

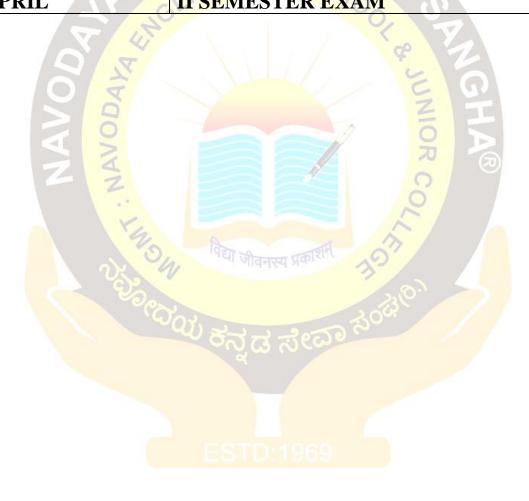
NAVODAYA ENGLISH HIGH SCHOOL AND JUNIOR COLLEGE, THANE.

### SYLLABUS FOR THE ACADEMIC YEAR 2024-2025

### STD/DIV: V NAME OF THE TEACHER: SUBJECT: ENGLISH

| MONTH     | CHAPTER NO    | PORTION                                    |
|-----------|---------------|--|
| JUNE      | Lesson no 1   | What a Bird Thought                        |
|           | Lessonno 2    | Day dreams                                 |
|           | Lessonno 3    | Be a Good Listener                         |
| · P ·     | Lesson no 4   | Strawberries                               |
| JULY      | Lesson no 5   | The Twelve Months<br>(Reading)             |
|           | Lesson no 6   | Announcements (Activity)                   |
| D Z       | Lesson no 7   | Major DhyanChand                           |
|           | Lesson no 8   | Peer Profile (Activity)                    |
| AUGUST    | Lesson no 9   | The Triantiwontigongongolope<br>(Reading)  |
|           | Lesson no 10  | Three Sacks of Rice                        |
| E.        | Lesson no 11  | Be a Good Speaker                          |
| 7         | Lesson no 12  | Count your Garden                          |
| 230 V30   | Lesson no 13  | The Adventures of Gulliver<br>(Self Study) |
| SEPTEMBER | Lesson no 14  | A Lesson for All                           |
|           | Lesson no 15  | Bird Bath                                  |
|           | Lesson no 16  | Write your own                             |
|           |               | <b>Story</b> (Assignment)                  |
| OCTOBER   | I SEMESTER EX | AM   |
| NOVEMBER  | Lesson no 17  | On the Water                               |
| DECEMBER  | Lesson no 18  | Weeds in the Garden                        |
|           | Lesson no 19  | Be a Good Host and Guest                   |
|           | Lesson no 20  | <b>Only One Mother</b>                     |
|           | Lesson no 21  | The Journey to the Great                   |
|           |               | Oz (Reading)                               |
|           | Lesson no 22  | A Book Review                              |
|           | Lesson no 24  | Senses Alert (Activity)                    |

| JANUARY  | Lesson no 23     | Write your own Poem<br>(Assignment) |
|----------|------------------|-------------------------------------|
|          | Lesson no 25     | The Man in the Moon                 |
|          | Lesson no 26     | Water in the Well                   |
|          | Lesson no 30     | Be a Netizen (Self Study)           |
| FEBRUARY | Lesson no 27     | The Legend of Marathon              |
|          | Lesson no 28     | All about Money                     |
|          | Lesson no 29     | A Lark                              |
|          | Lesson no 32     | Helen Keller                        |
|          | Lesson no 33     | Rangoli (Activity)                  |
| MARCH    | Revision GH      |                                     |
| APRIL    | II SEMESTER EXAM |                                     |







## SYLLABUS FOR THE ACADEMIC YEAR 2024-2025

## STD/DIV: V NAME OF THE TEACHER: SUBJECT: ENGLISH GRAMMAR

| MONTH     | CHAPTER NO                        | PORTION   |
|-----------|-----------------------------------|---|
| JUNE      | Grammar<br>Grammar<br>Composition | Punctuation (As per<br>text book)<br>Parts of Speech<br>Paragraph Writing |
| JULY      | Grammar<br>Composition            | Kinds of Nouns<br>Pronouns<br>Note Writing                                |
| AUGUST    | Grammar<br>Composition            | Ar <mark>ticles</mark><br>Kinds of Sentences<br>Fact File                 |
| SEPTEMBER | Grammar<br>Composition            | Adverb & its Kinds<br>Informal Letter                                     |
| OCTOBER   | I SEMESTER EXAM                   |   |
| NOVEMBER  | Grammar<br>Composition            | Tenses,<br>Essay Writing  |
| DECEMBER  | Grammar<br>Composition            | Adjectives & its kinds<br>Formal Letter                                   |
| JANUARY   | Grammar<br>Composition            | Proverbs,<br>Degree of Comparison<br>Story Writing                        |
| FEBRUARY  | Grammar<br>Composition            | Figures of Speech<br>Dialogue Writing                                     |
| MARCH     | •                                 | •   |
| APRIL     | II SEMESTER EXAN                  | <u>л</u>  |



NAVODAYA ENGLISH HIGH SCHOOL AND JUNIOR COLLEGE, THANE.

## SYLLABUS FOR THE ACADEMIC YEAR 2024-2025

### **STD/DIV:V** NAME OF THE TEACHER:

### SUBJECT: MARATHI

| MONTH      | CHAPTER NO              | PORTION                                |
|------------|-------------------------|--|
| JUNE       | पाठ क्र. १, २,३,४       | मुळाक्षरे<br>बाराखडी                   |
| AL         | GLISH HIGH SCA          | १.नाचरेमोरा(कविता)<br>२.हत्तीचेचात्र्य |
| <b>T</b>   | No.                     | ३.खेळ्याशब्दांशी                       |
| OO NAVA    |                         | ४.हीपिसेकोणाची?<br>निबंध               |
| JULY S     | पाठ क्र. ५.,६,७         |  |
| JOLI A RAN |                         | ६. <mark>ऎकूयाखे</mark> ळूया           |
|            |                         | ७ <mark>.खेळत</mark> खेळतवाचूया        |
| 255        | विद्या जीवनस्य प्रकाशम् | मुद्द्यावरून गोष्ट                     |
| AUGUST     | पाठ क्र. ८,९,१०,११,१२   | ,. ८.कोणापासूनकायघ्यावे?               |
|            | - ್ ನ್ನಡ ಸೇವಾ           | ९.सिंहआणिबेड्क                         |
|            |                         | १०.बैलपोळा(कविता) Activity             |
|            |                         | ११.इंधनबचत                             |
|            | ESTD:1969               | १२.बोलावेकसे?                          |
|            |                         | पत्रलेखन                               |
|            |                         |  |

| SEPTEMBER | पाठ क्र. १३,१४,१६,१७      | १३.अन्भव१ (Self study)      |  |
|-----------|---------------------------|-----------------------------|--|
|           | , , , .                   | १४.चित्रसंदेश               |  |
|           |                           | १६.मीनदीबोलते               |  |
|           |                           | १७.आमचीसहल                  |  |
|           |                           | आकलन                        |  |
|           |                           | (Assignment व्याकरण)        |  |
| OCTOBER   | I SEMESTER EXAM           |                             |  |
| NOVEMBER  | पाठ क्र. १५,१८            | १५.नदीचेगाणे (कविता)        |  |
|           | NNADA SA                  | १८. पैशांचेव्यवहार          |  |
| V         | AUGHO                     | (Assignment)                |  |
|           | ISH MIGH SCHO             |                             |  |
| DECEMBER  | पाठ क्र.१९,२०,            | १९. अनुभव२                  |  |
| O X       |                           | २०.गमतीदारपत्र              |  |
| OT        |                           | निबंध,मुद्यावरून गोष्ट      |  |
|           |                           | I                           |  |
|           |                           | DR P                        |  |
| JANUARY   | पाठ क्र. २१,२२,२३,२४      | २१. छोटेसेबहीणभाऊ           |  |
| T.        |                           | २२. वाच्या,लिह्या.          |  |
| 4         | े विद्या जीवनस्य प्रकाशम  | २३. प्रामाणिकइस्त्रीवाला    |  |
|           | A market way 3            | २४. ऐका.पहा.करा. (Activity) |  |
|           | 2012                      | पत्रलेखन                    |  |
| FEBRUARY  | पाठ क्र.२५,२६,२७,२८       | २५. मालतीचीचतुराई           |  |
|           |                           | २६.पतंग(कविता)              |  |
|           |                           | २७.महर्षीविव्वलरामजीशिंदे   |  |
|           | ESTD. 1000                | (Self study)                |  |
|           | ESTD: 1969                | २८.फुलपाखरूआणिमधमाशी        |  |
|           |                           | •                           |  |
| MARCH     |                           | आकलन                        |  |
| APRIL     | उजळणी<br>II SEMESTER EXAM |                             |  |





## NAVODAYA ENGLISH HIGH SCHOOL AND JUNIOR COLLEGE, THANE.

## SYLLABUS FOR THE ACADEMIC YEAR 2024-2025

# STD/DIV: VNAME OF THE TEACHER:SUBJECT: HINDI

| MONTH     | CHAPTER NO                                  | PORTION   |
|-----------|---|---|
| JUNE      | पहलीइकाई<br>प्रहास सादम                     | वर्णमाला,<br>मात्राएँ,बारहखड़ी,<br>आओखेलें  |
| AVA EN    | पाठ१<br>पाठ२                                | नंदनवन (Assignment)<br>ब्ँ्दें  |
| JULY      | पाठ३<br>पाठ ४<br>पाठ५<br>पाठ६               | योग्यचुनाव<br>कश्मीरा (Reading)<br>पहचानहमारीभाग-१ (व्याकरण)<br>पेटूराम   |
| 1         | विद्या जीवन्त्रण                            | पाठसेसंबंधितव्याकरणऔरनिबंध  |
| AUGUST    | पाठ ७<br>पाठ८<br>पाठ९<br>पाठ१०<br>पाठ११     | बधाई कार्ड (Activity)<br>करोऔरजानो (Self-study)<br>नीम<br>गड़ाधन<br>मित्रता<br>पाठसेसंबंधितव्याकरणऔरकहानी -लेखन         |
| SEPTEMBER | पाठ१२<br>पाठ१३<br>पाठ१४<br>पाठ १५<br>पाठ १६ | बचत<br>पहचानहमारीभाग -२<br>मैं सड़क हूँ<br>व्यायाम (Oral)<br>बोलो और जानो<br>पाठसेसंबंधितव्याकरण, आकलनतथा<br>पत्र -लेखन |

|          | I SEMESTER EXA  |   |
|----------|-----------------|---|
|          | दूसरीइकाई       |   |
|          | पाठ१            | गाँवऔरशहर (Oral)                              |
| NOVEMBER | पाठ२            | जीवन  |
|          | पाठ३            | भाई - भाई का प्रेम                            |
|          |                 | पाठसंबंधितव्याकरणऔरनिबंध                      |
| DECEMBER | पाठ४            | बालिकादिवस                                    |
|          | чточ АDА        | रोबोट   |
|          | पाठ६            | जुड़ेंहम (Self-Study)                         |
|          | पाठान HIGH SC   | बोध (व्याकरण)                                 |
| A A      | ्र पाठ८         | बीज.  |
|          | UT IN INTERNET  | पा <mark>ठसेसंबंधितव्याकरणतथापत्र-लेखन</mark> |
| JANUARY  | पाठ९            | मुझे पहचानो 🕕 👝 संस्थ                         |
| N Q      | पाठ १०          | मुझे जानो (Activity)                          |
| JANUARY  | पाठ११           | वीरोंकोप्रणाम                                 |
|          | पाठ१२           | सपूत 🔿  |
|          |                 | पाठसेसंबंधितव्याकरणतथाकहानी-                  |
|          | 10 Auto Martin  | लेखन  |
| FEBRUARY | पाठ१३           | राष्ट्रीयत्योहार (Reading)                    |
|          | पाठ१४           | हमअलग- रूपएक                                  |
|          | पाठ१५ त त तर्ल  | ्रानी   |
|          | पाठ१६           | बचाव  |
|          | पाठ१७           | निरीक्षण (Assignment)                         |
|          | ESTD:1969       | <b>पाठसे संबंधित</b> व्याकरणतथा आकलन          |
|          |                 |   |
| MARCH    |                 |   |
| APRIL    | II SEMESTER EXA | AM  |



### SYLLABUS FOR THE ACADEMIC YEAR 2024-2025

### STD/DIV:V NAME OF THE TEACHER: SUBJECT:MATHEMATICS

| MONTH     | CHAPTER NO.                            | PORTION  |
|-----------|--|--|
| JUNE      | NNADA                                  | SA   |
| LP        | Chapter 2<br>Chapter 3 GH S            | Number Work<br>Addition<br>and Subtraction   |
| JULY      | Chapter 4<br>Chapter 1                 | Multiplication<br>and Division<br>Roman Numerals (Self<br>Study)                                     |
| AUGUST    | Chapter 5<br>Chapter 6                 | Fractions<br>Angles (Activity-Pg. No.<br>34,37)  |
| SEPTEMBER | Chapter 6<br>Chapter 7                 | Angles (continued)<br>Circles  |
| OCTOBER   | I SEMESTER EXA                         | M  |
| NOVEMBER  | Chapter 8                              | Multiples and Factors  |
| DECEMBER  | Chapter 9<br>Chapter 10<br>Chapter 10  | Decimal Fractions<br>Measuring Time<br>Measuring Time<br>(SS Pg No. 59 -61)                          |
| JANUARY   | Chapter 11<br>Chapter 12<br>Chapter 13 | Problems on Measurement<br>Perimeter and Area<br>Three Dimensional<br>Objects and Nets<br>(Activity) |
| FEBRUARY  | Chapter 14<br>Chapter 15<br>Chapter 16 | Pictographs<br>Patterns(Activity)<br>Preparation for Algebra<br>(uptoPg.No. 87)                      |
| MARCH     | Chapter 16                             | Preparation for Algebra<br>(continued)   |
| APRIL     | II SEMESTER EX                         | AM   |





NAVODAYA ENGLISH HIGH SCHOOL AND JUNIOR COLLEGE, THANE. SYLLABUS FOR THE ACADEMIC YEAR 2024-2025

STD/DIV:VNAME OF THE TEACHER:SUBJECT:ENVIRONMENTAL STUDIESI

| MONTH     | <b>CHAPTER NO</b> | PORTION                             |
|-----------|-------------------|-------------------------------------|
| JUNE      | Lesson 1          | Our Earth and Our Solar System      |
|           | Lesson 2          | Motions of the Earth                |
| JULY      | Lesson3 HIGH      | The Earth and its Living World      |
| 91        | Lesson 4          | <b>Environmental Balance</b>        |
|           | Lesson5           | Family Values(WS)                   |
| AUGUST    | Lesson6           | <b>Rules Are for Everyone(WS)</b>   |
|           | Lesson7           | Let us So <mark>lve our</mark> own  |
| D Z       |                   | Problems(Viva)                      |
|           | Lesson 8          | <b>Public Facilities and My</b>     |
|           |                   | School(Viva)                        |
| SEPTEMBER | Lesson 9          | Maps our Companions(Self study)     |
|           | Lesson 10         | Getting to Know India               |
| 1         | Lesson 11         | Our Home and Environment            |
|           | ि विद्या जीवनस्य  | (Activity)                          |
| OCTOBER   | I SEMESTER EX     | AM                                  |
| NOVEMBER  | Lesson12          | Food for All (WS)                   |
|           | Lesson13          | Methods of Preserving Food          |
|           | Lesson14          | Transport (Activity)                |
| DECEMBER  | Lesson15          | <b>Communication</b> and Mass Media |
|           |                   | (WS)                                |
|           | Lesson16          | Water (WS)                          |
|           | Lesson17          | Clothes – our Necessity (Activity)  |
| JANUARY   | Lesson18          | The Environment and Us (Self study) |
|           | Lesson19          | <b>Constituents of Food</b>         |
|           | Lesson20          | Our Emotional World (Viva)          |
|           | Lesson21          | <b>Busy at Work-our Internal</b>    |
|           |                   | Organs                              |
| FEBRUARY  | Lesson23          | Infectious Diseases and how to      |
|           |                   | Prevent them                        |
|           | Lesson24          | Substances, Objects and Energy      |

|       | Lesson22      | Growth and Personality                                       |    |
|-------|---------------|--|----|
|       | Lesson25      | Development (Viva)<br>Community Health and Hygiene<br>(Viva) |    |
| MARCH | REVISION      |  |    |
| APRIL | II SEMESTER E | XAMINATION   | EX |







### SYLLABUS FOR THE ACADEMIC YEAR 2024-2025

### **STD/DIV: V** NAME OF THE TEACHER:

### SUBJECT: ENVIRONMENTAL STUDIES II

| MONTH                  | CHAPTER NO                   | PORTION   |
|------------------------|------------------------------|---|
| JUNE                   | Lesson no. 1                 | What is History?  |
| JULY                   | Lesson no. 2                 | History and the<br>Concept of 'Time'  |
| OOD AVA                | Lesson no. 3                 | Life on Earth (3.2 & 3.3 SS)  |
| AUGUST                 | Lesson no. 4                 | <b>Evolution (4.1</b><br>Assignment)  |
| SEPTEMBER              | Lesson no. 5                 | Evolution of<br>Mankind   |
| OCT <mark>OB</mark> ER | I SEMESTER EXA               | AM  |
| NOVEMBER               | Lesson no. 6                 | Stone Age : Stone<br>Tools  |
| DECEMBER               | Lesson no. 7<br>Lesson no. 8 | From Shelters to<br>Village-<br>settlementsBeginning<br>of Settled Life (8.4<br>Assignment) |
| JANUARY                | Lesson no. 9                 | Settled Life and<br>Urban Civilization  |
| FEBRUARY               | Lesson no. 10                | Historic Period<br>(10.4Viva, Activity)   |
| MARCH                  | -                            | I   |
| APRIL                  | II SEMESTER EXAM             |   |

### SYLLABUS FOR THE ACADEMIC YEAR 2024-2025

## STD/DIV: V - NAME OF THE TEACHER:

### SUBJECT:DRAWING

| MONTH           | <b>PORTION</b>                           |
|-----------------|--|
| JUNE            | CH C |
| JULY            | Memory –Independence<br>Day              |
| AUGUST          | Paper Collage Ganpati<br>Festival        |
| SEPTEMBER       | Design Saree Border<br>(Mosaic Painting) |
| OCTOBER I SEMES | STER EXAM                                |
| NOVEMBER        | Memory – Kite Flying                     |
| DECEMBER        | Print Making T- Shirt                    |
| JANUARY         | Memory - Picnic                          |
| FEBRUARY        | Nature Drawing                           |
| MARCH           | Revision                                 |
| APRIL II SEME   | ST <mark>ER EXAM</mark>                  |

ESTD:1969





## NAVODAYA ENGLISH HIGH SCHOOL AND JUNIOR COLLEGE, THANE.

## **SYLLABUS FOR THE ACADEMIC YEAR 2024-2025**

# STD/DIV: V NAME OF THE TEACHER: SUBJECT:CRAFT

|                 | NADA 0.               |                               |
|-----------------|-----------------------|-------------------------------|
| MONTH           | CHAPTER NO            | PORTION                       |
| JUNE            | ISH HIGH SCHO         | Envelope                      |
| JULY            |                       | Pinwheel                      |
| AUGUST          |                       | Dog                           |
| SEPTEMBER       | Scenery               |                               |
| <b>OCTOBER</b>  | I SEMESTER EXAM       |                               |
| NOVEMBER        | 1                     | Fr <mark>ock</mark>           |
| DECEMBER        |                       | Ch <mark>ristm</mark> as tree |
| JANUARY         |                       | Kite                          |
| <b>FEBRUARY</b> |                       | <b>Greeting Card</b>          |
| MARCH           | विद्या जीवरणा प्रकाशम | 57                            |
| APRIL           | II SEMESTER EXAM      |                               |





NAVODAYA ENGLISH HIGH SCHOOL AND JUNIOR COLLEGE, THANE.

### **SYLLABUS FOR THE ACADEMIC YEAR 2024-2025**

## **STD/DIV: V NAME OF THE TEACHER:**

### SUBJECT: DANCE

| UDJECI. DANCE          | NNADA SA         |
|------------------------|------------------|
| MONTH                  | PORTION          |
| JUNE                   | Basic Steps      |
| JULY                   | Lazim            |
| AUGUST                 | Bollywood Styles |
| SEPTEMBER              | Garba            |
| OCTOBER                | I SEMESTER EXAM  |
| NOVEMB <mark>ER</mark> | Folk Dance       |
| DECEMBER               | Bhangra 2        |
| JANUARY                | Birdie Dance     |
| FEBRUARY               | Koli Dance       |
| MARCH                  | 3,07             |
| APRIL                  | II SEMESTER EXAM |



NAVODAYA ENGLISH HIGH SCHOOL AND JUNIOR COLLEGE, THANE.

## **SYLLABUS FOR THE ACADEMIC YEAR 2024-2025**

# STD/DIV: VNAME OF THE TEACHER:SUBJECT:MUSIC

| MONTH     | <b>CHAPTER NO</b>    | PORTION                         |
|-----------|----------------------|---------------------------------|
| JUNE      | NNADA                | (SHLOKA) KARAGRE VASATE         |
|           | UNCH -               | LAKSHMI                         |
| JULY      | ISH 1201 S           | AIGIRI NANDINI                  |
|           | Gr                   |                                 |
| AUGUST    | 3                    | AYE WATAN AYE WATAN             |
| N Q       |                      | HUMK <mark>O TERI K</mark> ASAM |
| O V       |                      | (PATRIOTIC)                     |
| SEPTEMBER | 4                    | MAHALAKSHMI ASHTAKAM            |
| OCTOBER Z | I SEMESTER EXAM      | 00                              |
| NOVEMBER  | 5                    | JYOT SE JYOT JALATE             |
| DECEMBER  | विद्या ज6नस्य प्रकार | HAR HAR SHAMBHU SHIV            |
| 0°00      |                      | MAHADEVA.                       |
| JANUARY   | 20 8-27-200          | JAHAN DAAL DAAL PAR SONE        |
|           |                      | KI CHIDIYA .                    |
| FEBRUARY  | 8                    | TU BUDDHI DE TU TEJ DE          |
|           | Ŭ                    | (PRAYER)                        |
| MARCH     | ESTD:196             | -                               |
| APRIL     | II SEMESTER EXAM     |                                 |





NAVODAYA ENGLISH HIGH SCHOOL AND JUNIOR COLLEGE, THANE.

### **SYLLABUS FOR THE ACADEMIC YEAR 2024-2025**

# STD/DIV: VNAME OF THE TEACHER:SUBJECT:VALUE EDUCATION

| Month     | Topics                  |
|-----------|-------------------------|
| JUNE      | HIG/Sensitivity         |
| JULY      | Self Discipline         |
| AUGUST    | National Integration    |
| SEPTEMBER | Courtesy 20             |
| OCTOBER   | I SEMESTER EXAMINATION  |
| NOVEMBER  | Environmental Values    |
| DECEMBER  | Labour Culture          |
| JANUARY   | Scientific Attitude     |
| FEBRUARY  | Religious Tolerance     |
| MARCH     | 20 <sup>9</sup>         |
| APRIL     | II SEMESTER EXAMINATION |



## SYLLABUS FOR THE ACADEMIC YEAR 2024-2025

# STD/DIV: VNAME OF THE TEACHER:SUBJECT: INFORMATION TECHNOLOGY (IT)

| MONTH                   | LESSON<br>NO.                       |                                       |
|-------------------------|-------------------------------------|---------------------------------------|
| JUNE                    | 1                                   | COMPUTER SYSTEM                       |
| JULY                    | 2                                   | INTERNET SERVICES                     |
| JULI                    | 3                                   | AN INTRODUCTION TO WORD 2016          |
| AUGUST                  | 4                                   | EDITING A WORD DOCUMENT(Practical)    |
|                         | 3                                   | TEXT FORMATTING (Practical)           |
| SEPTEMBER               | 6 GRAPHICS IN WORD(Practical)       |                                       |
| OCTOBER                 |                                     |                                       |
| NOVEM <mark>BE</mark> R | 8 DESIGNING THE DOCUMENT(Practical) |                                       |
| DECEM <mark>BER</mark>  | 9 DRAWING A TABLE (Practical)       |                                       |
| JANUARY                 | 10                                  | DIFFERENT FEATURES IN WORD(Practical) |
|                         | 11                                  | MAIL MERGE IN WORD                    |
| FEBRUARY                | 12                                  | PRINT A WORD DOCUMENT                 |
|                         | 13                                  | WHAT'S NEW IN THE TECH WORLD          |
| MARCH                   | REVISION AND PRACTICAL EXAM         |                                       |
| APRIL                   | II SEMESTER EXAM                    |                                       |





## NAVODAYA ENGLISH HIGH SCHOOL AND JUNIOR COLLEGE, THANE. SYLLABUS FOR THE ACADEMIC YEAR 2024-2025

# STD/DIV: VNAME OF THE TEACHER:SUBJECT: P.EDN

| MONTH  | PORTION  |                               |                             |  |
|--------|--|-------------------------------|-----------------------------|--|
|        | INTRODUCTION SESSION WITH STUDENTS   SAVDHAN AND VISHRAM POSITOIN  CELEBRATION OF INTERNATIONAL YOGA DAY  YOGASANA |                               |                             |  |
| JUNE   | STANDING<br>POSITION<br>ASANAS   | SITTING<br>POSITION<br>ASANAS | LYING<br>POSITION<br>ASANAS |  |
|        | Tadasana Tadasana  | Padmasana 🦉 📐                 | Bhujangasana                |  |
|        | Vriksa <mark>sana</mark>   | Parvatasana                   | Halasana                    |  |
|        | Trikonasana  | Vajrasana                     | Naukasana                   |  |
|        | Garudasana   | Pashimottanasana              | Dhanurasana                 |  |
|        | Hastpadasan     SAVDHAN AND VISHR  | Sukhasana                     | Shavasana                   |  |
|        | <ul> <li>KADAM TAAL (March</li> <li>WARM-UP EXERCISE<br/>(Stretching/Cool down e</li> </ul>                        | NCO                           |                             |  |
|        | <ul> <li>LEFT/RIGHT TURN (बाएंमूड़/ दाहिनेमूड़)</li> <li>MASS PT EXERCIS</li> </ul>                                |                               |                             |  |
|        |  |                               |                             |  |
|        |  |                               |                             |  |
| AUGUST | RECREATIONAL GAMES     Sit-ups   | 5 (HURDLES)                   |                             |  |
| AUGUST | RECREATIONAL GAMES   | 5 (HURDLES)                   |                             |  |
| AUGUST | RECREATIONAL GAMES     Sit-ups   | 5 (HURDLES)                   |                             |  |
| AUGUST | <ul> <li>RECREATIONAL GAMES<br/>Sit-ups</li> <li>Push-up</li> </ul>  | 5 (HURDLES)                   |                             |  |
| AUGUST | <ul> <li>RECREATIONAL GAMES<br/>Sit-ups</li> <li>Push-up</li> <li>Skipping</li> </ul>                              | 5 (HURDLES)                   |                             |  |

| SEPTEMBER | <ul> <li>HEIGHT &amp; WEIGHT CHECKING</li> <li>PT PRACTICAL         <ul> <li>Running</li> <li>Spot Jump</li> <li>Vertical Jump</li> <li>Forward Bend &amp; Reach</li> <li>Squats</li> </ul> </li> </ul> |
|-----------|---|
| OCTOBER   | I SEMESTER EXAM   |
| NOVEMBER  | ANNUAL SPORT MONTH     Athletics - Track & Field event     Running event game practice     March Pass     KadamTaal     Drills  |
| DECEMBER  | • Warm-up exercise<br>• DUMBBLES EXERCISE (No 1 - 7)  |
| JANUARY   | DUMBBLES EXERCISE (No 1 - 7)     Exam Last Week of Month  |
| FEBRUARY  | <ul> <li>HEIGHT &amp; WEIGHT CHECKING</li> <li>REVISION OF MASS PT EXERCISE<br/>(Seating &amp; Standing Ex.)</li> <li>DUMBELLS EX. EXAM</li> </ul>  |
| MARCH     | II SEMESTER EXAM  |

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### SYLLABUS FOR THE ACADEMIC YEAR 2024-2025

## STD/DIV: V - NAME OF THE TEACHER: SUBJECT:GENERAL KNOWLEDGE

| MONTH     |                            |  |
|-----------|----------------------------|--|
| JUNE      | CH HIGH S QUIZ 1           |  |
| JULY      | QUIZ 2<br>QUIZ 3<br>QUIZ 4 |  |
| AUGUST    | QUIZ 5<br>QUIZ 6<br>QUIZ 7 |  |
| SEPTEMBER | QUIZ 8                     |  |
| OCTOBER   | I SEMESTER EXAM            |  |
| NOVEMBER  | QUIZ 9                     |  |
| DECEMBER  | QUIZ 10<br>QUIZ 11         |  |
| JANUARY   | QUIZ 12                    |  |
| FEBRUARY  | QUIZ 13                    |  |
| MARCH     |                            |  |
| APRIL     | II SEMESTER EXAM           |  |





### NAVODAYA ENGLISH HIGH SCHOOL AND JUNIOR COLLEGE, THANE.

### SYLLABUS FOR THE ACADEMIC YEAR 2024-2025

### STD/DIV: V - NAME OF THE TEACHER:

### SUBJECT:WORK EXPERIENCE

| MONTH       | ADA PORTION                                    |  |
|-------------|--|--|
| JUNE        | Yoga Day                                       |  |
| JULY CLISIN | Janmashtami (Pot<br>Decoration)                |  |
| AUGUST      | Independence Day                               |  |
| SEPTEMBER   | Ganesh Festival &<br>Hindi Divas               |  |
| OCTOBER     | I SEMESTER EXAM                                |  |
| NOVEMBER    | Flower Vase Decoration<br>(Vegetable Printing) |  |
| DECEMBER S  | Wreath Decoration                              |  |
| JANUARY     | Republic Day                                   |  |
| FEBRUARY    | Science Day& Marathi<br>Divas                  |  |
| MARCH       | जीवनस्य प्रकाशन 🔨                              |  |
| APRIL       | II SEMESTER EXAM                               |  |