

KLE ENGLISH MEDIUM SCHOOL

JULE - SOLAPUR
SYLLABUS PLAN (2022-23)
STD II
SUBJECT - ENGLISH

SR .NO	MONTH		UNIT/SUB-UNIT	VALUES
1	JUNE	COURSEBOOK	Prose- Goldilocks and the Three Bears	Value family bonding and ethical values. Respect the privacy and property of others.
		WORKBOOK	Goldilocks and the Three Bears	Apply the grammar concepts to solve grammar exercise
		GRAMMAR	Nouns Naming words Countable and Uncountable naming nouns	Identify Countable and Uncountable nouns
2	JULY	COURSEBOOK	Prose -The Ant and the Grasshopper	Be responsible for yourself.
		COURSEBOOK	Poem-What is Pink?	Nature of beauty, Sky, Colours, Trees, Fruits, Respect and take care of nature.
		WORKBOOK	The Ant and the Grasshopper	Work hard today and you can reap the benefits tomorrow. Comprehend the passage.
		WRITING SKILL	Descriptive Writing	Learn to describe the people and things.
		GRAMMAR	Articles (A, An, The)	Correct use of Articles in the sentences
3	AUGUST	COURSEBOOK	Prose -The Test	Trust, Judgement, Faith, Hard Work, Team Work
		COURSEBOOK	Poem- My Hat!	To know the importance of hat
		COURSEBOOK	Prose- Echo	Learn to be calm and patience
		GRAMMAR	Pronoun -Me, you, him, her, it, us, them.	Proper use of pronoun in the sentences
		WORKBOOK	The Test	Comprehend the passage
4	SEPTEMBER	COURSEBOOK	Prose- The Spider's Lesson	Try try again until you succeed
		COURSEBOOK	Poem- Come Little Leaves	It is a lyric poem it is about interplay between leaves and wind
		WRITING SKILL	Write a Birthay Card	Learn to express your feeling.
		GRAMMAR	Describing words	Ability to describe anything
		WORKBOOK	Echo	Apply the grammar concepts to solve grammar exercise
		WORKBOOK	The Spider's Lesson	Apply the grammar concepts to solve grammar exercise
5	OCTOBER			
6	NOVEMBER	COURSEBOOK	Prose- Down the Rabbit Hole	Love towards animals and love your nature.
		GRAMMAR	Use am, is, are	Use of am, is, are in the sentences
		GRAMMAR	Use of Have/Has	Correct use of have/ has in the sentences
		WORKBOOK	Down the Rabbit Hole	Apply the grammar concepts to solve the grammar exercises Comprehend the passage
7	DECEMBER	COURSEBOOK	Prose -The Day the Sun Went Hiding	To learn the importance of sun and sunlight is very important for everybody.
		COURSEBOOK	Prose -The Hidden Gift	Hard work is the key to success.
		WRITING SKILL	Picture Composition	Write the sentences by looking at the picture
		GRAMMAR	Past Tense	Frame sentences in different tenses
		WORKBOOK	The Day the Sun Went Hiding	Apply the grammar concepts to solve the grammar exercises Comprehend the passage

8	JANUARY	COURSEBOOK	Prose -Things Are Puzzling	Story about real live.
			Poem- The Moon	It basically explaining freedom the moon has to do what is phases
			Poem- Laughing Song	It is about Songs of Innocence it is the simplest and clearest example.
		GRAMMAR	- ly words (Adverb)	Use of appropriate adverbs in the sentences.
		WORKBOOK	The Hidden Gift	Apply the grammar concepts to solve the grammar exercises Comprehend the passage
9	FEBRUARY	COURSEBOOK	Prose -The Beach	To appreciate the beautyof nature
		WRITING SKILL	Story Writing	Self expressions help us to put forth our thoughts positively
		GRAMMAR	Joining word and (Conjunction)	Join the words and sentences by using correct conjunction.
		WORKBOOK	The Beach	Comprehend the passage
		WORKBOOK	Things Are Puzzling	Apply the grammar concepts to solve the grammar exercises Comprehend the passage
11	MARCH	REVISION		

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STD II

SUBJECT - HINDI

Sr.No	Month	Unit/Subunit	Values	Activity
1	June	१) पद्य - कौन?	१) प्रकृति से जुड़ी चीजों के प्रति प्रेम और आदर का भाव रखना।	कविता का ताल-सुर के साथ गायन करो। (१०)
		व्याकरण - पर्यायवाची शब्द		
		२) कहानी - नया सांच	२) मिल-जुलकर रहने के लिए छात्रों को प्रेरित करना।	
		व्याकरण - लिंग		
2	July	३) कहानी संवाद - नौद	३) बड़ों की बात मानने के लिए प्रेरित करना।	रिश्तों के नामों की सूची बनाओ। (माँ की बहन- मासी) (१०)
		व्याकरण- विलोम शब्द, शुद्ध शब्द		
		४) कहानी - मैं और मरी माँ	४) परिवार का महत्व बताना।	
		व्याकरण- वचन		
3	August	५) पद्य - सरदो- गरमों गादाम	५) प्रकृति से जुड़ी चीजों के प्रति प्रेम और आदर का भाव रखना।	ऋतुओं के बारे में चित्रों के माध्यम से जानकारी लिखो। (१०)
		व्याकरण - गिनती (१ से २५)		
4	September	६) पद्य - नहीं सूर्य से कहता कोई	६) विनम्रता और सौम्यता के लाभों से परिचित करवाना।	अपनी दिनचर्या लिखो। (१०)
		व्याकरण - सप्ताह और महिनो के नाम		
		७) कहानी - गिलहरी और कौआ	७) मेहनत का महत्व बताना।	
5	October	पुनरावृत्ति		
II TERM				
6	November	८) पद्य - कुह-कुहू, काँव- काँव	८) मीठी बोलों की आवश्यकता का समझना।	पाक्षियों की बोलियाँ लिखो। (१०)
		व्याकरण - क्रिया, विशेषण		
		९) एकांकी - स्वच्छ रहोगे, स्वस्थ रहोगे	९) स्वच्छता का महत्व बताना।	साफ़-सफाई का महत्व बताओ। (१०)
		व्याकरण - बिंदी और चंद्रबिंदुवाले शब्द		
7	December	१०) पद्य - अल- बच्चें।	१०) बच्चों को सच बोलने के लिए प्रेरित करना।	कविता का सस्वर गायन करो। (१०)
		व्याकरण - मुहावरे		
		११) पद्य - रंग जमाया टी. वी. ने	११) मनोरंजन के महत्व को बताना।	
8	January	१२) कहानी - भूत	१२) संयम का महत्व बताना।	
		व्याकरण - संज्ञा, सर्वनाम		
		१३) पद्य - टोपीवाला और बंदर	१३) कठिनाईयों के समय हिम्मत न हारना।	विविध पेड़ पौधों के नाम लिखो। (१०)
9	February	१४) पर्यावरणलेख - मैं हूँ छुई - मुई	१४) प्रकृति को अनमोल पेड़-पौधों के प्रति संवेदना रखना।	
		व्याकरण - चित्रवर्णन		
		१५) पद्य - बहुत जरूरी बातें	१५) समाज में बढ़ रही आपराधिक प्रवृत्ति के प्रति सचेत रहना।	
10	March	पुनरावृत्ति		

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JULE - SOLAPUR
SYLLABUS PLAN (2022-23)
STD II
SUBJECT - MARATHI

Sr.No.	Month	unit/subunit	VALUES	Activity
			I TERM	
1	जून	मराठी मुळाक्षरे	मुळाक्षरांची ओळख व लेखन, वाचन	बोधपर कथा सांगणे.
		पायरी १	मुळाक्षरांची ओळख	
		पायरी २	चित्रावरून शब्दांची ओळख	
		पायरी ३	मुळाक्षरावरून अर्थपूर्ण शब्द तयार करणे	
		पायरी ४	लहान वाक्यांचे वाचन व लेखन करणे	
2	जुलै	स्वाध्याय -१	प्रश्नांची सोडवणूक	
		पायरी ५	चित्रावरून शब्दांची ओळख	मुळाक्षरापासून शब्द
		पायरी ६	लहान वाक्यांचे वाचन व लेखन करणे	तयार करून लिहिणे.
		पायरी ७	शब्द संग्रह वाढवणे	
		स्वाध्याय - २	प्रश्नांची सोडवणूक	
		पायरी ८	अक्षरांना पहिली वेलीं कशी देतात वाचतात	
		पायरी ९	लिहितात यांची ओळख	
		पायरी १०	लहान वाक्यांचे वाचन व लेखन करणे	
		स्वाध्याय - ३	प्रश्नांची सोडवणूक	
		व्याकरण - समानार्थी शब्द	शब्द संग्रह वाढवणे	
3	ऑगस्ट	पायरी ११	चित्रावरून शब्दांची ओळख	
		पायरी १२	शब्द संग्रह वाढवणे	चित्राविषयी माहिती
		पायरी १३	लहान वाक्यांचे वाचन व लेखन करणे	
		स्वाध्याय - ४	प्रश्नांची सोडवणूक	
		पायरी १४	चित्रावरून शब्दांची ओळख	
		पायरी १५	शब्द संग्रह वाढवणे	
		पायरी १६	लहान वाक्यांचे वाचन व लेखन करणे	
		स्वाध्याय - ५	प्रश्नांची सोडवणूक	
		व्याकरण - विरुद्धार्थी शब्द	शब्द संग्रह वाढवणे	
				फुलांची नावे लिहिणे.
4	सप्टेंबर	पायरी १७	चित्रावरून शब्दांची ओळख	
		पायरी १८	शब्द संग्रह वाढवणे	
		पायरी १९	लहान वाक्यांचे वाचन व लेखन करणे	
		स्वाध्याय - ६	प्रश्नांची सोडवणूक	
		पायरी २०	चित्रावरून शब्दांची ओळख	
		पायरी २१	शब्द संग्रह वाढवणे	
		पायरी २२	लहान वाक्यांचे वाचन व लेखन करणे	
		स्वाध्याय - ७		
5	ऑक्टोबर	सराव	प्रश्नांची सोडवणूक	
			सराव	
			II TERM	
6	नोव्हेंबर	पायरी २३	चित्रावरून शब्दांची ओळख	परिसरातील पक्षांची नावे सांगा.
		पायरी २४	शब्द संग्रह वाढवणे	
		पायरी २५	लहान वाक्यांचे वाचन व लेखन करणे	
		स्वाध्याय - ८	प्रश्नांची सोडवणूक	
				मराठी महिन्यांची नावे
		पायरी २६	चित्रावरून शब्दांची ओळख	

		पायरी २७	शब्द संग्रह वाढवणे	
		पायरी २८	लहान वाक्यांचे वाचन व लेखन करणे	
		स्वाध्याय - ९	प्रश्नांची सोडवणूक	
7 डिसेंबर		पायरी २९	चित्रावरून शब्दांची ओळख	
		पायरी ३०	शब्द संग्रह वाढवणे	
		पायरी ३१	लहान वाक्यांचे वाचन व लेखन करणे	
		स्वाध्याय - १०	प्रश्नांची सोडवणूक	
		व्याकरण - लिंग		
		पायरी ३२	चित्रावरून शब्दांची ओळख	आवडत्या सणाविषयी
		पायरी ३३	शब्द संग्रह वाढवणे	
		पायरी ३४	लहान वाक्यांचे वाचन व लेखन करणे	माहिती सांगणे.
8 जानेवारी		स्वाध्याय - ११	प्रश्नांची सोडवणूक	
		पायरी ३५	शब्दांचे वाचन व लेखन	
		पायरी ३६	शब्द संग्रह वाढवणे	
		पायरी ३७	शब्द संग्रह वाढवणे	
		पायरी ३८	लहान वाक्यांचे वाचन व लेखन करणे	चित्रावरून कथा सांगणे
		पायरी ३९	शब्द संग्रह वाढवणे	
		पायरी ४०	शब्द संग्रह वाढवणे	
9 फेब्रुवारी		पायरी ४१	चित्रावरून शब्दांची ओळख	
		पायरी ४२	शब्द संग्रह वाढवणे	
		पायरी ४३	लहान वाक्यांचे वाचन व लेखन करणे	
		मराठी बाराखडी	काना, वेलांटी, उकार, मात्रा, अनुस्वार या	
		व्याकरण - वचन	चिन्हांचा वापर करून बाराखडीची कशी	
			लिहितात, वाचतात यांची ओळख, लेखन,	
10 मार्च		सराव		

KLE ENGLISH MEDIUM SCHOOL

JULE - SOLAPUR
SYLLABUS PLAN (2022-23)
STD II
SUBJECT - MATHEMATICS

Sr.No	MONTH	UNIT / SUBUNIT	VALUES	ACTIVITIES
1	Jun	2-digit numbers	Abstract learning and logical thinking	
		Grouping Numbers		
		The Abacus		
		Place Value		
		Odd and even numbers		
		Before , After ,Between		
		Comparision of numbers		
		Ascending and descending order		
2	July	Addition and subtraction of 2- digit numbers	Problem solving and reasoning	Addition and Subtraction of numbers using flash cards.(Activity-1)
		Properties of addition		
		Addition of 2-digit numbers		
		Addition of 3-digit numbers		
		Subtraction of 2-digit numbers		
		Applying Subtraction		
		Checking subtraction with addition		
3	Jul/Aug	3- digit Numbers	Abstract learning and logical thinking	Make greater and smaller three digit numbers out of given number cards.(Activity-2)
		3-digit numbers on abacus		
		Expanded notation		
		Numbers 101 to 1000		
		Before , After ,Between		
		Compairing three digit numbers		
4	Aug/Sep	Addition and subtraction of 3- digit numbers	Problem solving and reasoning	
		3-digit addition with regrouping of once &tens		
		Addition of three numbers		
		3- digit subtraction		
		3- digit subtraction with regrouping of tens and hundreds		
		Subtracting 3- digit numers with zeros		
5	September	Multiplication	To develop the Aesthetic sense, Creative thinking, Multiplying using tables	Prepare tables(2 to 10) on Ice cream Sticks as a wall hanging.(Activity-3)
		Multiplication Tables 1-10		
		Order property of multiplication		
		Multiplication of a 2-or 3-digit numbers by 1-digit number		
		Multiplying a 2-digit number by 1-digit number with regrouping		
		Multiplying a 3-digit number by 1-digit number with regrouping		
		Multiplication by 10 ,20 ,30		
6	September	Shapes and Patterns	Development of concentration, reasoning skill, Aptitude skill	Prepare a pattern using thumb prints.(Activity-4)
		Straight and curved sides		
		Solid shapes		
		Roll or slide		
		Straight lines and curved lines		
		Patterns		
7	October	Revision		
8	November	Time	Accuracy, Time Management	To make list of national holidays on project paper using calender.(Activity-5)
		Reading time in half hour; in quarter hour; Quarter to		
		Months of year; Total number of days in a year		
		Days of the week; Calendar		
9	December	Division	Develop the sense of Sharing equally and distribute into equal groups.	
		Division; Division and multiplication are related		
		Division and multiplication tables		
		Long division; Division with remainder		

10	Dec/Jan	Money Changing money; Conversion of rupees to paise & paise to rupees Addition of money; Subtraction of money	Accuracy, Shopping skills, Saving, Charity	Draw Indian currency on a project paper. (Act
	January	Measurement Standard units; Centimetre and metre Addition and subtraction of length Addition of metres and centimetres Subtraction of metres and centimetres Weight; Standard units-gram and kilogram Addition and subtraction of gram and kilogram Capacity; Addition and Subtraction of litres and millilitres	Accuracy and precision.	To measure the things with standard and non standard units.(Activity-7)
11	Jan/Feb	The Concept of Fractions Half One third Quarter or one-fourth Fractions	Identifying parts of a whole.	Representing half,one third and one fourth by using colourfull paper.(Activity-8)
12	February	Handling Data Pictograph	Intreprete data using pictograph	
13	March	Revision		
14	April			

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JULY - SOLAPUR
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STD II

SUBJECT - EVS

Sr.No	Month	Name of the lessons	Values	Activities
1	June	1. Myself	Knowing about self	Make your own name tag.(Activity-1)
		2. Human Body	Eat healthy and stay healthy	
2	July	3. My Family	Help Others ; Respect and Taking Care	Prepare a Family tree with photographs.(Activity 2)
		4. Food We Eat	Importance of food we eat	Observe the food items in your kitchen which we get from plants and animals and make a list of it.(Activity 3)
		5. Clothes we wear	Unity in diversity	
3	August	6. We Need Shelter	Conserve nature , sharing caring	Prepare two types of houses using matchsticks and cotton.(Activity-4)
		7. Keeping Healthy	Being Healthy	
		8. Safety and First Aid	To be careful and safe	
4	September	9. My School	Develop culture and values; integration	
		10. Neighbours and Neighbourhood	Dignity of Labour ; Respect, Charity	Role Play of Community helpers.(Activity-5)
		11. We Need Them		
5	October			
6	November	12. Our Festivals	Celebrating together	Describe your favourite festivals in few lines.(Activity-6)
		13. Travel And Communicate	Importance of communication and Time	List different means of transport with pictures and name them (any 1)(Activity-7)
		14. Directions And Time		
7	December	15. Weather And Seasons	Importance of every weather in particular season	
		16. The World of Plants	Go Green	Collect dried leaves , flowers and seeds and make your own creative design .(Activity-8)
8	January	17. Plants Are Useful		
		18. The World of Animals	Appreciate diversity in animals	List out the names of any Five Animal Shelters and describe it.(Activity-9)
		19. Animals Are Useful		
9	February	20. The World Around us	Exploring Nature	Draw and colour the pictures of things in which we fill air.(Activity-10)
		21. Air		
10	March	22. Water	Importance of water and reuse of it.	

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JULE - SOLAPUR
SYLLABUS PLAN (2022-23)

STD II

SUBJECT -Computer Science

Sr. No.	Month	Title
Term-I		
1	June/July	Computer...A smart machine
2	August	Parts of a computer
3	September	How does a computer work?
4	October	Operating a computer
Term-II		
5	November	The keyboard and its functions
6	December	Tux Math
7	January	Using MS Word 2016
8	February/March	Tux Paint

KLE ENGLISH MEDIUM SCHOOLJULE - SOLAPUR
SYLLABUS PLAN (2022-23)
STD II
SUBJECT -Art & Craft

Sr.no	Month	Topic		Values
		Drawing	Craft	
1	June	Basic Shapes lines, circle, curve line	Greeting cards	To Develop hand Eyes Coordination
2	July	Colour Introduction	Clay Activity /Rakhi n	To Develop Imagination and Creativity
3	August	Memory drawing (Ducks Swimming in water)	Clay Activity	To Develop power of observation
4	September	Memory drawing Tortoise	Paper craft Hat	To Develop Imagination and Creativity
5	October	Design Lamp	Lantern making	To Develop power of Imagination and Creativity
6	November	Memory lion	Print Making	To help develop children's creativity and experimentation.
7	December	Nature Drawing (Flowers)	paper craft Pen Stand	To Improves Imagination Hand-Eye Coordination
8	January	Object Drawing Nature Drawing	Paper craft (Fish)	To Improves Imagination Hand-Eye Coordination
9	February	Fruit Basket, My Birthday Cake	Candle with paper	To Improves Imagination Hand-Eye Coordination
10	March	Kite , Cartoon		

KLE ENGLISH MEDIUM SCHOOL

JULE - SOLAPUR
SYLLABUS PLAN (2022-23)
STD II
SUBJECT -Yoga

Sr.no	MONTH	Content	Values	Activity
1	June	<ul style="list-style-type: none"> ☑ Introduction to Yoga (Basic Description of Yoga, origin of Yoga, Importance of Yoga, Instructions Do's & Dont's) ☑ Introduction to Pranayam (Importance of breath, Normal session of breathing technique) ☑ Effect of Chanting OM on different organs. ☑ Warm up Exercises ☑ Sitting Asana - Swastikasan 	<ul style="list-style-type: none"> ☑ Discipline ☑ Knowledge improvement ☑ Health awareness 	<ul style="list-style-type: none"> ☑ Prayer Yogen Chittasya.. ☑ Chanting OM
2	July	<ul style="list-style-type: none"> ☑ Sukshma Vyayam (Warm up exercises) ☑ Standing Asanas - Tadasan, Merudand Sanchalan, Dvikonasan ☑ Sitting Asana - Sinhasan ☑ Sources of our energy ☑ Pranayam - Thoracic breathing 	<ul style="list-style-type: none"> ☑ Self Knowledge ☑ Flexibility 	<ul style="list-style-type: none"> ☑ Skill Practice ☑ Chanting OM
3	August	<ul style="list-style-type: none"> ☑ Sukshma Vyayam (Warm up exercises) ☑ Standing Asanas - Vrikshasan, Ardha Kati Chakrasan, Utkatasan ☑ Sitting Asanas - Parvatasan, Shishuasan ☑ Pranayam - Clavicular breathing ☑ Importance of food (Types of food, Effect of food on our mind) 	<ul style="list-style-type: none"> ☑ Acceptance & Kindness ☑ Health & Hygine ☑ Good food habits 	<ul style="list-style-type: none"> ☑ Skill Practice ☑ Memory Games ☑ Mantra Chanting – Annadata Sukhi Bhavah
4	September	<ul style="list-style-type: none"> ☑ Introduction to Suryanamaskar (Importance of 	<ul style="list-style-type: none"> ☑ Peace of mind ☑ Harmony ☑ Social Awareness 	<ul style="list-style-type: none"> ☑ Suryanamskar Mantra ☑ Practice of Asanas
		<ul style="list-style-type: none"> Practicing Surya Namskaras, Effects of each asana, Demonstration & Practice) ☑ Sitting Asanas - Baddhakonasan, Vajrasan, Marjarasan ☑ Pranayam - Candle Pranayam 	<ul style="list-style-type: none"> ☑ Activeness 	

5	October	<ul style="list-style-type: none"> ☒ Standing Asanas - Trikonasan Sitting Asanas Padmasana, Vakrasana, Ardha Ushtrasana, ☒ Prone Asanas Shalabhasana, Bhujangasana ☒ Effects of Mantra Chanting 	<ul style="list-style-type: none"> ☒ Improvement in Health & Peace of mind, respect 	<ul style="list-style-type: none"> ☒ Mantra Chanting - Gurumantra, Om Asto ma Sadgamaya...
6	November	<ul style="list-style-type: none"> ☒ Standing Asana Virbhadrasana ☒ Sitting Asana Gomukhasana ☒ Prone Viparitshalabhasana ☒ Supine Naukasana ☒ Introduction to Meditation 	<ul style="list-style-type: none"> ☒ Calmness ☒ Alertness ☒ Mind Management 	<ul style="list-style-type: none"> ☒ Mantra chanting- Sarve Bhavantu..
7	December	<ul style="list-style-type: none"> ☒ Introduction to Yog Nidra ☒ Prone Asanas Dhanurasana Makarasan Supine Asanas Setubandhasana Pawanmuktasan ☒ Introduction to Mudras - Mahamudra 	<ul style="list-style-type: none"> ☒ Self Control ☒ Relaxed & Focused mind 	<ul style="list-style-type: none"> ☒ Mantra chanting- Sahanavavtu....
8	January	<ul style="list-style-type: none"> ☒ Warmup Exercises ☒ Sitting Asana ☒ Yogmudra ☒ Practice of Pranayam Mudra - Anjali 	<ul style="list-style-type: none"> ☒ Humility ☒ Compassion ☒ Gratitude ☒ Responsibility 	<ul style="list-style-type: none"> ☒ Mantra chanting- Purnmadah...
9	February	<ul style="list-style-type: none"> ☒ Warmup Exercises and Practice of Pranayam ☒ Supine Sarvangasana, Uttitpadasan ☒ Mudra - Chin 	<ul style="list-style-type: none"> ☒ Sharing & Caring ☒ Cooperation ☒ Honesty 	<ul style="list-style-type: none"> Warmup Exercises Yoga quotes from Bhagavat Geeta

KLE ENGLISH MEDIUM SCHOOL

JULE - SOLAPUR
SYLLABUS PLAN (2022-23)

STD II

SUBJECT -Sports

Sr.no	MONTH	EVENTS	VALUES
1	June	<ul style="list-style-type: none">☐ General warm up & Basic body movement☐ Minor games (Funny Short Distance Races)☐ Recreational Funny Games	<ul style="list-style-type: none">☐ Discipline☐ Improve Health and Peace of mind
2	July	<ul style="list-style-type: none">☐ Minor games (Recreational Games)☐ Basic Stretching (Hand, Lower back, Legs.)☐ Rural Games (Limbu-Sharbat,Ligori,Fire in the Montain.)☐ Medicine ball throw Competition – All Groups	<ul style="list-style-type: none">☐ Self-Knowledge☐ Muscle Strength
3	August	<ul style="list-style-type: none">☐ General warm up & Basic body movement☐ Minor games (Recreational Games)☐ PT Demonstration Practice☐ Indoor Games Carrom	<ul style="list-style-type: none">☐ Fitness☐ Endurance Building
4	September	<ul style="list-style-type: none">☐ General warm up☐ Sack Race Competition – All groups☐ Stretching Exercises of Lower Body & Trunk☐ Minor games (Recreational Games)	<ul style="list-style-type: none">☐ Discipline☐ Sportsmanship☐ Muscle Building
5	October	<ul style="list-style-type: none">☐ General warm up☐ Basic Endurance Games Activity☐ Minor games (Light intensity Group games)	<ul style="list-style-type: none">☐ Activeness☐ Regularity of Habits
6	November	<ul style="list-style-type: none">☐ Basic Endurance Games Activity☐ 50 mtr Running Race Competition- All Groups☐ Minor games (Light intensity Group games)	<ul style="list-style-type: none">☐ Endurance Building
7	December	<ul style="list-style-type: none">☐ Basic body movement☐ Minor games (Funny Indoor games)	<ul style="list-style-type: none">☐ Maintaining body balance☐ Friendship
8	January	<ul style="list-style-type: none">☐ General warm up & Basic body movement☐ Minor games (Recreational Games)☐ Stretching Exercises of Sitting Position☐ Hurdles Race competition –All Groups	<ul style="list-style-type: none">☐ Maintaining Bosity Balance☐ Activeness
9	February	<ul style="list-style-type: none">☐ General warm up☐ Minor games (Funny Short Distance Races)☐ Stretching Exercises of Standing Position	<ul style="list-style-type: none">☐ Body Balance☐ Dedication