

SACRED HEART SR. SEC. SCHOOL
Bhai Randhir Singh Nagar, Ludhiana

Syllabus for Class-Nursery
Session 2025-2026

FOREWORD

Dear Parents,

Your child is the most important person in our school. Our goal and mission is to help the child to discover himself/herself. Our new development and skill based curriculum aims to find happiness in learning.

Assessment and teaching go hand in hand. Our progressive assessment technique has done away with the conventional ranking system and adopted the scheme of grading to encourage each and every child to do better than before.

We will need your help and support at every step to help the child to gain:-

- Knowledge of concept
- Spoken and written expression

Let us join hands and make the vision, a reality

General Instructions

1. Evaluation will be held in the month of September, December and February/ March.
2. Attendance will be marked on every Parent Teacher Meet and the children should accompany their Parents in School Uniform only.
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 (once in a month) 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 effect his/her grade in Value Education exam.

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 & Vitamin | 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, salted 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

1. My Alphabet World
2. Joy with Numbers
3. Around us (A Combined Book of EVS and Picture Dictionary)

Work-books

1. Fun with colours
2. Practice Numbers 1 to 20
3. The Penmanship Essentials (Modern Cursive Handwriting)

ASSESSMENT-1

(April to September)

ENGLISH

READING

Aa-Pp [with phonics]

WRITTEN

Standing line, Sleeping Line

Slanting line (/ , \), curves (,)
(Worksheets)

Letters - L, I, E, F, H, A, C, D, O, Q

Worksheets

- a) Matching letters (Capital to small) Aa - Pp
- b) Matching letters with the correct picture Aa - Pp

RECITATION

KINDERGARTEN

See me skip, see me run.
I am going to school, like everyone.
See me work, see me play.
I am in kindergarten today.

ONE, TWO, LISTEN AND DO

One, two, listen and do.
Three four face the door.
Five, six fingers on lips.
Seven eight line up straight.
Nine, ten now the quiet walking begins.

| VOCABULARY WORDS | ACTION WORDS |
|------------------|--------------|
| Tuck in | Coughing |
| Fasten | Sneezing |
| Pull Up | Cleaning |
| Open/ Close | Wiping |
| Done | Clapping |

MATHS

ORAL

| | |
|-----------------------|------|
| Counting | 0-20 |
| Recognition of | 0-5 |
| Count and say | 1-5 |

WRITTEN

Numbers 0, 1, 2, 3, 4, 6, 7
Worksheets
a) Matching Numbers - 0 - 5
b) Matching shapes with objects

HINDI RECITATION

मेरी टीचर

सबसे अच्छी मेरी टीचर,
हँसती खूब कहानी कहकर,
नए-नए वह गीत सिखाती,
हमको पिकनिक पर ले जाती।

गरमी

गरमी के दिन आते हैं,
हमको बहुत सताते हैं।
कहाँ खेलने जाएँ हम?
तेज धूप में निकले दम।
खेल का मैदान गरम,
कहीं चैन न पाते हैं,
मन ही मन झुँझलाते हैं।

CONVERSATION

MYSELF

Q1. What is your name?

Ans. My name is _____ .

Q2. Who are you?

Ans. I am a boy / girl.

Q3. How old are you?

Ans. I am three years old.

Q4. How are you?

Ans. I am good, Thankyou.

Q5. What is the name of your class teacher?

Ans. The name of my class teacher is _____.

Q6. In which class do you study?

Ans. I study in class Nursery _____ .

Q7. What is your father's name?

Ans. My father's name is _____.

Q8. What is your Mother's name?

Ans. My Mother's name is _____.

GOOD MANNERS

Q1. How do you greet in the morning?

Ans. Good Morning

Q2. How do you greet in the afternoon?

Ans. Good Afternoon

Q3. How do you greet in the evening?

Ans. Good Evening.

Q4. How do you greet at night?

Ans. Good Night.

MY SCHOOL

Q1. What is the name of your school?

Ans. The name of my school is **Sacred Heart Sr. Sec. School.**

Q2. Where is your school?

Ans. It is in **B.R.S. Nagar**, Ludhiana.

Q3. What is the name of the Director of your school?

Ans. **Reverend Father George** is the Director of our school.

Q4. What is the name of the Principal of your school?

Ans. **Reverend Sister Silvi** is the Principal of our school.

Q5. Do you love your school?

Ans. Yes, I do.

COLOURS

- Q1. What is the colour of the sky?
Ans. Sky is blue.
- Q2. What is the colour of an apple ?
Ans. An apple is red.
- Q3. What is the colour of lotus?
Ans. Lotus is pink.
- Q4. What is the colour of grass?
Ans. Grass is green.
- Q5. What is the colour of chocolate?
Ans. Chocolate is brown.

DAYS OF A WEEK

- Q1. How many days are there in a week?
Ans. There are 7 days in a week.
- Q2. Name the days of the week.
Ans. Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday.
- Q3. How many holidays do you have in a week?
Ans. We have 2 holidays in a week. Saturday and Sunday.

COMPOSITION

MY TEACHER

- My teacher's name is Ms._____.
- She is very loving.
- She teaches me good manners.
- I love her very much.

GENERAL KNOWLEDGE

PARTS OF HUMAN BODY (Pg. No. 42)

- Q1. Name five sense organs.
Ans. Eyes, Nose, Ears, Tongue and Skin.
- Q2. How many fingers do we have in each hand?
Ans. Four fingers and a thumb.
- Q3. Which body part helps us to walk?
Ans. Legs and Feet.
- Q4. Which body part helps us to hear?
Ans. Ears,
- Q5. Which body part helps us to write?
Ans. Hands.
- Q6. Which body part helps us to chew?
Ans. Teeth.
- Q7. How many toes do we have?
Ans. 10 toes.

FOOD/ VEGETABLES/ FRUITS

(Pg. No. 11, 12, 14, 15, 18, 19, 20)

- Q1. Name 4 junk foods.
Ans. Burger, Pizza, Fries and Noodles
- Q2. Which fruit is the king of fruits?
Ans. Mango
- Q3. Name the biggest vegetable.
Ans. Pumpkin
- Q4. Name two fruits red in colour.
Ans. Apple and Cherry

- Q5. Name two vegetables green in colour.
 Ans. Broccoli and Peas.
- Q6. Which is your favourite fruit?
 Ans. Mango/ Apple/ Grapes.....

MEANS OF TRANSPORT (Pg. No. 50)

- Q1. Name three means of transport.
 Ans. Land, Water, Air
- Q2. Which vehicle runs on railway track?
 Ans. Train
- Q3. Name one means of road transport.
 Ans. Car/ Bus/ Scooter/ Train.
- Q4. Name one means of water transport.
 Ans. Ship/boat/Yacht.
- Q5. Name two means of air transport.
 Ans. Aeroplane and Helicopter
- Q6. Name the fastest means of transport.
 Ans. Aeroplane.

PROFESSIONALS-I & PROFESSIONALS-II (Pg. No. 54, 55)

- Q1. Who catches thieves?
 Ans. A Policeman
- Q2. Who gives us medicine when we fall sick?
 Ans. A doctor
- Q3. Who teaches you?
 Ans. A teacher
- Q4. Who fights for our nation?
 Ans. A Soldier

VALUE EDUCATION

QUESTION ANSWERS RELATED TO GOD

- Q1. Where is God?
 Ans. God is everywhere.
- Q2. Do you pray daily?
 Ans. Yes, I do.
- Q3. Who made you?
 Ans. God made me
- Q4. How do you pray?
 Ans. I join my hands, close my eyes, bow my head and pray
- Q5. Why should we pray?
 Ans. We should pray to thank God.
- Q6. Name any 5 things made by God.
 Ans. The Sun, The Moon, The Stars, animals, flowers, birds etc.

SCHOOL PRAYER / MORNING PRAYER

Our Father, who art in heaven,
 Hallowed be thy name;
 thy kingdom come;
 thy will be done on earth
 as it is in heaven.
 Give us this day our daily bread,
 and forgive us our trespasses
 As we forgive those who trespass against us; and lead us
 not into temptation.
 but deliver us from evil. - AMEN

DRAWING

- (1) Scribbling
- (2) Circle
- (3) Square

COLOURING

Pg No. 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15

SINGING

- * God's Love
- * Are you sleeping
- * Alphabet Song

ASSESSMENT-2

(October, November and December)

ENGLISH

Aa - Uu [**With Phonics**]

Letters - P, R, B, T, G, K, J, S

Serial - A - L (Replication)

Worksheets

- a) Matching letters (Capital to small) Aa - Uu
- b) Circle the correct letter
Aa - Uu

READING WRITTEN

RECITATION

A LITTLE SEED

A little seed, for me to sow.
A little earth, to help it grow.
A little sun, a little shower,
A little while and then – A FLOWER

TRANSPORTATION

Take a bus, Or take a train
Take a boat, Or take a plane
Take a taxi, Take a car
May be near or may be far
Take a rocket to the moon
But be sure to come back soon

| VOCABULARY WORDS | EXPRESSIONS/FEELINGS |
|------------------|----------------------|
| Loo | Happy |
| Pushing | Sad |
| Hitting | Scared |
| Hang | Excited |
| Spilled | Hungry |

MATHS

ORAL

Counting 0-40
 Recognition of 0-7
 Count and say 1-7

WRITTEN

Numbers 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10
 Worksheets
 a) Matching Numbers - 0 - 7
 b) Count and write the number 1 - 7

HINDI RECITATION

मम्मी

मेरी मम्मी, प्यारी मम्मी,
 सारे जग से न्यारी मम्मी।
 मुझको दूध पिलाती है।
 मुझको खेल खिलाती है।
 जब भी मैं थक जाता हूँ,
 गोद में मुझे उठाती है।

आई दीवाली

आई दीवाली, आई दीवाली
 बच्चों को हर्षाने वाली।
 घर घर में है दीप जलाते,
 पट-पटा-पट चले पटाखे।
 छूटे फूलझण्डा और अनार,
 आओ मनाएँ यह त्योहार।

CONVERSATION

SEASONS & FESTIVALS

- Q1. How many seasons are there? Name them.
 Ans. There are 5 seasons.
 Summer, Winter, Rainy, Autumn and Spring season.
- Q2. Which season has the hottest weather?
 Ans. Summer Season
- Q3. Which season has the coldest weather?
 Ans. Winter Season
- Q4. Which festival is called the festival of lights ?
 Ans. Diwali
- Q5. Which festival is called the festival of colours?
 Ans. Holi
- Q6. When do we celebrate Christmas?
 Ans. On 25th December
- Q7. Where do we go to pray on Gurupurav?
 Ans. Gurudwara
- Q8. Name any 2 festival.
 Ans. Holi, Diwali, Christmas.

MONTHS OF THE YEAR

Q1. How many months are there in a year?

Ans. There are 12 months in a year.

Q2. Which is the first month of the year?

Ans. January is the first month of the year.

Q3. Which is the last month of the year?

Ans. December is the last month of the year.

COMPOSITION

MY COUNTRY

- India is my country.
- New Delhi is the capital of India.
- Currency of India is Rupee.
- I love my country.

GENERAL KNOWLEDGE

GAMES

Q1. Name the National Sport.

Ans. Hockey

Q2. Which game do we play with bat and ball?

Ans. Cricket.

Q3. Name 2 outdoor games.

Ans. Football and cricket.

Q4. Name 2 Indoor games.

Ans. Ludo and chess

OFF TO SCHOOL

Q1. Name any five stationery items.

Ans. Pencil, Pen, Eraser, Sharpener, Ruler, Marker etc.

Q2. What do we use to sharpen our pencil?

Ans. Sharpener

Q3. What do we use to erase our mistakes?

Ans. Eraser

Q4. What do you bring in your school bag?

Ans. Books, Notebooks, Almanac, Lunch box, Water Bottle.

ANIMALS (Wild, Domestic, Sea) (Pg. No. 3, 4, 5, 6, 7, 8)

Q1. Which animals give us milk?

Ans. Cow, Buffalo and Goat.

Q2. Which is the most faithful animal?

Ans. Dog

Q3. Which animals carry load?

Ans. Horse and Donkey

Q4. What does the hen give us?

Ans. Eggs

Q5. Name five wild animals.

Ans. Lion, Tiger, Zebra, Elephant and Bear.

Q6. Which animal is the king of the jungle?

Ans. Lion

Q7. Which animal has got trunk and tusks?

Ans. Elephant

Q8. Which animal has the longest neck?

Ans. Giraffe

Q9. Which aquatic animal has eight arms?

Ans. Octopus

Q10. Which animal has hump on its back?

Ans. Camel

Q11. Which sea animal looks like a star?

Ans. Star Fish

VALUE EDUCATION

LOVE AND PEACE

Q1. Do you love your elders?

Ans. Yes, I do.

Q2. Which bird is the symbol of peace?

Ans. Dove

Q3. Where was Lord Jesus born?

Ans. In Bethlehem

Q4. What is the message of Christmas?

Ans. Love, Peace and Joy

Q5. Who is the mother of Lord Jesus?

Ans. Mother Mary

Q6. Which colour is the symbol of peace?

Ans. White

Q7. Who is the father of Lord Jesus?

Ans. Father Joseph

SCHOOL PRAYER / MORNING PRAYER

Our Father, who art in heaven,

Hallowed be thy name;

thy kingdom come;

thy will be done on earth

as it is in heaven.

Give us this day our daily bread,

and forgive us our trespasses

As we forgive those who trespass against us; and lead us
not into temptation.

but deliver us from evil. - AMEN

PRAYER BEFORE MEALS

Thank you God for the world so sweet,

Thank you God for the food we eat,

Thank you God for the birds that sing,

Thank you God for everything

O God! Bless my food. -AMEN

DRAWING

(1) Triangle

COLOURING

Pg No. 16, 17, 18, 19, 20, 21

SINGING

- * Wheels of the Bus
- * Old MacDonald
- * One, Two, buckle My Shoe

ASSESSMENT-3

(January, February)

ENGLISH

READING

Aa - Zz [With Phonics]

WRITTEN

N, M, U, V, W, X, Y, Z

Serial - A - Z (Replication)

Worksheets

- a) Matching letters (Capital to small) Aa - Zz
- b) Circle the correct letter
Aa - Zz

RECITATION

I AM A LITTLE REINDEER

I am a little reindeer, ready to fly
I'll push Santa's sleigh, up in the sky.
Christmas is here, we can't be late
All the children just can't wait.

SUPER MANNERS

I have super manners.
Yes, I do.
I can say "Please" and
"Thank you" too.
When I play with friends,
I like to share.
That's the way
I show I care.

| VOCABULARY WORDS | OPPOSITES |
|------------------|----------------|
| Thirsty | Cold-Hot |
| Hungry | Inside-Outside |
| Today | Long-Short |
| Takeoff | Up-Down |
| School Almanac | Right-Left |

MATHS

ORAL

Counting 0-50
Recognition of 0-10
Count and say 1-10

WRITTEN

Serial 0 - 20 (Replication)

Worksheets

- a) Matching Numbers - 0 - 10
- b) Count and circle the correct number - 1 - 10

HINDI RECITATION

आलू बोला
आलू बोला मुझको खा लो,
मैं तुम को मोटा कर दूँगा।
पालक बोली मुझको खा लो,
मैं तुमको ताकत दे दूँगी।
गोभी, मटर, टमाटर बोले,
अगर हमे भी खाओगे।
खूब बड़े हो जाओगे,
जग में नाम कमाओगे।

अच्छे बच्चे

अच्छे बच्चे, अच्छे बच्चे।
पढ़ाई से कभी न डरते।
न किसी से लड़ते झगड़ते।
सभी बड़ों का आदर करते।

CONVERSATION

FAMILY / NEIGHBOURHOOD

Q1. Where do we go when we fall sick?

Ans. To the Hospital.

Q2. Where do we go to deposit our money?

Ans. To the Bank.

Q3. Where do we go to refill petrol in our cars and scooters?

Ans. To the Fuel station.

Q4. Where do we go for shopping?

Ans. To the market or to the mall.

Q5. Do you love your family?

Ans. Yes, I do

Q6. Who cooks tasty food for you?

Ans. My Mother

COMPOSITION

MY SCHOOL

- The name of my school is Sacred Heart Sr. Sec. School.
- It is in B.R.S. Nagar, Ludhiana.
- It has a big playground.
- I love my school very much.

GENERAL KNOWLEDGE

TREES/ PLANTS/ FLOWERS (Pg. No. 24, 25)

Q1. Name the national flower.

Ans. Lotus

Q2. Which flower faces the sun?

Ans. Sunflower

Q3. Name any two flowers.

Ans. Lilly and Rose

Q4. When do flowers bloom?

Ans. In the spring season

Q5. What do we get from plants?

Ans. Food, Fibre, Medicines etc.

CLOTHES WE WEAR (Pg. No. 31, 32)

Q1. Name two types of clothes that we wear in summer season.

Ans. Shirt, T-Shirt, Frock, Skirt-top etc.

Q2. Name two types of clothes that we wear in winter season.

Ans. Sweater, Jacket, Cap, Gloves etc.

Q3. What do we use in rainy season?

Ans. Umbrella, Raincoat, Gum boots.

Q4. What do you use to wipe your nose?

Ans. Handkerchief.

Q5. Which is our national tree?

Ans. Banyan Tree

VALUE EDUCATION

RESPECT & MAGICAL WORDS

Q1. What are the three magical words?

Ans. Please, Sorry, Thank-You.

Q2. What do you say when you make a mistake?

Ans. I say "Sorry".

Q3. What do you say when you get something?

Ans. I say "Thank you".

Q4. Whom should we respect?

Ans. We should respect everyone.

Q5. How do you help poor people?

Ans. By giving them food and clothes.

Q6. Name two qualities of a good child.

Ans. Helpful and caring.

SCHOOL PRAYER / MORNING PRAYER

Our Father, who art in heaven,

Hallowed be thy name;

thy kingdom come;

thy will be done on earth

as it is in heaven.

Give us this day our daily bread,

and forgive us our trespasses

As we forgive those who trespass against us; and lead us
not into temptation.

but deliver us from evil. – AMEN

PRAYER BEFORE MEAL

Thank you God for the world so sweet,

Thank you God for the food we eat,

Thank you God for the birds that sing,

Thank you God for everything

O God! Bless my food. –AMEN

PRAYER AFTER CLASS

O God infinite wisdom and the source of all knowledge,

Grant that we may remember what we have learnt.

We offer you our works and endeavours,

Our failures and successes.

Forgive us our shortcomings and

Give us the courage to follow always the path of truth.

DRAWING

(1) Rectangle

COLOURING

Pg No. 22, 23, 24, 25, 26, 27

SINGING

* Fingers Song
* Teddy Bear, Teddy Bear
* London Bridge

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

| | |
|------------------|--|
| April | Submission of books Commencement of the new session World Health Day Baisakhi Activity Earth Day |
| May | Labour's Day Mother's Day Celebration |
| July | Save Environment Activity |
| August | Independence Day Celebration |
| September | Teachers' 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)
(K.G. Block) Class - Nursery

| Month | Competition |
|--------------|--|
| May | English Recitation Competition (out of syllabus with a theme) |
| July | Hindi Recitation Competition (out of syllabus with a theme) |
| August | Inter-section fancy dress competition |
| October | English handwriting Competition |
| November | Drawing & Colouring Compt. |
| January | Quiz. Contest |

NURSERY ACTIVITIES (2025-26)

APRIL

- ❖ Paper Crushing
- ❖ Clay Modeling (Caterpillar)
- ❖ Earth Day Recognition of Green Colour
- ❖ Baisakhi Celebration

MAY

- ❖ Labour's Day (Importance of community helpers)
- ❖ Mother's Day
- ❖ Recognition of Yellow Colour(Welcoming summers)
- ❖ Clay Modelling (Sun making)
- ❖ Enhancing vocabulary with storytelling

JULY

- ❖ Welcoming Monsoon
- ❖ Environment Week
- ❖ Recognition of Blue Colour
- ❖ Storytelling on seasons

AUGUST

- ❖ Independence Day
- ❖ Recognition of Orange Colour
- ❖ Rakshabandhan

SEPTEMBER

- ❖ Teachers' Day
- ❖ Eating Habits & Table manners

OCTOBER

- ❖ Dussehra
- ❖ Importance of fruits

NOVEMBER

- ❖ Diwali Celebration
- ❖ Children's Day
- ❖ Importance of vegetables
- ❖ Activity on shapes
- ❖ Story on colours

DECEMBER

- ❖ Recognition of Red Colour
- ❖ Welcoming winters
- ❖ Robot making with rectangle
- ❖ Christmas celebration

JANUARY

- ❖ Welcoming New Year
- ❖ Traffic Signs and Road Safety
- ❖ Lohri Celebration
- ❖ Republic Day Celebration

FEBRUARY

- ❖ Market Scene