	
AUGUST	4. Combination Play	5	4. Turning	4	w	Aerobic Capacity	3	4. Decision/Determination	3	
EPTEMBER	5. Switching Play	3	5. Shooting	5	SANC	Aerobic Power	3	5. Competitiveness	4	
OCTOBER	6. Counter Attacking	2	6. Ball Control	4	IDUR	Anaerobic Lactic	1	6. Concentration	1	
NOVEMBER	7. Playing Out From the Back	5	7. Heading	4	6	Anaerobic Alactic	3	7. Commitment	5	
DECEMBER	8. Finishing in the Final Third	5	8. 1V1 Attacking	4		Reaction	5	8. Self Control	3	
JANUARY	1. Defending Principles	5	9. Shielding the Ball	2		Acceleration	5	9. Communication	3	
FEBRUARY	2. Zonal Defending	4	10. Receiving to Turn	4	PEEL	Maximal Speed	2	10. Respect & Discipline	5	
MARCH	3. Pressing	3	11. Crossing and Finishing	3	\$	Speed Endurance	3			
motive in	4. Retreat & Recovery	4	12. 1V1 Defending	4		Acyclic Speed	5			
0.					4. FI	exibility & Mobility	4			
					5.0	ordination & Balance	3			

4. Flexibility & Mobility	4
5. Coordination & Balance	3
6. Agility	4
7. Basic Motor Skills	
8. Perception & Awareness	5