

SYLLABUS FOR 2024-25

Class:- VI

CLASS	VI	BOOK	CELEBRATION
SUBJECT	ENGLISH	PUBLISHER	

MONTH	NAME OF CHAPTER	SUB -TOPICS	ACTIVITIES
April	1.The reward. 2.I will tell you how the sun rise. 3.poem : The Quarrel. Grammar: Articles,Sentences, Punctuation.	Pronunciation. Recitation. Rhyming words. Use of Articles.	Role play.
May	4.A new Name. 5.Today I wrote this poem. 6.I am watching Grandpa. Grammar:Nouns,Adjectives, Determiners.	Paragraph writing. Comprehensions. Reference to context.	Skit .
July	7.The wonderful words.	Be word wise.	□ making.
August	8.A wonderful friend. 9.Everyone is differently abled. Grammar: Pronouns ,Verbs, Adjectives.	Friendship. Rhyming words. Types.	Speech .
September	Revision &Term 10 Fair play. Grammar:Verb,Notice writing. Term -1 Revision	Debate.	
October	11.A teacher for all seasons. 12.Yoga a key to good health. Grammar: Types of Nouns, adverbs, prepositions, Speech writing, Essay writing.	Intonation. Importance of yoga. Kindly of Nouns.	Debate.
November	13.Then laugh. 14.Taro's reward. 15.A child's thought. Grammar: Active voice and passive voice. Tenses and its types.	Value based skills. Think and answer Rhyming words. Narration.	Extempore.

SYLLABUS FOR 2024-25

Class:- VI

December	16.The Guru.	Narration.	Spell bee.
January	17.A time to talk. 18.Christmas day in the morning. 19.To lift each other.	Tenses. Types of Tenses. Notice writing for at.	Paragraph writing (creative writing)
February	Revision		
March	Term 2		

Mahanti A.C

Principal
Carmel Convent School
Kunjwani, Jammu

SYLLABUS FOR 2024-25

Class:- VI

CLASS	VI	BOOK	VASNT BHAG-1
SUBJECT	HINDI	PUBLISHER	NCERT

TERM-1

MONTH	CHAPTER	LESSON	GRAMMAR PORTION	
APRIL	पाठ-1 पाठ-2	-वह चिड़िया जो (कविता) -बचपन बाल राम कथा- -अवधपुरी में राम -जंगल और जनकपुर	-भाषा,बोली,लिपि और व्याकरण -वर्ण विचार -शब्द विचार -अनुच्छेद लेखन -अपठित बोध	किन्ही 10 पालतू जानवर तथा 10 चिड़िया घर में पाए जाने वाले जानवरों के चित्र लगाकर एक चार्ट तैयार करें तथा उन जानवरों के नाम लिखें
MAY	पाठ-3 पाठ-7 पाठ-8	-नादान दोस्त -साथी हाथबढ़ाना (गीत) -ऐसे-ऐसे बाल राम कथा- -दो वरदान	शब्द-भंडार -पर्यायवाची शब्द -विलोम शब्द -अनेकार्थी शब्द -वाक्यांशों के लिए एक शब्द -समश्रुति भिन्नार्थक शब्द - मुहावरे और लोकोक्तियाँ	किसी भी पक्षी के घोंसले तथा अंडे का चित्र बनाइए तथा आपके मन में उठे भावों को लिखिए
JUNE/JULY		बाल राम कथा- -राम का वन-गमन	- संज्ञा - उपसर्ग और प्रत्यय - लिंग और वचन -अनौपचारिक पत्र लेखन	
AUGUST	पाठ-4 पाठ-15	-चौद से थोड़ी सी गप्पे (कविता) -नौकर बाल राम कथा- -चित्रकूट में भरत -दंडक वन में दस वर्ष	-संधि और समास -मौखिक अभिव्यक्ति -संवाद लेखन -संदेश के आधुनिक साधन	हिंदी कैलेंडर बनाकर उसमें कृष्ण पक्ष और शुक्ल पक्ष को अंकित कीजिए
SEPTEMBER		पुनरावृत्ति		

SYLLABUS FOR 2024-25

Class:- VI

TERM-2

MONTH	CHAPTER	LESSON	GRAMMAR PORTION	
OCTOBER	पाठ-10 पाठ-12	-झांसी की रानी (कविता) -संसार पुस्तक है	-कारक -सर्वनाम -निबंध लेखन	किन्ही पांच स्वतंत्रता सेनानियों के चित्र लगाकर उनके नारे लिखते हुए एक चार्ट तैयार करें
NOVEMBER	पाठ-13 पाठ-9	-मैं सबसे छोटी होऊँ(कविता) -टिकट -अलबम बाल राम कथा - -सोने का हिरण -सीता की खोज	-विशेषण -क्रिया -अव्यय -विराम-चिह्न -वाक्य विचार	मां की तारीफ तथा धन्यवाद देते हुए एक कार्ड बनाए तथा उसमें उसका चित्र लगाइए
DECEMBER	पाठ-11	-जो देखकर भी नहीं देखते बाल राम कथा - -राम और सुग्रीव -लंका में हनुमान	शब्द सागर – -पर्यायवाची शब्द -विलोम शब्द -अनेकार्थी शब्द -वाक्यांशों के लिए एक शब्द -समश्रुति भिन्नार्थक शब्द	पांच इंद्रियों का चित्र नाम हिंदी में लिखकर उनका उपयोग लिखना
JANUARY	पाठ-14 पाठ-16	-लोकगीत -वन के मार्ग में (कविता) बाल राम कथा - -लंका विजय -राम का राज्य- अभिषेक	-मुहावरे और लोकोक्तियाँ -विज्ञापन लेखन -कहानी लेखन -डायरी लेखन -शब्द जाल	प्राचीन वाद्य यंत्रों के चित्रचिपक करउनकानामलिखें
FEBRUARY		पुनरावृत्ति		
MARCH		Term-2 Examination		

SYLLABUS FOR 2024-25

Class:- VI

CLASS	VI	BOOK	NCERT
SUBJECT	MATHEMATICS	PUBLISHER	NCERT

TERM-1

Month	Name of Chapters	Sub - Topics	Activities
APRIL	1 – Knowing our Numbers	Indian and International system	Mental Maths Individual task
	2 – Whole Numbers	Properties of whole numbers	Individual Task Group Activity Mental Math
MAY	3- Playing with Numbers	Factors and Multiples	Memory Test (Prime Numbers upto 100 within 15 to 20 seconds)
JULY	4- Basic Geometric Ideas	Geometric Shapes	Practical Work Paper Activity Excel MCQ Quiz
AUGUST	5- Understanding Elementary Shapes	Types of angles and triangles	Demonstration Practical Work- Grid Paper activity Excel MCQ Quiz
	6- Integers	Number line, operation on integers	Paper Strip Activity ICT Mental Strategy for computation
SEPTEMBER	7- Fraction	Addition, Subtraction, Multiplication and Division of Fraction	Paper Strip Activity Lab Activity Flash cards activity
		Revision & T - 1	

SYLLABUS FOR 2024-25

Class:- VI

TERM -2

OCTOBER	9- Data Handling	Graph	Graphical Method Project Work School Survey
NOVEMBER	8- Decimals	Decimal and whole part, Place value	Coloured Grid activity
	11- Algebra	Algebra, addition, subtraction, positive and negative signs.	Classroom Activity (Questionnaire based on daily life expression involving unknown quantity) Oral and Quiz
DECEMBER	10- Mensuration	Square, Rectangle, Triangle and their Area and Perimeter.	Geo Board Activity (Using Rubber Bands) Graphical and Tracing the figures
	13- Symmetry	Patterns.	Paper Folding activity Mirror Show Demonstration Individual Task ICT Short Visit outside the
JANUARY	12- Ratio and Proportion	Ratio , Proportion and Unitary Method	Individual Task Discussion Flash cards Group Activity
FEBRUARY		Revision	
		Exam T - 2	

SYLLABUS FOR 2024-25

Class:- VI

CLASS	VI	BOOK	SOCIAL SCIENCE
SUBJECT	SOCIAL SCIENCE	PUBLISHER	NCERT

MONTH	NAME OF CHAPTER	SUB -TOPICS	ACTIVITIES
April	History:1.What, Where,How And When. Civics:1.Understanding diversity. Geography: The Earth in the Solar System.	Dates. Unity in diversity. Solar system.	Make datelined. Food fest of different cultures. Solar eclipse (working model)
May	History:2.From hunting Gathering to Growing Food. Civics. :2.Diversity and Discrimination. Geography: 2.Globe : Latitudes and Longitudes.	Culture and traditions. Stereotyping. Longitudes and Latitudes.	Indian Attire show. Debate on Secularism. Make globe.
July	History:3.In the earliest cities.	Ancient civilization.	Skit on Ancient rules.
August	History: 4.What Books and Burials Tell Us. Civics : 3.What is government .Geography: 3.Motions of the Earth.	Manuscripts. Democracy. Revolution and rotation.	Herbarium. Models of Parliament . Models of planets .
September	Revision &Term1 History: 5 Kingdoms ,Kings, And An Early Republic. Civics : 4.Key Elements of a Democratic Government. 5.Panchayati Raj. Geography:4. Maps. 5.Major Landforms of the Earth.	Kingdoms/ rulers. Parliament. Third teir of the government.(Panchayati raj)	Role play. Debate. Skit on panchayati raj.

SYLLABUS FOR 2024-25

Class:- VI

October	History:6 New Questions and ideas. 7.Ashoka the Emperor, who gave up war. Civics: 5.Panchayati Raj.	New ideas. Emperors. Gramsabha.	Dance on freedom fighters. Elections conduction in the class.
November	.History: 6.New Questions and ideas. 7.Ashoka the Emperor, who gave up war. Civics: 5.Panchayati Raj. 6.Rural administration. Geography: 6.Major domains History : 8.Vital villages ,Thriving Towns. Fibres to fabrics . 9.Traders ,Kings And Pilgrims. Civics : 7.Urban Administration. Geography: 7.Major landforms of the Earth.	Mughal Empire. Panchayati Raj. Cities and towns. Earth and its parts Village life. Trades. Urbanisation. Types of soil.	Buildings/ seven wonders of the world (Models making) Skit on loksabha / Rajya sabha. Exhibition of handicrafts.
December	History:9.Traders King's and pilgrims. Civics: 8.Rural livelihoods. Geography: 8.Our country India. History : 10 New Empires and kingdoms.	Rural and urban administration. Democracy. Kings.	Role play.
January	11 Buildings ,Paintings and Books. Civics :9.Urban livelihoods. Geography : 8.India : Climate ,Vegetation and Wildlife.	Monuments. Living standards. Topography. Conservation.	Seven wonders exhibition. Endangered animals and plants exhibition.
February	Revision		
March	Term 2		

SYLLABUS FOR 2024-25

Class:- VI

CLASS	VI	BOOK	SCIENCE
SUBJECT	SCIENCE	PUBLISHER	NCERT

TERM-1

MONTH	CHAPTER/ LESSON	TOPIC / SUB TOPIC	NO. OF PERIODS	WEIGHT AGE
April	8.Light, Shadow and Reflection.	Types of materials on the basis of transparency. Mirrors and Reflection.	7	14
	7. Motion and Measurement of Distances.	Standard units of measurement. Types of motion.	7	14
May	6.Living Organisms and their Surroundings.	Habitats and Adaptation.	10	13
July	11.Air around us.	Composition of air.	10	13
August	9.Electricity and Circuit	Electric cell. Electric circuit. Electric switch.	7	13
	2. Sorting Materials into Groups.	Properties of materials.	7	13
September	Revision			

TERM-2

MONTH	LESSON	TOPIC/SUB TOPIC	NO. OF PERIODS	WEIGHT AGE
October				
November	1.Components of Food.	Balanced diet. Deficiency diseases.	10	16
December	3. Separation of Substances.	Methods of separation.	10	16
	10. Fun with Magnets	Discovery of magnets. Magnetic and non magnetic materials.	10	16
January	5. Body Movement	Types of joints. Gait of animals	10	16
	4.. Getting to Know Plants	Types and parts of plants.	7	16
February	Revision			

SYLLABUS FOR 2024-25

Class:- VI

CLASS	VI	BOOK	MY FIRST SAFETY WORKBOOK-6
SUBJECT	VALUE EDUCATION	PUBLISHER	PROJECT CACA

TERM-1

CHAPTER	LESSON	Moral values/ Life skills
1	Say Hello	Moral value: Diversity. Life skill: Critical thinking (activity: food fest)
2	Out of the box thinking	Moral value: Sharing. Life skill: Creative thinking (:activity :Reading)
3	History of children	Moral value: Know your rights. Life skill: Live by the rules(activity: Class rules chart making)
4	Poem on Child rights	Moral value: Know your rights Life skill: Social Awareness(activity: Awareness poster of child rights)
5	The spell bee champion	Moral values: Virtue. Life skill: Self esteem(activity : Respect teaching card making)
6	Every child is special Every child is unique	Moral value: Respect your qualities. Life skill: self esteem(activity:everyone card making)
7	True wealth	Moral value: Love for nature. Life skill: self awareness.(Write a paragraph on love and care)
8	Your body belongs to you	Moral value: Ethics. Life skill: body ownership.(activity: movie on social awareness)
9	Private parts	Moral value: Personal safety. Life skill: Self Responsibility(activity: Personal Hygiene)
10	The invisible Boundary	Moral value :Gender equality Life skill: Gender Sensitization(activity: poster making on gender equality)
11	Your body talks too	Moral value: Be Healthy. Life skill: Being Assertive (Activity: be healthy ..quotations writings)
12	Ganapati's presence of mind	Moral value: Emotional intelligence. Life skill: critical thinking (activity: movie show on intelligence)

SYLLABUS FOR 2024-25

Class:- VI

13	Father's day	Moral value: Overcome your Phobias. Life skill: coping with emotions(activity: play on the topics given)
14	The man and the woods	Moral value: Adhere to Rules and laws Life skills: Social Responsibility(activity: Chart on rules and regulations)

TERM-2

CHAPTER	LESSON	Moral values/ Life skills
15	At the dinner table	Moral value: Togetherness Life skill: Safe Behaviour.(activity : play on together ness)
16	The cub and the Hare	Moral value: Unity in diversity. Life skill: Civic Nationalism.(activity: Attire show of India)
17	Safe and unsafe secrets	Moral value: Know your safe circle. Life skill: Critical Thinking.(activity: Good people bad people movie)
18	The Yakshi challenge	Moral value: Peer pressure. Life skill: Decision making.(activity: Peer checking)
19	Sportspersonship	Moral value: Honesty. Life skill: Life integrity.(activity : speech on Honesty)
20	An incident in the toilet	Moral value: Be Helpful. Life skill: Decision making.
21	Sana is brave	Moral value: know your Safe circle. Life skill: Be courageous.
22	A goal to remember	Moral value : Be Goal Oriented Life skill: Decision making.
23	I can do maths	Moral value: Mental well being and health. Life skill: Stress Management
24	7 step safety rules	Moral Values: Self Awareness Life Skills: Self Defense.
25	Bully ,bully ,bully	Moral value: Be Respectful Life skill: Social Ethics
26	Take a pledge	Moral Value: Importance of Mental health and wellbeing. Life skill: Empathy.
27	Air borne diseases	Moral value: Take care of your surroundings Life skill: Love for nature.

SYLLABUS FOR 2024-25

Class:- VI

CLASS	VI	BOOK	CYBER CONNECT – 6
SUBJECT	COMPUTER	PUBLISHER	KIPS

TERM-1

MONTH	CHAPTER	LESSON NAME	SUB TOPIC	No. of Periods	Weightage
April	1	Browsing Safely	Cyber Crime	5	8
			Cyber Security		
			Registering a Cybercrime Complaint		
April	2	OpenShot Video Editor	Features of OpenShot Video Editor	7	9
			Starting OpenShot Video Editor		
May			Components of OpenShot Interface		
			Creating a New Project		
			Importing Photos and Videos		
			Opening a Project		
			Arranging Files on Timeline		
			Applying Transitions		
			Adding Video Effects		
			Moving and Slicing Clips on Timeline		
			Adding Title		
			Exporting the Video		
July	3	More on PowerPoint	Creating Photo Album	6	9
			Ink Equations		
			Screen Recording		
			Ink Annotation		
			Slide Zoom Feature		
July	4	Introduction to Excel	Features of Excel	7	9

SYLLABUS FOR 2024-25

Class:- VI

August			Starting Excel		
			Workbook and Worksheet		
			Components of a Worksheet		
			Moving around the Spreadsheet		
			Entering Data		
			Types of Data		
			Performing Calculations		
			Working with Worksheets		
			Saving a Workbook		
August	5	Introduction to HTML5	HTML	7	9
September			HTML5		
			HTML Editor		
			Web Browsers		
			Tags, Elements and Attributes		
			Rules for Writing HTML Code		
			Structure of an HTML Document		
			Other HTML Tags		
			Cascading Style Sheets (CSS)		
			Using Cascading Style Sheets		
			Background Properties		
			Text Properties		
September		Revision			

TERM-2

MONTH	CHAPTER	LESSON NAME	SUB TOPIC	No. of Periods	Weightage
October	6	Coding in MakeCode	Coding	6	9
			Introduction to MakeCode Agrade		
			Getting Started with		

SYLLABUS FOR 2024-25

Class:- VI

			MakeCode		
			Variables		
			Naming Variables		
			Data Type of Variables		
			Performing Operations on Variables		
			Creating a Variable in MakeCode		
November	7	Introduction to Python	Python	7	9
			Installing Python		
			Getting Started with Python		
			Components of IDLE		
			Working in Interactive Mode		
			Variables in Python		
			Working in Script Mode		
			Data Types		
			Using print () Function		
			Using input () Function		
December	8	Computer Vision	Introduction to Computer Vision	6	9
			Applications of Computer Vision		
January	9	Introduction to Robotics	Robot	7	9
			Robots vs Automatic Machines		
			History of Robots		
			Components of Robots		
			Types of Robots		
			Classification of Robots		
			Some Famous Indian Robots		
			Introduction to Robotics		
			Robotics and Artificial Intelligence		
February		Revision			

SYLLABUS FOR 2024-25

Class:- VI

--	--	--	--	--	--

CLASS	VI	BOOK	AshrafiUrdu(4)
SUBJECT	URDU	PUBLISHER	PATHWAYS

TERM-1

وزن	ادوار کی تعداد	سبق نمبر اور سبق کتاب نام	مہینے	نمبر شمار
۰۱	۸	دعا۔ ہم اور ہمارے گھر۔	اپریل	-۱
۰۱	۸	جب میں طالب علم تھا۔ گرمی۔	جئی	-۲
۵۱	۸	مرزا غالب۔ ڈاکٹر ذاکر حسین۔	اگست	-۳
۵	۶	بابر اور ہمایوں۔	ستمبر	-۴

TERM-2

وزن	ادوار کی تعداد	سبق نمبر اور سبق کتاب نام	مہینے	نمبر شمار
۰۱	۸	بادل اور تارے درخت کی گواہی۔	اکتوبر	-۶
۵۱	۸	شہد کی مکھی۔ غرور منکرو۔	نومبر	-۷
۵	۶	تنتلی ائی۔	دسمبر	-۸
۵	۶	س چھپا ہری۔	جنوری	-۹
۵	۶	پپاری پتلیں	فروری	-۱۰

SYLLABUS FOR 2024-25

Class:- VI

CLASS	VI	BOOK	
SUBJECT	MUSIC	PUBLISHER	

THEORY

No.	Units	Periods(60)	Marks(30)
Units1		11	
1.1	Definition of, Sangeet, Dhvani, Nada, Shruti, Swar, Saptak, Alankar, Thaata, Jati, Margi, Desi	07	06
1.2	Definition of, Laya, Tala, Matra, Sam, Tali, Khali, Vibhag, Avartan	04	
Unit2		08	
2.1	Define of, Raga, Aroha, Avroha, Pakad, Vadi, Samvadi, Anuvadi, Vivadi.	04	06
2.2	Define of, Bandish, Sthai, Antara, Swarmalika, LakshanGeet, Khayal.	04	
Unit3		13	
3.1	Describe and brief the life sketch of Tansen	08	06
3.2	Origin and Development of sitar	05	
Unit4		14	
4.1	Description of the following Ragas: Bhupali, Khamaj, Vrindavani Sarang	08	06
4.2	Description and ability to do Tala-Notation of the following Talas: Teental, Tilwada, Choutal, Ektala,, Keharwa, Dadra	06	
Unit5		14	
5.1	Ability to write notation of compositions in prescribed Ragas.	10	06
5.2	To identify Ragas from the phrases and elaborate them in swaras	04	

SYLLABUS FOR 2024-25

Class:- VI

PRACTICAL

S.No	Topics	Periods(160)
1.	Eight Alankarasetto all prescribed Ragas and Talas.	16
2.	One Swarnmalika and one Lakshan Geet in each prescribed Raga.	20
3.	Aaroha, Avroha, Pakad and Drut Khayal with few Alaps and Tanas in the following Ragas: Bhupali, Khamaj, and Vrindavani Sarang.	64
4.	Identification of prescribed Ragas from the phrases of swaras rendered by the examiner.	12
5.	i. National Anthem ii. National Song iii. Patriotic Song iv. Community Song v. Devotional Song vi. Folk Song vii. School song	28
6.	Recitation of the Thekas of the following Talas with Dugun, keeping Tala with hand-beats: Teental, Tilwada, Choutal, Ektala, Dadra, Keharwa,,	20

STRUCTURE FOR ASSESSMENT

Sr.No.	Value Points	Marks
1	Alankarasetto all prescribed Ragas and Talas	4
2	One Swarnmalika and one Lakshan Geet	6
3	Aaroha, Avaroha, Pakad and Drut Khayal with few Aalaps and Tanas in each of the following Ragas 1. Bhupali 2. Khamaj 3. Vrindavani Sarang	24

SYLLABUS FOR 2024-25

Class:- VI

CLASS	6	BOOK	JUNIOR ARTIST	
SUBJECT	ART & CRAFT	PUBLISHER	LANGERS	
TERM 1				
Months	Art TOPIC	Sub Topic	Craft	Periods
April	1.Colour combination chart 2.Pattern drawing	Colour wheel, rangoli, decorative pots, Pieces mondrain art	Newspaper painting, card board Insects	8
May	1.Graph method 2.Nature study 3. Block printing	Object drawing, facial features, trees, monuments,botanic al painting	Glass painting, Balloon craft	8
July	1.Still life (colour and pencil shading) 2.Calligraphy 3.Nature journal Art 1. Monogram art	Landscape, object drawing, rubbing technique, dabbing, pencil colour composition.	Hand puppet, wall hanging	4
August	1.Perspective 2. Mosaic art 3. Enamel marbling	Seascape, village scenery, objects in room, street scene, story composition	Paper machie, mask making	8
September	1.Portrait 2.Decorative art 3. Make my own comic	Abstract painting, Silhouette painting, Ink folding,wet on wet,pencilcolour composition, My friends portrait	Bottle/ Pot painting	8
TERM 2				
November	1.Traditional art 2.Graphic design	Warli art, Madhubani art, Positive and negative drawing,	Stone painting , 3-D painting	8

SYLLABUS FOR 2024-25

Class:- VI

		Illusion painting, Hase gone chittara		
December	1.Graffiti art 2.Festival composition 3. Create a shape poem	Decorative words, monochrome painting, Christmas scene	Tribal mask, Christmas craft	8
January	1.Poster making 2.Innovation with material	Landscape, Scenery (Pencil shading, pencil colour, ink pen shading, Poster colours), coral garden	Doll making	8
February	Exhibition			

SYLLABUS FOR 2024-25

Class:- VI

CLASS	VI
SUBJECT	GAMES

TERM – 1

Month	Topic	Sub-Topic	No. of Period	Weight age
April	1. Warm-up and Mass P.T. Exercises Exercise. Game: Athletics	Free hand exercise , standing exercise and sitting exercise.	05	05
		Warm up exercise, head to toe and toe to head stretching, Balancing and jumping exercises.	05	
		Athletics : Track and field event.	10	10
May	1. Warm-up and Mass P.T. Exercises. Concept of Health and physical fitness. Indoor game	Free hand exercise , standing exercise and sitting exercise.	05	05
		Explanation of components of physical fitness. Strength , speed , endurance, flexibility and coordination.	05	
		Chess, carom and T.T etc.	10	05
July-August	1. Warm-up and Mass P.T. Exercises. Test for Speed and Strength. Game	Free hand exercise , standing exercise and sitting exercise.	05	05
		Assessing Speed, Assessing Strength. Practical Exercise like running , short sprints, broad jump.	05	
		Team Game : football and basketball.	10	10
September	1. Warm-up and Mass P.T. Exercises. Test for flexibility and coordination abilities. Game	Free hand exercise , standing exercise and sitting exercise.	05	05
		Activities like sprint- dash running. Strength: Squads, medicine ball exercise. Test for flexibility: Sit and reach test.	05	05
		Kho kho and kabaddi	10	

SYLLABUS FOR 2024-25

Class:- VI

TERM – 2

Month	Topic	Sub-Topic	No. of Period	Weight age
October	1. Warm-up and Mass P.T. Exercises Balance Diet	Free hand exercise , standing exercise and sitting exercise.	05	05
		Teach the students about balance diet like fat, vitamin, minerals, iron etc .	05	
	Game : track and field events	Track events (running): Short run, middle distance run , huddle running . Field events (jumping) : Long jump ,triple jump, high jump.	10	10
November	1. Warm-up and Mass P.T. Exercises. Gymnastics	Free hand exercise , standing exercise and sitting exercise.	05	05
		Gymnastics like forward roll , backward roll, side ward roll , balance on one leg ,cat and scissor jump , 180 turn on leg exercises for balancing.	10	
	Yoga	Define and different type of asana and benefits.	05	10
December- January	1. Warm-up and Mass P.T. Exercises. Role of Heredity & environment	Free hand exercise , standing exercise and sitting exercise.	05	
		Role of Heredity & environment like height, weight, habits, voice temperature etc. Team Games: Cricket ,Volleyball, Kho- Kho , Kabaddi	05	
	Game		10	
February	1. Warm-up and Mass P.T. Exercises. Injuries	Free hand exercise , standing exercise and sitting exercise.	05	05
		Define and type of injuries.	05	05
	Game	Games: Volleyball, cricket, basketball, football.	10	

Mohanti A.C
Principal
Carmel Convent School
Kunjwani, Jammu