

SACRED HEART SR. SEC. SCHOOL

Bhai Randhir Singh Nagar, Ludhiana

Syllabus for Class-I
Session 2025-2026

FOREWORD

Sacred Heart School firmly believes in the divine light of knowledge. We strive sincerely to follow the path of "Learn and Enlighten" which is the maxim of our school. We offer co-curricular activities with a holistic approach aiming at developing a strong foundation and individual growth. Our school aims at facilitating learning, guiding, developing skills, conforming to social expectations and building balanced personalities. Keeping in view, the above mentioned standards and abiding by the regulations laid down by CBSE, our school is designed to provide academic challenge within a stimulating and exciting environment. This understanding based approach enables students to make significant academic progress. A unique assignment and testing system have been developed in school at all levels which equips our students to face the more complex and demanding real world' of the 21st century.

General Instructions

1. Evaluation will be held in the month of May, September, December and February/March.
2. Attendance will be marked on every Parent Teacher Meet and the children should accompany their Parents in School Uniformly.
3. The School Almanac should be checked and counter signed by the Parents regularly.
4. Label all the belongings of your ward with permanent marker.
5. It is mandatory that one cycling shorts should be there in the bag daily.
6. Ensure that the nails of your ward should be trimmed every Sunday as there will be a regular surprise check.
7. Ensure that the hair (for non-sikh children) should be cut when needed (preferably after 3 weeks) as there will be a regular surprise check. For non-sikh boys, crew cut is mandatory.
8. Neatness of notebooks, books and hand writing will be evaluated in each assessment.
9. Birthday celebrations are not allowed in school.
10. Lay stress on Spoken English

- ☆ Parents are requested to follow the rules religiously otherwise their ward's name will be entered in the defaulter's list and it will affect his/her grade in Moral Science exam.

EVALUATION OF SCHOLASTIC ASPECT : SCHOLASTIC AREAS

All the Assessments will comprise of Projects, Assignments, Activities, Class tests/periodic tests, Class response, Group discussion, Quiz etc. and theory papers. Promotion of students will be based on the day to day work of the students throughout the year and also on the performance in all the assessments.

FOOD MENU

The below mentioned menu is fixed for five days of the week. Parents should follow it strictly.

Days with Nutrients		Menu Recommended
Monday	Milk Day Calcium	Paneer/Cheese vegetable with Parantha, Paneer wrap, Cheese Roll, Cheese sandwich etc.
Tuesday	Green Day Iron/ Vitamins	Green vegetable, Spinach/Fenugreek Parantha, Black Gram(chana) Puri, Sarson da saag & Makki di roti etc.
Wednesday	Rice Day Carbohydrates	Idli, Vada, Veg. pulao, Veg. Fried rice. Veg.Poha, Rajma rice etc.
Thursday	Soya Day Proteins	Soya granules/nuggets, Sprouts, Pulses etc.
Friday with Multi Nutrients (Kid's Choice Day)		French Fries, Smileys, Vegetable Burger, Vegetables Cutlets, Vegetable Pasta, Pav Bhaji etc.

Note :-

- ▼ Parents should also send items like dry fruits, fresh fruits, salad for the short break. (Only for U.K.G. and Class-I)
- ▼ Please ensure not to over stuff the Tiffin box or send junk foods like wafers, chips, namkeen, or fill water bottle with soda based soft drinks.

- ▼ It will be appreciated if Parents send only vegetarian food in their ward's Tiffin box. Kindly avoid sending non-vegetarian food (this includes egg also in any form) as Parents can feed their child with non vegetarian food at home.
- ▼ A labelled table napkin and table mat with child's name, class and section should be there in the school bag daily.

BOOKS FOR REFERENCE

English	:	English Expert (Coursebook) English Expert (Language Companion) English Grammar and Composition
E.V.S.	:	Volt Environmental Studies
Maths	:	Active Mathematics Book-1
Computer	:	Byte Code 1
M.Sc.	:	Paras Living Values - 1
G.K	:	Explore Everything
Art	:	Creative Hands Part - 1 (March - July) Beginners "Art and Activity" (August-February)
Punjabi	:	ਰਬਾਬ ਸ਼ਬਦ ਗਿਆਨ
Hindi	:	आमोदिनी हिंदी पाठमाला -1

ASSESSMENT-1

(April and May)

ENGLISH

L-1	The New Baby (Coursebook)
L-2	Raha's Birthday (Coursebook) Reading, dictation words, opposites, make sentences, word meanings, Ques/Ans; etc.
Grammar	Use of is/am/are Use of This/That/These/Those Composition - My Teacher Gender, Singular - Plural (s, es) Nouns, Punctuation
Poem	1) Snowball (Coursebook, Pg no. 20) 2) Welcome Hip Hip hurray It's back to school Come in from the park Come in from the pool Gather your paper, pencils and glue There's lot of fun learning We are going to do, I'll be there to greet you With a smile on my face You will see that, school is a Very nice place.

Sight words Again, After, An, Any, Ask, As, Just, Thought, Eight, Know, By, Could, Every, Fly, Cough

Project Activity

E.V.S.

- Lesson- 2 My Body
Lesson -3 Looking after My Body
Lesson -5 My School

Project Activity (L-1 About Me , L-4 My Family)

MATHS

1. Number Names (0-50)
2. Write numerals for the number names (0-50)
3. Numerals (1 – 400)
4. Successor (1-400)
5. Predecessor (1-400)
6. Put the sign <, =, > (1-400)
7. Encircle the smallest number (1-100)
8. Ascending order (1-100)
9. Simple Sums of Addition (2 digits)
10. Table of 2, 3 and 4 (Mixed Tables)
11. Even numbers (0-100)
12. Expand and write (Tens and Ones)

Project Activity

MORAL SCIENCE

- Lesson-1** My Family
Lesson-2 God's Gift: My Parents
Lesson-3 My Grandparents
Lesson-4 Talking to God

1. Morning Prayer from almanac (Oral)
2. Prayer after class from almanac (Oral)

CONVERSATION & G.K (ORAL)

GK (Oral) - Lesson 1, 2,3,4,5,6,7,8

Coversation (Oral)-

Q1. Who are you?

Ans. I am a girl/ boy. My name is ____

Q2. How are you doing?

Ans. I am doing good.

Q3. Which is your favourite colour?

Ans. _____ is my favourite colour.

Q4. Which is your favourite game?

Ans. _____ is my favourite game.

Q5. How many siblings do you have?

Ans. I have _____. / No I don't have any sibling.

- Q6.** How many members are there in your family?
Ans. There are _____ members in my family.
- Q7.** Who is the Principal of our school?
Ans. Reverend Sr. Silvi is the Principal of our school.
- Q8.** Who is the Director of our school?
Ans. Reverend Fr. George is the Director of our school.

ਪੰਜਾਬੀ

1. ਵਰਨਮਾਲਾ (ੳ -ੲ)
2. ਅਗਲਾ ਅੱਖਰ ਲਿਖੋ
3. ਕ੍ਰਮ ਅਨੁਸਾਰ ਮਿਲਾਉ
4. ਤਸਵੀਰ ਦੇਖ ਕੇ ਅੱਖਰ ਲਿਖੋ
5. ਸਹੀ ਅੱਖਰ ਤੇ ਗੋਲਾ ਲਗਾਉ
6. ਬੋਲ ਲਿਖਤ
7. Punjabi Oral:
8. ਪਾਠ ਪੁਸਤਕ ਪੜ੍ਹਨ-(ੳ-ੲ)
9. ਕਵਿਤਾ

1. ਮੇਰੀ ਮਾਂ

ਪਿਆਰੀ-ਪਿਆਰੀ ਮੇਰੀ ਮਾਂ,
 ਠੰਡੀ-ਮਿੱਠੀ ਇਸ ਦੀ ਛਾਂ।
 ਕਿੰਨਾ ਮੈਨੂੰ ਲਾਡ ਲਡਾਉਂਦੀ,
 ਕੁੱਛੜ ਚੁੱਕ-ਚੁੱਕ ਖੂਬ ਖਿਡਾਉਂਦੀ।
 ਲੋਰੀਆਂ ਨਾਲ ਸੁਆਉਂਦੀ ਮੈਨੂੰ,
 ਗਾ-ਗਾ ਗੀਤ ਜਗਾਉਂਦੀ ਮੈਨੂੰ।
 ਮਾਂ ਦਾ ਦੇਣ ਮੈਂ ਕਿਵੇਂ ਚੁਕਾਵਾਂ?
 ਹਰ ਪਲ ਆਪਣਾ ਸੀਸ ਝੁਕਾਵਾਂ।

2. ਕੁਦਰਤ

ਕਿਧਰੇ ਜੰਗਲ ਕਿਤੇ ਪਹਾੜ।
 ਕਿਧਰੇ ਨਦੀਆਂ ਕਿਤੇ ਉਜਾੜ।
 ਕਿਧਰੇ ਪੰਛੀ ਚੀਂ-ਚੀਂ ਗਾਉਂਦੇ।
 ਫੁੱਲ ਅਸਾਡੇ ਮਨ ਨੂੰ ਭਾਉਂਦੇ।
 ਕਿਧਰੇ ਸੂਰਜ, ਚੰਦ ਤੇ ਤਾਰੇ
 ਵਾਹ ਕੁਦਰਤ ਦੇ ਰੰਗ ਨਿਆਰੇ।

Project Activity (Topics will be given)

HINDI

आ की मात्रा
 इ की मात्रा
 आ की मात्रा का पठन
 इ की मात्रा का पठन
 आ की मात्रा तथा इ की मात्रा- मात्राओं के शब्द,
 श्रुतलेख, शब्द-जोड़, चित्र लेखन, आ या इ की मात्रा
 लगाकर शब्द पूरे करो।
 रंगों के नाम
 शब्द-अर्थ
 वाक्य बनाओ
 मात्रा चिह्न
 संज्ञा

Project Activity (Topic will be given)

कविता

नानी की कहानी

बोली नानी, सुनो कहानी,
ना कोई राजा, ना कोई रानी।
तुमको मैं देती संदेश,
कभी न भूलो अपना देश।
कड़वे बोल कभी न बोलो,
जब भी बोलो मीठा बोलो।
पढ़ने में तुम ध्यान लगाओ,
कभी काम से न घबराओ।
जो करना है अब कर डालो,
कल पर उनको कभी न टालो।

कविता-विनती (आमोदिनी पुस्तक में से पृष्ठ संख्या 64)

PHYSICAL EDUCATION

1. Introducing of Physical Education
2. Making Straight Line
3. Walk in Line
4. Introducing of attention and stand at ease.
5. Recreational activity
6. Making a straight line according to the height
7. How to take one arm distance
8. Introduction of free hand exercises
9. Minor Game
10. Khelo India BMI
11. Khelo India balance(flamingo test)

Summer Coaching Camp

ART & CRAFT

April

1. Colouring Book "Creative Hands Part-1"
2. Introduction with colours and shapes
3. Shading of the Tree
4. Paper folding 'Tree'

May

1. Colouring Book "Creative Hands Part 1"
2. Draw a cat scene
3. Paper folding 'Bird'

COMPUTER SCIENCE

Introduction to **MS-Word**

Typing - using the keys (Enter, Backspace & Spacebar), changing the colour, font size and style.

Chapter-1 Computer- My Friend

Chapter-2 Intelligent Machine

Viva : Questions/Answers will be provided.

LANGUAGE SKILL (ENGLISH)

1. Segmenting Phonemes
2. Lesson English Coursebook - The New Baby [difficult words]
3. Lesson English Coursebook - Raha's Birthday [difficult words]
4. Diagraphs, Diphthongs
5. Syllable blending
6. Phonological awareness

7. Unit I – Self and Family (Language Companion)
8. Nouns and Adjectives
9. Punctuation (Reading and writing)
10. Tenses – Present and Present Continuous
11. Phonic Rule of 'ck', 'c', 'k', 'g' and 's'
12. Rule of Magic 'e'
13. New vocabulary words

Sight words: Again, After, An, Any, Ask, As, Just, Thought, Eight, Know, By, Could, Every, Fly

Practical: (i) Level-1, Unit-1 Activity-2

(ii) Level-1, Unit-3, Activity-4

Art-Integrated & Multi-Disciplinary Activities

- | | |
|------------------|--|
| English - | Activity sheet on - 'Birthday Fun' |
| Maths - | Brain storming on Addition |
| EVS - | Activity sheet on Trees |
| Punjabi - | ਹਿੰਦੀ ਅੱਖਰ ਨੂੰ ਪੰਜਾਬੀ ਅੱਖਰ ਵਿੱਚ ਲਿਖੋ
(Inter-Disciplinary Activity) |
| Hindi - | हिंदी वर्ण को पंजाबी अक्षर में लिखिए।
(Inter-Disciplinary Activity) |

DANCE

1. Hand & Foot movements of Hip-hop, Lyrical and contemporary Dance.
2. History of "Rasas" (Navras)

ASSESSMENT-2

(July, August & September)

ENGLISH

L-5 One Potato (Coursebook)

L-6 Riki Goes to the Market (Coursebook)

Reading, dictation words, opposites, make sentences, word meanings, Ques/Ans; etc.

Grammar

Nouns, Prepositions

Use of is / am / are

Gender, Singular/Plural (s, es)

Composition - My Country,

Punctuation , Pronouns (he, she, it)

Poems

1) Picnic at the Beach (Coursebook, Pg no 99)

2) Manners

We say thank you

We say please

We don't interrupt or tease

We don't argue

We don't fuss

We listen when folks talk to us

We share our toys

And take our turn

Good Manners are not

too hard to learn
It's really easy, when you find
Good manners means
JUST BEING KIND

Project Activity

Sightwords Give, Were, Going, Had, Has, Her, Him, His, How, Let, Live, Thank, Them

E.V.S

Lesson-7 Food We Eat
Lesson-8 We need a House
Lesson- 10 Festivals we celebrate

Project Activity (L-6 Clothes We Wear, L-9 My Neighbourhood)

MATHS

1. Number Names (0-100)
2. Write numerals for the number names (0 – 100)
3. Numerals (1-500)
4. What comes in between (1-500)
5. Put the sign < = > (1-500)
6. Encircle the smallest no. (1-500)
7. Geometrical shapes (Horizontal line, Vertical line, Square and Rectangle)
8. Tables of 5 & 6 (2 to 6) (Mixed tables)
9. Ascending order (1-500)
10. Simple Sums of Subtraction

11. Odd Numbers (1-100)
12. Successor (1- 500)
13. Predecessor (1- 500)
14. Expand and write (Hundreds, Tens and ones)
15. Calendar

Project Activity

MORAL SCIENCE

1. **Prayer for a sick person (Oral)**
Dear God help me
To think of words to say,
To cheer and comfort,
A sick person everyday Amen.

2. **My Pledge (Oral)**

3. **National Anthem (Oral)**

Lesson -5 The playful mouse

Lesson -6 Learning Manners

Lesson -7 Good Habits at Home

Lesson -8 Good Manners in the classroom

Lesson -9 The Intelligent Hen

CONVERSATION & G.K (Oral)

GK (Oral) - Lesson 9,10,11, 12, 13, 14, 15, 16,17

Q1. Which school are you in?

Ans. I am in Sacred Heart Senior Secondary School.

Q2. What grade are you in?

Ans. I am in grade –I

Q3. How do you come to school?

Ans. I come to school by Van/ car/ scooter.

Q4. What is your teacher's name?

Ans. My teacher's name is _____

Q5. What is the name of your parents?

Ans. My father's name is _____

My mother's name is _____

Q6. What is your hobby ?

Ans. My hobby is _____

Q7. What is the contact number of your mother/father?

Ans. My mother/father number is _____

ਪੰਜਾਬੀ

Punjabi Written

1. ਵਰਨਮਾਲਾ (ਤ-ਲ)
2. ਅਗਲਾ ਅੱਖਰ ਲਿਖੋ
3. ਤਸਵੀਰ ਦੇਖ ਕੇ ਅੱਖਰ ਲਿਖੋ
4. ਬੋਲ ਲਿਖਤ
5. ਮੁਕਤਾ ਸ਼ਬਦ (ਦੋ ਅੱਖਰ)
6. ਸ਼ਬਦ ਨਾਲ ਮਿਲਾਓ
7. ਸ਼ਬਦ ਜੋੜ (ਦੋ ਅੱਖਰ)
8. ਵਰਨਮਾਲਾ (ੳ-ਲ)

Punjabi Oral:

9. ਪਾਠ ਪੁਸਤਕ ਪੜ੍ਹਨ (ੳ-ਲ)

10. ਕਵਿਤਾ -

1. ਬੀਬਾ ਬਾਲ

ਰੋਜ਼ ਸਵੇਰੇ ਜਲਦੀ ਉੱਠ ਜਾਵਾਂ,
ਦਾਤਣ ਕਰਕੇ ਫੇਰ ਮੈਂ ਨੁਵਾਂ।
ਖਾ ਪਰੋਂਠਾ ਪਾਵਾਂ ਵਰਦੀ,
ਸਕੂਲ ਆਉਣ ਦੀ ਮੈਨੂੰ ਜਲਦੀ।
ਸਭਨਾਂ ਦਾ ਮੈਂ ਕਹਿਣਾ ਮੰਨਾਂ,
ਦੁੱਧ ਦਾ ਪੀਵਾਂ ਭਰਿਆ ਛੰਨਾ।
ਸਭ ਨੂੰ ਸਤਿ ਸ੍ਰੀ ਅਕਾਲ ਬੁਲਾਵਾਂ,
ਤਾਂ ਹੀ ਬੀਬਾ ਬਾਲ ਕਹਾਵਾਂ।

2. ਮਿੱਠਾ ਅੰਬ

ਮਿੱਠਾ ਅੰਬ ਸਭ ਦੇ ਮਨ ਭਾਵੇ,
ਵੇਖ ਕੇ ਇਸ ਨੂੰ ਮਨ ਲਲਚਾਵੇ।
ਇੱਕ ਵਾਰੀ ਜੇ ਇਸ ਨੂੰ ਖਾਵੇ,
ਉਂਗਲੀਆਂ ਚੱਟਦਾ ਰਹਿ ਜਾਵੇ।
ਕਹੇ ਫੇਰ ਇੱਕ ਹੋਰ ਲਿਆਉ,
ਭਾਵੇਂ ਟੋਕਰੀ ਭਰ ਕੇ ਲਿਆਉ।
ਖਾ-ਖਾ ਕੇ ਮੈਂ ਰੱਜਦਾ ਨਹੀਂ,
ਦੇਖ-ਦੇਖ ਦਿਲ ਭਰਦਾ ਨਹੀਂ।

Project Activity (Topics will be given)

HINDI

ਧਾਰ -

ई की मात्रा

उ की मात्रा

ऊ की मात्रा

ई, उ तथा ऊ की मात्राओं का पठन

ई, उ तथा ऊ की मात्राएँ- मात्राओं के शब्द, श्रुतलेख,
 शब्द-जोड़, चित्र लेखन, उचित मात्रा लगाओ
 फलों के नाम
 संज्ञा
 शब्द-अर्थ
 वाक्य बनाओ
 वर्ण के साथ मात्रा चिह्नों का प्रयोग

Project Activity (Topic will be given)

कविता

मेरा घर

मेरा घर है कितना प्यारा,
 सबसे अच्छा सबसे न्यारा।
 माँ बापू हैं मुझे पढ़ाते,
 शिक्षा देकर ज्ञान बढ़ाते।
 खेल कूद का रखते ध्यान,
 लाकर देते हैं सामान।
 करता हूँ मैं खूब पढ़ाई,
 इसमें होती नहीं ढिलाई।
 माँ कहती है राजदुलारा,
 पापा को लगता हूँ प्यारा।
 अच्छा उसका बनता जीवन,
 जिस घर में होता अनुशासन।

ऐ वतन

ऐ वतन तुझको नमन,
 सौ-सौ बार मैं करता हूँ।
 तेरी खातिर मिट जाऊँ,

ये वादा मैं करता हूँ।
 तेरी गंगा का पानी पीकर,
 जय हिन्द, जय हिन्द करता हूँ।
 बार-बार जन्म लूँ भारत में,
 विनती मैं यह करता हूँ।
 ऐ वतन तुझको नमन,
 सौ-सौ बार मैं करता हूँ।

PHYSICAL EDUCATION

1. Revision of previous work
2. Free hand exercises
3. Khelo India coordination (plate tapping test)
4. Practice of P.T.exercises
 - I. Jogging
 - II. Walking in straight line
5. Minor Game (River Bank)
6. Khelo India BMI
7. Recreational activities
8. Checking of cleanliness
9. Revision of first and second exercise

Note: Mid Term grading will be done

COMPUTER SCIENCE

Ms. Paint : Introducing Tool Box

Typing in **MS-Word** Sentence building, Using different fonts (using bullets)

Picture insertion, Opening of application and saving the files

Chapter-3 Parts of computer

Chapter-4 Handling a mouse

Computer Assessment on **M.S. Paint**

ART & CRAFT

July

1. Colouring Book "Creative Hands Part-1"
2. Draw Flowers and Butterflies
3. Activity on Environment Week

August

1. Colouring Book "Creative Hands Part-1"
2. Draw an Elephant Scene
3. Activity on Rakhi and Independence Day
4. Paper folding 'Dog'

September

1. Colouring book "Beginner's Art and Craft"
2. Draw a frog scene
3. Paper folding 'Boat'

DANCE

1. Folk Dances of Punjab, Rajasthan and Gujarat.
2. Working on Facial Expressions.

LANGUAGE SKILL

Theory

1. Segmenting Phonemes
2. Lesson English Coursebook – One Potato [difficult words]

3. Lesson English Coursebook – Ritu goes to the Market [difficult words]

4. Digraphs, Trigraphs, Diphthongs

5. Rules of Singular and Plural

6. Synonyms

7. Interactive activities

8. Unit II – Friendship (Language Companion)

9. Unit III – The World Around Us (Language Companion)

10. Pronouns

11. Tenses – Past and Past Continuous

12. Phonic Rule of 'wa', 'gh',

13. Phonic Rule of 'When two vowels go walking, the first one does the talking'

14. New vocabulary words

Sight words: Give, Were, Going, Had, Has, Her, Him, His, How, Let, Live, Thank, Them

Practical: (i) Level-1, Unit-4 Activity-3

(ii) Level-1, Unit-7, Activity-1

Art-Integrated & Multi-Disciplinary Activities

English-

Maths –

EVS –

Punjabi -

Hindi-

Role playing on Nouns.

Activity sheet on Money.

Activity sheet on the topic- How to keep fit.

ਚਿੱਤਰ ਦੇਖ ਕੇ ਔਖਰ ਲਿਖੋ (Inter-Disciplinary Activity)

चित्र लेखन (Inter-Disciplinary Activity)

ASSESSMENT-3

(October, November & December)

ENGLISH

L-8 On the Way to School (Coursebook)

L-10 The Lion and the Hare (Coursebook)

Reading, dictation words, opposites, make sentences, word meanings, Ques/Ans; etc.

Grammar

Nouns, Punctuation

Use of was/were

Use of a / an,

Composition - My School

Gender, Conjunctions

Singular/Plural (s, es, ies)

Adjectives

Poem

1. Meet Zippy (Coursebook, Pg no 34)

2. Seasons

Summer winter and the rain

Makes a yearly seasonal chain.

Some months are hot,

Some months are cold,

It is cold in the mountains,

And warm in the plains.

And when it is monsoon,

There is thunder and rain.

Project Activity

Sight words May, Of, Old, Once, Bowl, Open, Over, Put,
Round, Some, Stop, Take, Then, Think, Walk, Round

E.V.S

Lesson-11 People Who Help Us

Lesson-13 Safety Rules

Lesson-14 The World of Plants

Project Activity (Lesson-12, Travelling is Fun)

MATHS

1. Number Names (0-150)
2. Write numerals for the number names (1-150)
3. Numerals (1-600)
4. Encircle the biggest no. (1-100)
5. Descending order (1-100)
6. Sums of Addition (carry forward) and Sums of Subtraction
7. Table of 7 (2 to 7) (Mixed Tables)
8. Any series of Even numbers and Odd numbers (0-100)
9. Single digit multiplication sums (up to table of 7)
10. Shapes Circle and Triangle
11. Expand And write (Hundreds ,Tens and Ones)
12. Time

Project Activity

MORAL SCIENCE

- Lesson -10** Be polite
Lesson 11 The wolf and the Crane
Lesson-12 Disobedient Lamb
Lesson -13 The Cunning Shopkeeper

1. Prayer for the day (Oral)

Father keep me good today,
Make me helpful, kind and gay,
Keep me cheerful when I play,
Make me anxious to obey.
Amen

2. School Anthem, First Paragraph (Oral)

G.K. & CONVERSATION

GK: Lesson 18, 19, 20, 21, 22, 23, 24

Conversation-

Q1. What should you say when you interrupt someone?

Ans. Excuse me please.

Q2. What are the three magical words?

Ans. Sorry , Please , Thank you

Q3. What should you say when you want to enter the class?

Ans. May I come in Ma'am.

Q4. What should you say when you want to drink water from your water bottle ?

Ans. May I drink water from my water bottle.

Q5. What should you say if you hurt or push someone by mistake?

Ans I'm sorry.

ਪੰਜਾਬੀ

Punjabi Written

1. ਮੁਕਤਾ ਸ਼ਬਦ (ਦੋ, ਤਿੰਨ ਅੱਖਰਾਂ ਵਾਲੇ)
2. ਤਸਵੀਰ ਦੇਖ ਕੇ ਸ਼ਬਦ ਲਿਖੋ
3. ਸਹੀ ਸ਼ਬਦ ਤੇ ਗੋਲਾ ਲਗਾਉ
4. ਸ਼ਬਦ ਜੋੜ
5. ਸਹੀ ਸ਼ਬਦ ਚੁਣੋ
6. ਬੋਲ ਲਿਖਤ
7. ਖਾਲੀ ਥਾਵਾਂ ਭਰੋ।

Punjabi Oral

8. ਪਾਠ ਪੁਸਤਕ ਪੜ੍ਹਨ : ਮੁਕਤਾ ਸ਼ਬਦ (ਦੋ, ਤਿੰਨ ਅੱਖਰਾਂ ਵਾਲੇ)

9. ਕਵਿਤਾ:

1. ਚੌਂਕੀਦਾਰ

ਠੱਕ-ਠੱਕ ਕਰਦਾ ਚੌਂਕੀਦਾਰ,
ਕਰਦਾ ਹੈ ਸਭ ਨੂੰ ਹੁਸ਼ਿਆਰ।
ਹੱਥ ਵਿੱਚ ਉਸ ਦੇ ਸੋਟੀ ਹੈ,
ਸੋਟੀ ਬੜੀ ਹੀ ਮੋਟੀ ਹੈ।
ਰਹੇ ਜਾਗਦੇ ਕਹਿੰਦਾ ਹੈ,
ਸਾਰੀ ਰਾਤ ਨਾ ਸੌਂਦਾ ਹੈ।
ਮੌਸਮ ਹੋਵੇ ਗਰਮ ਜਾਂ ਠੰਢਾ,
ਚੋਰ ਆਵੇ ਤਾਂ ਮਾਰੇ ਡੰਡਾ।
ਗੱਲ ਬੜੀ ਹੀ ਸਾਫ਼ ਹੈ,
ਚੋਰੀ ਕਰਨਾ ਪਾਪ ਹੈ.....।

2. ਰਿਮਝਿਮ

ਰਿਮਝਿਮ ਰਿਮਝਿਮ ਵਸਿਆ ਪਾਣੀ
ਗਰਮੀ ਦੀ ਹੋਈ ਖਤਮ ਕਰਾਣੀ।
ਦੇਖ ਸਾਰੇ ਜੀਵ ਨਹਾਉਂਦੇ
ਪੇੜ ਪੌਦੇ ਵੀ ਮੁਸਕਰਾਉਂਦੇ
ਨੱਚਿਆ ਮੋਰ ਤੇ ਸਭ ਭੰਗੜੇ ਪਾਏ
ਗਰਮੀ ਜੀ, ਹੁਣ ਬਾਏ-ਬਾਏ।

Project Activity (Topic will be given)

HINDI

ए की मात्रा
ऐ की मात्रा
पाठ- लोमड़ी की चतुराई (खाली स्थान भरो)
ए की मात्रा का पठन
ऐ की मात्रा का पठन
ए की मात्रा तथा ऐ की मात्रा - मात्राओं के शब्द,
श्रुतलेख, शब्द-जोड़, चित्र लेखन।
उचित मात्रा लगाओ
खाली स्थान भरो
सब्जियों के नाम
शब्द-अर्थ
वाक्य बनाओ
वचन बदलो

Project Activity (Topic will be given)

कविता

अच्छे-अच्छे काम करो

सदा सवेरे उठा करो,
ध्यान लगाकर पढ़ा करो।
प्रतिदिन तुम स्नान करो,
फिर ईश्वर का ध्यान करो।
गुरुजन का सम्मान करो,
कभी न तुम अभिमान करो।
सबसे मिल-जुल कर रहना,
कड़वी बातें मत कहना।
अच्छे-अच्छे काम करो,
जग में ऊँचा नाम करो।

हम बच्चे

हम बच्चे हँसते गाते हैं,
हम आगे बढ़ते जाते हैं।
पथ पर बिखरे कंकड़ काँटे,
हम चुन-चुन दूर हटाते हैं।
आयें कितनी भी बाधाएँ,
हम कभी नहीं घबराते हैं।
धन दौलत से ऊपर उठकर,
सपनों के महल बनाते हैं।
हम खुशी बाँटते दुनिया को,
हम हँसते और हँसाते हैं।
सारे जग में सबसे अच्छे,
हम भारतीय कहलाते हैं।

PHYSICAL EDUCATION

1. Practice of Annual Athletic Meet Events
2. Khelo India speed test
3. Revision of 1,2 & 3 exercise PT
4. Participations for the Athletic Meet
5. Practice of marching in two lines
6. Practice of all exercises
7. Minor Game
8. Revision of all exercises
9. Run for Fun
10. Preparation of Annual Athletic Meet

COMPUTER SCIENCE

Ms-Paint : To create different scene using of colour box, paint bucket & shapes, opening of app & saving the files.

Creating folder, Renaming folder.

Chapter-5 Using a Keyboard

Chapter-6 Fun with paint.

Assessment on **MS-Paint**

Assessment will be conducted by **back exercise of chapter**

ART & CRAFT

- | | |
|-----------------|--|
| October | <ol style="list-style-type: none"> 1. Colouring book "Beginner's Art and Craft" 2. Draw a Rabbit Scene 3. Paper folding 'Hut' |
| November | <ol style="list-style-type: none"> 1. Colouring book "Beginner's Art and Craft" 2. Draw a Mouse Scene 3. Paper folding 'Whale Fish' |
| December | <ol style="list-style-type: none"> 1. Colouring book "Beginner's Art and Craft" 2. Draw a Kite Flying scene |

3. Activity on Christmas
4. Paper folding 'Joker'

LANGUAGE SKILL

Theory :

1. Segmenting Phonemes
2. Lesson English Coursebook – On the way to School [difficult words]
3. Lesson English Coursebook – The Lion and the Hare [difficult words]
4. Digraphs, Trigraphs, Diphthongs
5. Rules of Singular and Plural
6. Synonyms
7. Interactive activities
8. Unit IV – Animal Stories (Language Companion)
9. Prepositions
10. Demonstrative Pronouns
11. Phonic Rule of 'ch/tch' and 'ge/dge'
12. Role play
13. New vocabulary words

Sight words: May, Of, Old, Once, Bowl, Open, Over, Put, Round, Some, Stop, Take, Then, Think, Walk

Practical : (i) Level-1, Unit-9 Activity-3

Level-1, Unit-8, Activity Level-1, Unit-8, Activity

Art-Integrated & Multi-Disciplinary Activities

English- Activity sheet on Helpers.

Maths – Activity sheet on the Topic- Weight.

EVS – Activity on Animals and their shelter.

Punjabi - ਮੁਕਤਾ ਸ਼ਬਦ

Hindi- वर्णों के शब्द

DANCE

1. Briefing about various Classical Dance Forms.
2. 'Navras' and 'Hasta Mudras'.

ASSESSMENT-4

(January and February)

ENGLISH

L-11 The Little Red Hen (Coursebook)

L-13 A Road Trip (Coursebook)

Reading, dictation words, opposites, make sentences, word meanings, Ques/Ans; etc.

Grammar

Nouns, Punctuation

Composition - Importance of Sports, Verbs

Gender, Singular/ Plural (s, es, ies, ves)

Conjunctions, Use of a / an

Use of Has/Have

Poem

1) **Springtime** (Coursebook, Pg no 61)

2) **The Lion Lay Still in the Zoo** (Coursebook, Pg no 78)

Sight words When, Where, Which, Key, Sky, What, Why, Knife, Wrinkle, How

Project Activity

MATHS

1. Number Names (upto 200)
2. Write numerals for the number names (upto 200)
3. Numerals (upto 700)
4. Encircle the biggest number (upto 700)
5. Mixed tables from 2 to 7
6. Simple sums of division (\div)
7. Descending Order (1-700)
8. Problem sums of addition and subtraction
9. Sums of multiplication

10. Sums of addition (carry forward) and sums of subtraction (borrow)

11. Time

Project Activity

E.V.S

Lesson – 15 Animals' World

Lesson – 16 Water and Air

Lesson -17 Weather

Project Activity (L – 18 In the Sky)

MORAL SCIENCE

Lesson – 14 The Eagle and the Fox

Lesson- 15 The Company We Keep

Lesson-16 Be Kind to Animals

Lesson 17 Save water

1. Prayer of offering (Oral)

O' God I offer today

All I think or do or say

At home, at school and at play - Amen

2. School Anthem, Second paragraph (Oral)

CONVERSATION & G.K

GK : Lesson - 25, 26, 27, 28, 29, 30, 31, 32, 33

Conversation- (Oral)

Q1. How do you greet someone?

Ans. We greet someone by saying Good morning , Good afternoon or Good evening.

Q2. Which is your favourite season ?

Ans. _____ is my favourite season.

- Q3. How can we save the environment ?
 Ans. We should grow more trees to save the environment.
- Q4. Where do you like to play?
 Ans. I like to play- in the park /in the playground /at my friend's place.
- Q5. What type of food should we eat?
 Ans. We should eat fresh and healthy food

ਪੰਜਾਬੀ

- ਮੁਕਤਾ ਸ਼ਬਦ (ਚਾਰ ਅੱਖਰ), ਕੰਨਾ ਮਾਤਰਾ ਸ਼ਬਦ
- ਖਾਲੀ ਥਾਵਾਂ ਭਰੋ
- ਤਸਵੀਰ ਦੇਖ ਕੇ ਸ਼ਬਦ ਲਿਖੋ
- ਬੋਲ ਲਿਖਤ
- ਸਹੀ ਸ਼ਬਦ ਤੇ ਗੋਲਾ ਲਗਾਉ
- ਸ਼ਬਦ ਜੋੜ
- ਫਲਾਂ ਦੇ ਨਾਮ
- ਸਬਜ਼ੀਆਂ ਦੇ ਨਾਮ
- ਸਹੀ ਸ਼ਬਦ ਚੁਣੋ

Punjabi Oral

10.ਕਵਿਤਾ :

1. ਤਿਰੰਗਾ ਪਿਆਰਾ

ਭਾਰਤ ਮਾਂ ਦਾ ਤਿਰੰਗਾ ਪਿਆਰਾ,
 ਇਸ ਦੁਨੀਆਂ ਤੋਂ ਇਹ ਹੈ ਨਿਆਰਾ।
 ਤਿੰਨ ਰੰਗਾਂ ਦਾ ਇਹ ਨਿਸ਼ਾਨ,
 ਸਾਡੇ ਦੇਸ਼ ਕੌਮ ਦਾ ਮਾਨ।
 ਇਸ ਨੂੰ ਉੱਚਾ ਲਹਿਰਾਵਾਂਗੇ
 ਇਸ ਦੀ ਸ਼ਾਨ ਵਧਾਵਾਂਗੇ।

2. ਮੌਸਮ

ਮੌਸਮ ਬੜਾ ਮਨਮੋਹਣਾ ਹੈ,
 ਅਕਾਸ਼ 'ਚ ਬੱਦਲ ਸੁਹਣਾ ਹੈ।
 ਘਰ-ਘਰ ਖੀਰ ਤੇ ਪੂੜੇ ਪੱਕਣਗੇ
 ਬੱਚੇ ਖੁਸ਼ ਹੋ ਕੇ ਗੀਤ ਗਾਉਣਗੇ।
 ਕਾਲੀਆਂ ਇੱਟਾਂ, ਕਾਲੇ ਰੋੜ੍ਹ,
 ਮੀਂਹ ਵਸਾ ਦੇ ਜ਼ੋਰੇ-ਜ਼ੋਰ।

11. ਪਾਠ ਪੁਸਤਕ ਪੜ੍ਹਨ: 1. ਮੁਕਤਾ ਸ਼ਬਦ (ਦੋ ਅੱਖਰ, ਤਿੰਨ ਅੱਖਰ ਅਤੇ ਚਾਰ ਅੱਖਰ)
 2. ਕੰਨਾ ਮਾਤਰਾ ਸ਼ਬਦ (ਦੋ ਅੱਖਰ, ਤਿੰਨ ਅੱਖਰ ਅਤੇ ਚਾਰ ਅੱਖਰ)

Project Activity (Topic will be given)

HINDI

ओ की मात्रा
 औ की मात्रा
 अनुस्वार
 अनुनासिक
 पाठ- पिकनिक (प्रश्न-उत्तर)
 ओ की मात्रा का पठन
 औ की मात्रा का पठन
 ओ की मात्रा तथा औ की मात्रा - मात्राओं के शब्द,
 श्रुतलेख, शब्द जोड़, चित्र लेखन
 उचित मात्रा लगाओ
 प्रश्न-उत्तर
 शब्द-अर्थ
 वाक्य बनाओ
 लिंग बदलो
 विलोम शब्द
 गिनती

Project Activity (Topic will be given)

मेरा प्यारा देश महान,
 मेरा भारत देश महान।
 यहाँ न कोई ऊँचा-नीचा,
 देश हमारा एक बगीचा।
 रंग-बिरंगे फूलों जैसे
 हम सारे इंसान।
 मेरा प्यारा देश महान,
 मेरा भारत देश महान।
 वीर शहीदों ने दिलवाई
 भारत को आज़ादी।
 बलिदानों की कथा सुनाती
 अपनी प्यारी दादी।

सीखो

फूलों से नित हँसना सीखो,
 भौरों से नित गाना।
 पेड़ की झुकी डालियों से,
 सीखो शीश झुकाना।
 सूरज की किरणों से सीखो,
 जगना और जगाना।
 लता और पेड़ों से सीखो,
 सबको गले लगाना।
 जलधारा से सीखो आगे,
 जीवन पथ में बढ़ना।
 और धुँएँ से सीखो हरदम,
 ऊँचे ही पर चढ़ना।

January

1. Colouring book "Beginner's Art and Craft"
2. Draw a scenery
3. Paper folding Fox

February

1. Colouring book "Beginner's Art and Craft"
2. Draw an Owl scene
3. Paper folding Aeroplane

PHYSICAL EDUCATION

1. Revision of previous work
2. Introduction of warm up exercise
3. Recreational activities
4. Minor Game
5. Practice of turning movements (Left, Right, About turn etc.)

Note: Final grading will be done

COMPUTER SCIENCE

Revision of MS-Word & MS-Paint

LANGUAGE SKILL (ENGLISH)

1. Segmenting Phonemes
2. Lesson English Coursebook – The Little Red Hen
[difficult words]
3. Lesson English Coursebook – A Road Trip [difficult words]

4. Digraphs, Trigraphs, Diphthongs
5. Rules of Singular and Plural
6. Synonyms
7. Interactive activities
8. Unit V – Having Fun (Language Companion)
9. Adverbs
10. Articles
11. Phonic Rule of 'ou/ow' and 'ir/er/ur'
12. Role play
13. New vocabulary words

Sight words: When, Where, Which, Key, Sky, What, Why, Knife, Wrinkle, How

Practical : (i) Level-1, Unit-9 Activity-4

Art-Integrated & Multi-Disciplinary Activities

English-	All about Me- Animal Poster
Maths-	Activity- Time Telling Bingo
EVS –	Activity on Different Phases of moon
Punjabi -	ਤਸਵੀਰ ਦੇਖ ਕੇ ਵਾਕ ਪੂਰੇ ਕਰੋ।
Hindi-	चित्र देखकर वाक्य पूरे करो।

DANCE

1. Bollywood Dance Forms and Styles.
2. Hand Mudras and Foot movements.

ACTIVITIES FOR THE SESSION (2025-26) (K.G.Block)

March	Submission of books Commencement of the new session
April	World Health Day Baisakhi Activity Earth Day
May	Labour's Day Mother's Day Celebration
July	Save Environment Activity
August	Independence Day Celebration
September	Teacher's Day Celebration
October	Diwali Celebration Annual Athletic Meet
November	Children's Day Celebration
December	Christmas Celebration
January	Republic Day Celebration Annual Prize Distribution Function

COMPETITIONS FOR THE SESSION (2025-26)**Class - Ist**

Month	Competition
April	English Poem Compt. (out of syllabus with a theme)
May	Tapping Toes Compt. (Blue, Green, Orange, Pink) Tapping Toes Compt. (Red, Violet, Yellow)
July	Story Narration (English) (with the moral)
August	* WPM Speed Test in MS Word (Write max. words in 5 min) * English Handwriting Competition
September	Drawing & Colouring Compt. (Any scene with theme of your choice)
October	* Declamation Contest (Topics will be given)
	* Hindi & Punjabi Calligraphy
January	Quiz Contest