



K.L.E. SOCIETY'S ENGLISH MEDIUM CBSE SCHOOL, NIPANI.

Year Planner 2026-27

Grade: VII

Subject	Month	Chapter	Learning Outcomes	Skill Developed	Assignments
English	April	Bridge Course	*Students are able to learn basic of English Language	LSRW	Taught topics Exercise
	June	L no1.The M.C.C	*Students understand the main idea of the lesson *Identify characters and their roles. *Relate the story to real-life sportsmanship * Learn new vocabulary *Under theme *infer meaning	*Reading *Speaking *Thinking * Listening and *Observation skills *Vocabulary building *Reading * Speaking *Observation *Creative Thinking	*Write a short summary of the story *Answer short question *Learn new word and meanings * Write 5 sentences your favourite game *Write a short summary of the lesson *Answer textbooks questions *Learn word meanings *Draw a picture and describe
		L no.2.To Truly Understand a Rainbow			

					it“Rainbow”
	July	Poem -Coromandel Fishers	*Students will understand the theme of the poem	* Recitation of the poem *Speaking * Creative Thinking *Imagination	*Write the summary of the poem *Answer textbook questions *Learn word meanings
		Lno.3. The Green Morning	*Students will be understanding the theme of the lesson *Identify plot & characters	*Reading *Comprehension *Vocabulary *Critical thinking	*Paragraph writing
	August	Poem -Maps	*Students will understand the theme of the poem	* Recitation of the poem *Speaking *Creative Thinking *Imagination	*Write the summary of the poem *Answer textbook questions *Learn word meanings
		Lno.4 The Fight	*Understand human behavior	*Speaking *Reading *Vocabulary building *Reasoning	* Write summary of the lesson *Write moral

	Sept	Lno.5 The Small Ghost of the Mountain Poem -Break, Break, Break	*Understand the themes of empathy and conservation. *Analyze character growth * Develop imagination *Students will understand the theme of the poem *Identify emotions in poetry	* Critical thinking * Empathy & Sensitivity *Reading fluency *Vocabulary building *Recitation of the poem *Speaking * Creative *Thinking	*Write summary of the lesson *Question & Answers from the text. *Write the summary of the poem *Answer textbook questions *Learn word meanings
	October	Lno6 The Wolves of Cernogratz Poem-The Mother Bird	*Understand elements of a play *Identify characters and their roles *Develop speaking and expression skills * Students will understand the theme of hope and change * Appreciate the courage of a small bird (Mother bird) * Identify poetic devices * Learn new vocabulary	*Reading *Speaking *Listening *Teamwork *Reading * Speaking *Observation *Critical Thinking	*Learn and present a dialogue *Answers comprehension questions of a good lead * Learn word meanings *Write the summary of the poem *Answer textbook questions *Write 4 lines on “A

					Mother”
	Nov	L no 7 The Scholarship Jacket L no.8 My Unknown Friend	*Students will understand the importance of hard work *Identify the problems faced by Martha *Learn new words *Understand the Importance of innovation *Develop sequencing skills *Enhance comprehension	*Reading * Speaking *Observation *Critical Thinking *Environmental awareness *Reading *Speaking *Observation *Logical Thinking	* Write a paragraph on injustice about Martha *Answer textbook questions * Learn word meaning *Write meanings of new words *Share experience by students
	Dec	Lno.9 Night Witches Poem-Asea of Foliage	* Students will understand the story and its message * Identify characters and key events *Understand the importance of identity and acceptance *Learn new words and meanings *Understand the poem and its theme *Identify poetic devices *Learn new words and meanings *Appreciate nature and animal	*Reading * Speaking *Critical Thinking * Writing *Recitation of the poem *Critical	*Write a short summary of the lesson **Answer textbook questions *Learn word meanings *Write 4 lines on “If I had a new name”

				Thinking * Writing	*Write meanings of new words *Identify rhyming words *Write 5 sentences about 'Asea of Foliage' *Learn and recite the poem
	Jan	Lno.10 The Enchanted Pool Lno.11 The Play (play)	*Understand the lesson and its message *Learn about crows and their intelligence *Develop vocabulary *Improve comprehension *Understand the lesson and its theme *Develop imagination and observation skills	*Reading * Speaking *Critical Thinking * Writing *Reading * Speaking *Critical Thinking * Writing	*Write meanings of new words *Answers comprehension question *Write a short paragraph on "Indian epic Mahabharata" *Write meanings of new words
	Feb	Revision			
	March	Revision Annual Examination			
Kanna da	ಏಪ್ರಿಲ್	ಸೇತುಬಂಧ			
		ಪದ್ಯಪಾಠ- ೧ ನಿತ್ಯೋತ್ಸವ.	ನಾಡಿನ ಬಗ್ಗೆ ಆದರ ಭಾವನೆ ಬೆಳೆಸಿ ಕೊಳ್ಳುವರು	ರಾಷ್ಟ್ರೀಯ ಮೌಲ್ಯ ಬೆಳೆಸಿ ಕೊಳ್ಳುವರು	ಕನ್ನಡ ನಾಡಿನ ನಿತ್ಯೋತ್ಸವವನ್ನು ಕವಿ ಯಾವರೀತಿ ಬಣ್ಣಿಸಿದ್ದಾರೆ ವಿವರಿಸಿ

	ಜೂನ	ಗದ್ಯಪಾಠ-೧ ಅನ್ನದಾನ ಪದ್ಯಪಾಠ- ೨ ಭರತ ಭೂಮಿ ನನ್ನತಾಯಿ	ಹಂಚಿತ್ತಿನ್ನುವಕೌಶಲ್ಯ ಬೆಳೆಸಿ ಕೊಳ್ಳುವರು ಹೆತ್ತತಾಯಿ ಹೊತ್ತ ಭೂಮಿ ಸ್ವರ್ಗಕ್ಕಿಂತ ಮಿಗಿಲು ಎಂಬ ಪರಿಕಲ್ಪನೆಯನ್ನು ಮಕ್ಕಳು ತಮ್ಮಲ್ಲಿ ಬೆಳೆಸಿಕೊಳ್ಳುವರು.	ಸಹಕಾರ,ಗೌರವ ಮನೋಭಾವ ಬೆಳೆಸಿಕೊಳ್ಳುವರು ರಾಷ್ಟ್ರೀಯ ಮೌಲ್ಯ ಬೆಳೆಸಿ ಕೊಳ್ಳುವರು	ಅನ್ನದಾನದ ಮಹತ್ವವನ್ನು ನಿಮ್ಮ ಮಾತುಗಳಲ್ಲಿ ವರ್ಣಿಸಿ. ‘ದೇಶ ಸೇವೆ ಈಶ ಸೇವೆ’ ಎಂಬ ನಾಣ್ಣುಡಿಯನ್ನು ವಿವರಿಸಿ.
	ಜುಲೈ	ಗದ್ಯಪಾಠ-೨ ಪುಟ್ಟಜ್ಜಿ ಪುಟ್ಟಜ್ಜಿಕಥೆ ಹೇಳು ಗದ್ಯಪಾಠ -೩ ಸೀನ ಸೆಟ್ಟರು ನಮ್ಮಟೀಚರು ಪದ್ಯಪಾಠ -೩ ಹುತ್ತರಿ ಹಾಡು	ಭಾರತೀಯ ಸಂಸ್ಕೃತಿಯ ಪುರಾಣ, ನೀತಿ ಕಥೆಗಳ ಮೌಲ್ಯ ಬೆಳೆಸಿಕೊಳ್ಳುವರು. ಶ್ರಮದ ಮಹತ್ವ, ಹಿರಿಯರಾನುಭವ, ಮತ್ತುಜೀವನ ಮೌಲ್ಯ ತಿಳಿಯುವರು. ಕೊಡಗಿನ ಹುತ್ತರಿ ಹಬ್ಬದಆಚರಣೆಯ ಬಗ್ಗೆ ತಿಳಿಯುವರು.	ಹಿರಿಯರ ಬಗ್ಗೆ ಗೌರವ ಭಾವನೆ ಬೆಳೆಸಿಕೊಳ್ಳುವರು. ರೈತರ ಬಗ್ಗೆ ಗೌರವ ಭಾವನೆ ಮತ್ತು ಶ್ರಮದ ಮಹತ್ವತಿಳಿದುಕೊಳ್ಳುವರು ನೈಸರ್ಗಿಕ ಸೌಂದರ್ಯ, ಪ್ರಕೃತಿಯ ಮಹತ್ವ ತಿಳಿಯುವರು.	ನೀವು ಕೇಳಿದ ಒಂದು ನೀತಿಕಥೆಯನ್ನು ನಿಮ್ಮ ಮಾತುಗಳಲ್ಲಿ ವಿವರಿಸಿ. ಸಾವಯವ ಕೃಷಿ ಕುರಿತು ನಿಮ್ಮ ಮಾತುಗಳಲ್ಲಿ ವಿವರಿಸಿ. ಭಾರತದ ನಾಲ್ಕು ಹಬ್ಬಗಳು ಮತ್ತು ಅವುಗಳ ಮಹತ್ವಕುರಿತು ಬರೆಯಿರಿ.
		ಪದ್ಯಪಾಠ -೪ ಸ್ವಾತಂತ್ರ್ಯ ಸ್ವರ್ಗ	ಎಲ್ಲರುಒಂದು ಎಂಬ ಭಾವನೆಯಿಂದ ಬಾಳುವುದನ್ನು ಅರಿಯುವರು	ಸಹಕಾರ ಮನೋಭಾವ ಬೆಳೆಸಿ ಕೊಳ್ಳುವರು.	ಸ್ವಾತಂತ್ರ್ಯ ಹೋರಾಟಗಾರ 'ರಕುರಿತು ಏಳು-ಎಂಟು ವಾಕ್ಯ ಬರೆಯಿರಿ.

	ಆಗಸ್ಟ್	ಗದ್ಯಪಾಠ-೪ ಹಿಲ್ಟನ್ ಹೆಡ್ ಚಳುವಳಿ ಪದ್ಯಪಾಠ -೫ ಭಾಗ್ಯದ ಬಳೆಗಾರ	ಪ್ರಕೃತಿಯರಕ್ಷಣೆ ನಮ್ಮೆಲ್ಲರ ಆದ್ಯಕರ್ತವ್ಯವೆಂಬುದನ್ನು ತಿಳಿಯುವರು. ಮಗಳಿಗೆ ತಾಯಿಯ ಮಮತೆ, ಹಳ್ಳಿಯ ಜೀವನ, ಪರಿಸರ ಸೌಂದರ್ಯಕುರಿತು ಅರಿತುಕೊಳ್ಳುವರು.	ಪ್ರಾಕೃತಿಕ ಮೌಲ್ಯ ಬೆಳೆಸಿ ಕೊಳ್ಳುವರು. ಜಾನಪದ ಗೀತೆಗಳ ಹಿರಿಮೆ ಬೆಳೆಸಿ ಕೊಳ್ಳುವರು.	ಪರಿಸರ ಸಂರಕ್ಷಣೆಕುರಿತು ಐದು- ಆರು ವಾಕ್ಯ ಬರೆಯಿರಿ. ಜಾನಪದ ಗೀತೆಗಳನ್ನು ಸಂಗ್ರಹಿಸಿ ಬರೆಯಿರಿ.	
	ಸೆಪ್ಟೆಂಬರ್	ಗದ್ಯಪಾಠ-೬ ಮೈಲಾರ ಮಹಾದೇವ ಪುನರಾವರ್ತನೆ ಮತ್ತು ಪರೀಕ್ಷೆ	ಸ್ವಾತಂತ್ರ್ಯ ಹೋರಾಟಗಾರರ ಬಗ್ಗೆ ಗೌರವ ಭಾವನೆ ಬೆಳೆಸಿಕೊಳ್ಳುವರು.	ತ್ಯಾಗ, ಸಹಕಾರ, ಹೊಂದಾಣಿಕೆಯಂತಹ ಗುಣಗಳನ್ನು ಬೆಳೆಸಿಕೊಳ್ಳುವರು.	ಸ್ವಾತಂತ್ರ್ಯ ಚಳುವಳಿಗೆ ಸಂಬಂಧ ಪಟ್ಟ ಹತ್ತು ವಾಕ್ಯ ಬರೆಯಿರಿ.	
	ಅಕ್ಟೋಬರ್	ಗದ್ಯಪಾಠ -೭ ಪರಿಸರ ಸಮತೋಲನ	ದೈನಂದಿನ ಜೀವನಾವಶ್ಯಕ ಸೌಕರ್ಯಗಳಿಗೆ ಪರಿಸರಕಾರಣ ಅದರರಕ್ಷಣೆ ನಮ್ಮ ಹೊಣೆವೆಂಬುದನ್ನು ತಿಳಿಯುವರು.	ಪರಿಸರ ಮತ್ತು ಸಾಮಾಜಿಕ ಮೌಲ್ಯ ಬೆಳೆಸಿ ಕೊಳ್ಳುವರು.	ಪರಿಸರರಕ್ಷಣೆಗೆ ತೆಗೆದುಕೊಳ್ಳಬೇಕಾದ ಕ್ರಮಗಳನ್ನು ಪಟ್ಟಿಮಾಡಿ.	
	ನವೆಂಬರ್	ಗದ್ಯಪಾಠ -೮ ಚಗಳಿ ಇರುವೆ ಪದ್ಯಪಾಠ -೬ ಹಚ್ಚೇವು ಕನ್ನಡದ ದೀಪ	ನಾವು ಒಗ್ಗಟ್ಟಿನಿಂದ ಕೆಲಸ ಮಾಡಿದರೆ ಯಶಸ್ವಿ ಆಗುತ್ತದೆ ಎಂಬುದನ್ನು ತಿಳಿಯುವರು. ಕನ್ನಡ ನಾಡಿನ ಬಗ್ಗೆ ಒಲುಮೆಯನ್ನು ಹೆಚ್ಚಿಸಿಕೊಳ್ಳುವರು	ಸಾಮಾಜಿಕ, ಸಹಕಾರ ಮೌಲ್ಯ ಬೆಳೆಸಿಕೊಳ್ಳುವರು. ರಾಷ್ಟ್ರೀಯ ಮೌಲ್ಯ ಬೆಳೆಸಿಕೊಳ್ಳುವರು.	“ಒಗ್ಗಟ್ಟಿನಲ್ಲಿ ಬಲವಿದೆ” ಈ ಗಾದೆಮಾತನ್ನು ವಿವರಿಸಿ. ಕರ್ನಾಟಕದ ಜಿಲ್ಲೆಗಳನ್ನು ಹೆಸರಿಸಿ.	

	ಡಿಸೆಂಬರ್	ಗದ್ಯಪಾಠ -೯ ಬಿಲ್ಲಹಬ್ಬ ಪದ್ಯಪಾಠ -೭ ಬಿಡುಗಡೆಯ ಹಾಡು	ಹಿಂದಿನ ಕಾಲದಅಧಿಕಾರಶಾಹಿ ಆಡಳಿತದ ಬಗ್ಗೆ ತಿಳಿಯುವರು. ಪ್ರತಿಯೊಂದು ಪ್ರಾಣಿಪಕ್ಷಿಗೂ ಸ್ವತಂತ್ರವಾಗಿ ಬದುಕುವ ಹಕ್ಕಿದೆಎಂಬುದನ್ನು ತಿಳಿಯುವರು.	ಸಾಮಾಜಿಕ ಮತ್ತು ಹೊಂದಣಿಕೆಯ ಮೌಲ್ಯ ಬೆಳೆಸಿಕೊಳ್ಳುವರು. ಪ್ರಾಕೃತಿಕ, ಸಹಕಾರ, ಏಕತೆಯಂತಹ ಗುಣಗಳನ್ನು ಬೆಳೆಸಿಕೊಳ್ಳುವರು.	ಶ್ರೀಕೃಷ್ಣನ ಬಾಲ್ಯವನ್ನು ನಿಮ್ಮ ಮಾತುಗಳಲ್ಲಿ ವಿವರಿಸಿ. ಸ್ವಾತಂತ್ರ್ಯ ಸೇನಾನಿಗಳನ್ನು ಕುರಿತುಎಂಟು ಹತ್ತು ಸಾಲುಗಳಲ್ಲಿ ವಿವರಿಸಿ.	
	ಜನೇವರಿ	ಗದ್ಯಪಾಠ -೧೦ ಸಂಕ್ರಾಂತಿಯಂದು ಸುಖ-ದುಃಖ ಪದ್ಯಪಾಠ -೮ ತಿರುಕನ ಕನಸು	ಸಂಕ್ರಾಂತಿ ಹಬ್ಬದ ಮಹತ್ವ ಅರಿತುಕೊಳ್ಳುವರು. ಕನಸು, ಗುರಿ ಮತ್ತುಪರಿಶ್ರಮದ ಮಹತ್ವವನ್ನು ತಿಳಿದುಕೊಳ್ಳುತ್ತಾರೆ.	ಹಬ್ಬ-ಹರಿದಿನಗಳು, ಪೌರಾಣಿಕ ಸಂಪ್ರದಾಯಗಳ ಆಚರಣೆಯ ಮೌಲ್ಯ ಬೆಳೆಸಿಕೊಳ್ಳುವರು. ತಮ್ಮ ಕನಸು ಮತ್ತು ಗುರಿಗಳ ಬಗ್ಗೆ ಆತ್ಮ ವಿಶ್ವಾಸದಿಂದ ಮಾತನಾಡುತ್ತಾರೆ.	ಸಂಕ್ರಾಂತಿ ಹಬ್ಬದ ವೈಜ್ಞಾನಿಕ ಮತ್ತು ಸಾಂಪ್ರದಾಯಿಕಕಾರಣ ಬರೆಯಿರಿ. ನನ್ನ ಕನಸು ವಿಷಯದಕುರಿತು ಏಳು-ಎಂಟು ಸಾಲು ಬರೆಯಿರಿ.	
	ಫೆಬ್ರವರಿ	ಪೂರಕಪಾಠ-೧ ಸಾವಿತ್ರಿಬಾಯಿ ಫುಲೆ	ಸ್ತ್ರೀ ಶಿಕ್ಷಣ ಮಹತ್ವದ ಬಗ್ಗೆ ಅರಿವು ಮೂಡಿಸಿಕೊಳ್ಳುವರು.	ಆತ್ಮವಿಶ್ವಾಸ, ಸಮಯ ನಿರ್ವಹಣೆ, ಸಾಮಾಜಿಕ ಸಹಕಾರದಂತಹ ಮೌಲ್ಯ ಬೆಳೆಸಿಕೊಳ್ಳುವರು	‘ಸ್ತ್ರೀ ಶಿಕ್ಷಣ’ಕುರಿತು ಏಳು-ಎಂಟು ಸಾಲು ಬರೆಯಿರಿ.	
	ಮಾರ್ಚ್	ಪುನರಾವರ್ತನೆ ಮತ್ತು ಪರೀಕ್ಷೆ				
HINDI						
	June	क) १.आत्म-चिंतन ख) देश-गीत	समाजऔरदेशकेपरिप्रेक्ष्यमेंपुनरावलोकन सीखेंगे।	मानवता,	५ अच्छेगुणजोआपके अंदर	

		२. मेरा बचपन	समाज के प्रतियुवाओं की आत्मनिर्भरता की निष्ठा	अधिकारकर्तव्य का योगदान हम किस प्रकार योगदान दे सकते हैं। देश की प्रगति में किस प्रकार सीखेंगे।	विकसीत करना चाहते हैं लिखिए। देशभक्ति पर ५ नारे लिखिए।
	July	३. सयानी बुआ ४. आश्रम की स्थापना	परिवार में समझदारी और व्यवहार कुशलता का महत्व सामुदायिक एकता तथा समाज में जुड़ने का नेतृत्व	दुसरो की भावनाओं का सम्मान करना। सामुदायिक एकता तथा समाज में जुड़ने का नेतृत्व	समझदारी का महत्व – निबंध लिखिए। आश्रम के ५ नियम लिखिए।
	August	५. अंतिम कक्षा ६. कुंडलियाँ	सामाजिक और राष्ट्रीय दायित्व गुरु-शिष्य गहन संबंध का महत्व	दुसरो की भावनाओं का सम्मान करना। सामुदायिक एकता तथा समाज में जुड़ने का नेतृत्व	समझदारी का महत्व – निबंध लिखिए। आश्रम के ५ नियम लिखिए।
	Sept	७. बाबा जसवंत ८. हार ! यह क्या बला है Revision	जीवन – मूल्यों की योग्यता समर्पण और त्याग की भावना समस्या का सम्मथन निकलने की क्षमता का विकास करना।	वीरों पर गर्व तथा विरों का समान सकारात्मकता और मैत्री के गुण मानवता के मूल्य और महत्व का एहसास।	बाबा जसवंत का जीवन पर निबंध लिखिए। 'खेल' का महत्व अनुच्छेद लिखिए।

	October	९.भैंस १०.(क) ग्रीटिंगकार्डऔरराशनकार्ड ख) मैं री मैं	जीवन- मूल्योंकी योग्य निःस्वार्थप्रेम संबंधो कासम्मान समाज के व्यवहारिक पक्षों की समझ को महत्व देना। सामाजिकस्थरकामुल्यांकन	किसान और पशु का अटुट नाता चर्चा विधि अपने परिवार के सदस्यों की सूची बनाकर एक नमूना राशन कार्ड तैयार करें। इसपाठसेहमेंक्यासीखमलतीहै? सामूहिकचर्चा	आवारा पशुओं के लिए क्या किया जाय ? अपने विचार लिखिए। राशन कार्ड के उपयोग ८-१० वाक्य लिखिए। एक छोटी हस्य कथा लिखिए।
	November	११. घृणाकागान १२.मैसूर केराजाकोपत्र	न्यायऔरसमानताकेअधिकारोंकेप्रतिजाग रूता। साक्षरताकेमहत्वकोसमझना।	परिवर्तनस्वीकारनेकीतैयारीऔरयोग्यता। लुप्तप्रायविधा 'पत्र' कीजानकारी	समाज में बदलाव कैसे कर सकते हैं। अनुछेद लिखिए। साक्षरता इस विषय पर अनुछेद लिखिए।
	December	१३.कोई नहींपराया	न्यायऔरसमानताकेअधिकारोंकेप्रतिजाग रूता। सर्वधर्मसहिष्णुताकाभाव।	भाईचारा, प्रेमसमाजमेंशांती कायोगदानकैसेदेगेअपनेविचार रखना। हमेंजीवनकीअनमोलसीखक्याहै?	समाजकेप्रति हमारादाईत्व निबंधलिखिए। सफलताकेनियम

		१४.वचन अनमोल		विचारलिखिए	५ वाक्यलिखिए
	January	१५.रुत वसंत १६.स्कूल चलो १७.कृत्रिम बुद्धि	जीवनजीनेकीव्यवहारीककला। ज्ञानकामहत्व क्षमता , कल्पना और नुमानकी योग्यता का विकास करना।	ऋतुएँ प्रकृति को विभिन्नतरीके से सजाती-सँवारती है? लेख लिखिए। हमसमाजमेंसाक्षरताकोकैसे भागीदारबने। अपनेविचारबताइए। सोशलमीडिया कीसूचीबनाइए।	वसंतऋतु कास्वागतकैसेकरेंगे १० वाक्य साक्षरताप्रसारणमें हमकैसेकार्य करसकतेहैं। ५ वाक्यलिखिए। सोशलमीडिया केमनोरंजनऔरशिक्षाकेफायदेलिखिए।
	February	निबंध पत्र- लेखन Revision	औपचारिक और अनौपचारिक पत्र		
Math	April		Bridge Course		
	June	1.Integers	- To Connect integers in everyday life. - Compare integers	- Applying integers to real life situations. - Credit or debit - Temperature above and below zero. - Elevation above and below see level.	Solve Enrich 1
			- To Apply properties of addition and subtraction of integers. - To Multiply two or more		Enrich 2, 3

			integers and apply the properties of multiplication.		
			- To divide integers, and apply the properties of division. - To simplify and evaluate integers with more than one operation.	Overall, learning integers in real life contexts helps children become practical thinker and better discussion maker.	Enrich 4, 5
	July	2. Fractions and Decimals	- To identify different types of fractions and convert them to each other. - To compare and arrange the fractions in ascending / descending order - To apply the concepts of fractions in real life.		En- 1 and 2
			- To add and subtract two or more fractions. - To multiply and divide fractions. - Apply the concept of decimals in real life - Multiply and divide two decimals. - To Shift decimal point to left and right	- Critical thinking and discussion making - Applying fractions in daily life.	En – 5, 6 En – 7 En – 8
		3. Rational Numbers.	- To Identify rational numbers and write their equivalent rational numbers. - To Represent rational numbers on a number line.	Understanding and applying rational numbers.	En – 1 and 2
			- To Compare and order rational numbers on a number line. - To Add and subtract	Practical thinking. Problem solving ability.	En – 3, En - 4

			rational numbers. To Multiply and divide rational numbers.		
	August	9. Lines and Angles.	- To identify lines, line segments and ray. - To identify different types of angles on the basis of measurement.	Understanding and applying basic geometrical shapes in day to day life.	En – 1
		9. Lines and Angles.	- To define complementary and supplementary angles. - To find measure of angles formed by a transversal on a pair of parallel lines.	It improve practical thinking of the child.	En – 2 and master station
		14. Symmetry	- To identify and recognize line(s) of symmetry. - To recognize rotational symmetry. - To identify and find the order of rotational symmetry of various objects and geometric shapes.	- Understanding and applying concepts of symmetry in day to day life. - Critical thinking creativity of child will improve.	En 1 and 2 Solve master station
	September	TA- I EXAM	TA- I EXAM	TA- I EXAM	
	October	4. Exponents and powers.	- To Express numbers in exponential form. - To Simplify expressions using the laws of exponents.	Logical thinking skill	Solve En. 1, 2
			To Express the usual number in standard form and vice versa.	Applying exponents in day to day life.	Solve En. 3. And master station

	November	5. Algebraic expressions	- To form algebraic expression for the given statement. - To identify different terms of like and unlike terms. - To find factors and coefficients of a term	Logical skills	Solve En.- 1
			- To add and subtract - To find the value of expression by substituting the value of the variables given	Critical thinking	En – 2 and 3
			To find perimeter and patterns.		En - 4
		6. Simple equations	- To express the given mathematical statements in the form of equations. - Solve simple equations by using different methods.	Problem solving skills	Solve En – 1 and 2
			To apply the concept of simple equations in solving real life problems.	Analytical skills	En - 3
	December	7. Ratio and proportion	To apply the concept of ratio, convert ratios in simplest form and compare them	Abstract thinking	En – 1 and 2
			- To explain proportion with suitable real examples - Solve problems based on the unitary method	Analytical thinking	En – 3
		8. Percentage and	Convert fractions,	Mathematical	En 1

		its applications.	decimals, ratio into percentage and vice versa	communication	
			Calculate increase or decrease in percentage in solving real life problems.	Real life application skill	En -2
			Calculate profit % and use them in real life situations.		En - 3
			Calculate simple interest.		En - 4
	January	10. Properties of triangles.	Identify different types of triangles on the basis of sides and angles.	Pattern recognition	
			- To differentiate between altitude and median. - Use of angle sum property of triangle		Solve En- 1 and 2
			To apply Pythagoras theorem	Real life application	
	February	11. Congruence of triangles	To explain the concept of congruence		En 1 ,2
			- Identify different shapes that are congruent to each other. - To identify the congruence criteria in triangles.	Accuracy and attention	Master station
		REVISION	REVISION	REVISION	
	March	TA II EXAM	TA II EXAM	TA II EXAM	

Science	April	Bridge Course			
	June	Chapter 1-The Ever- Evolving World of Science Chapter 2 -Changes Around Us- Physical and Chemical	Student will be able to • Explain the meaning and importance of science in everyday life. • Identify how scientific knowledge changes and develops over time through new discoveries and inventions. Student will be able to • differentiate physical and chemical changes.	• Inquiry and Investigation • Scientific Observation • Observation • Analytical Skill	• Complete Section Review • Complete Chapter Review • Complete Section Review • Complete Chapter Review
	July	Chapter 3 - Exploring Substances: Acidic, Basic and Neutral Chapter 4 – The world of metals and Non-Metals	Student will be able to • Identify acids, bases and explain neutralisation. Student will be able to • Differentiate between metals and non-metals based on their physical and chemical properties. • Identify common metals and non-metals used in everyday life.	• Experimental Skill • Analysis • Observation Skills • Classification Skills	• Complete Section Review • Complete Chapter Review • Complete Section Review • Complete Chapter Review
	August	Chapter 5- Life Processes in plants	Student will be able to • Sequence the steps involved in photodynthesis • Understand how	• Observation Skills • Analytical Thinking	• Complete Section Review • Complete Chapter Review

		Chapter 6 – Life processes in animals	substances are transported in plants • Learn how plants undergo respiration Student will be able to • Understand the different ways by which some animals take in food • Sequence the steps involved in digestion in humans • Understand the process of gas exchange in humans • Learn about how some animals breathe	• Observation • Drawing Skill	• Complete Section Review • Complete Chapter Review
	September	Chapter 7 – Adolescence: A Stage of growth and change	Student will be able to • Understand adolescence and puberty • Learn about changes during adolescence • Understand the reproductive cycle in humans • Learn about how to make adolescence a joyful experience	• Decision-Making	• Complete Section Review • Complete Chapter Review

	October	Chapter 8 – Measurement of time and motion	Student will be able to • Learn how time is measured • Understand how the pendulum clock works • Learn about types of motion and how to measure speed	• Observation Skills	• Complete Section Review • Complete Chapter Review
	November	Chapter 9 – Heat transfer in nature Chapter 10 – Electricity: Circuits and their components	Student will be able to • Understand the process of transfer of heat • Learn about how the Sun’s heat affects the water cycle Student will be able to • Learn about sources of electric current • Understand the parts of incandescent bulb and LED bulb • Learn about electric circuits and the working of a torch • Learn about differences between good	• Analytical Thinking • Experimental Skills	• Complete Section Review • Complete Chapter Review • Complete Section Review • Complete Chapter Review
	December	Chapter 11- Light: Shadows and	Student will be able to	• Observation Skill	• Complete Section

		reflections	• Learn about propagation • Understand how shadows are formed • Learn about the reflection of light • Learn about the differences between a shadow and a reflection		Review • Complete Chapter Review
		Chapter 12- Earth, Moon and the Sun	Student will be able to • Understand about the movements of the Earth • Learn about eclipses	• Observation Skills	• Complete Section Review • Complete Chapter Review
Social Science	June	June	To differentiate between Ancient, Medieval and Modern periods of history To classify environment into various categories To differentiate between totalitarian and democratic government	Critical thinking Analysis Analysis	*Differentiate between Ancient, Medieval and modern periods of history * Identify and describe the sources of history (medieval period) *Complete the mind map *Make a collage *Picture-based question

					*Prepare a chart
	July	July	To explain the rise and decline of kings and kingdoms during medieval period. To provide an overview of the key events of the Delhi Sultanate. To describe the layers of the Earth To differentiate between Endogenous and exogenous forces To create a link between democracy and its institutional representatives	Critical Thinking Analysis and map skills Application and Analysis Analysis Application	Prepare info-cards on the outline map of India show the different kingdoms of Medieval period(700-1200) Map-based question Describe the layers of the Earth with the help of a diagram Enumerate the uses of rocks and minerals. Make an Erupting Volcano Complete the mind map Case-based questions Prepare a Report
	August	August	To describe the conditions for the establishment of the Mughal Empire	Critical thinking and map skills	Map-based questions Make a flip book

			To identify the common elements of temple architecture during medieval period. To list the different components of the atmosphere To describe the structure and functions of the state government	Application Analysis Application	Describe the salient features of the Red Fort. Paste the pictures of any 5 temples of medieval India Discuss the structure of the atmosphere Pamphlet making Survey
	Sept	Sept	To list and describe the various kinds of urban centres of the medieval period. To differentiate between weather and climate To explain the factors influencing atmospheric pressure	Critical thinking Analysis Application and critical thinking	Map –based question Field trip Scrap book activity Do and learn Make a short video Diary entry

	October	October	To define gender and recognize the fact that gender roles are created by society To describe humidity and differentiate between absolute and relative humidity	Knowledge and understanding Analysis	Complete the mind map Report writing Prepare a chart Write a short note on Rainwater harvesting
	November	November	To define and explain the term 'tribal community'	Application and critical thinking	List out the prominent tribal community of India
	December	December	To differentiate between Ancient, Medieval and Modern periods of history To classify environment into various categories To differentiate between totalitarian and democratic government	Understanding and knowledge Analysis Critical thinking	Draw and label the water cycle Write a short note on water pollution Paste any 5 pictures of saints of Bhakti movement Explain the role of media in Indian democracy.
	January	January	To explain the rise and decline of kings and kingdoms during medieval period.	Analysis Application	Picture-based questions Compare and

			To provide an overview of the key events of the Delhi Sultanate. To describe the layers of the Earth To differentiate between Endogenous and exogenous forces To create a link between democracy and its institutional representatives	Analytical thinking Application	contrast the natural vegetation and wildlife of the taiga and the tundra. Audio-visual presentation Draw your favourite painting Write and enact a skit Make a booklet Make advertisements Explain the three types of advertising.
			To describe the conditions for the establishment of the Mughal Empire To identify the common elements of temple architecture during medieval period. To list the different components of the atmosphere To describe the structure and functions of the state government	Analysis Application Analysis	Distinguish between rural settlements and urban settlements Paste the pictures of different modes of transport Map-based questions Multiple choice questions Differentiate between the climatic conditions and the animal life of the prairie and the veldt.

				Application	Market survey Distinguish betweenwholesalers and retailers
	February	February	To list and describe the various kinds of urban centres of the medieval period. To differentiate between weather and climate To explain the factors influencing atmospheric pressure	Map skills Application	Make a collage Chart work Evaluate the advantages and disadvantages of direct marketing.
Compu ter Science	June	Chapter 1: Introduction to Excel	The Students will be able to: • To list the features of Excel • To define a workbook and a worksheet • To perform calculations in a spreadsheet • To identify the components of the Excel window • To create and edit a worksheet	• Understanding the Excel interface and its components. • Basic spreadsheet and data entry skills. • Creating, saving, and editing workbooks and worksheets. • Performing simple calculations using formulas.	• Create a worksheet to prepare the marks of five students and calculate the Total and Average using formulas. • Identify and label the main parts of the Excel window. • Differentiate between a

					Workbook and a Worksheet with suitable examples.
	July	Chapter 2: Working with Spreadsheet	The Students will be able to: • To select cells • To enter numbers as text • To use undo, redo, autofill, and flash fill features • To copy and move data • To change cell contents • To insert and delete columns and rows	• Selecting and managing cells efficiently. • Using Undo, Redo, AutoFill, and Flash Fill features. • Inserting and deleting rows and columns. • Organizing data accurately in a spreadsheet.	• Create a worksheet, enter sample data, and practice selecting, editing, copying, and moving cell contents. • Use AutoFill and Flash Fill to complete data automatically. • Insert and delete rows and columns to organize the worksheet.
	August	Chapter 3: Formulas and Functions	The Students will be able to: • To use basic and compound formulas • To use different types of functions • To explain different types of cell references • To identify different formula errors	• Writing and using basic and compound formulas. • Understanding and using different types of cell references. • Performing calculations accurately in spreadsheets.	• Create a worksheet and use basic and compound formulas to perform calculations. • Demonstrate the use of relative, absolute, and mixed cell references.
	September	Chapter 4:	The Students will be able to:	• Creating and interpreting	• Create a

		Advanced Features of Excel	- To create charts in Excel - To use combo charts and sparklines - To format charts - To apply sorting and filtering	different types of charts. - Using Combo Charts and Sparklines to present data effectively. - Organizing data using sorting and filtering tools.	worksheet with sample data and generate different types of charts. Create a Combo Chart and Sparklines to represent data trends.
	October	Chapter 5: More on python	The Students will be able to: - To use operators and understand their precedence - To explain the types of control statements - To use conditional statements	- Using different types of operators in Python. - Understanding and using control statements. - Writing programs using conditional statements. - Applying operator precedence in expressions.	- Write Python programs using arithmetic, relational, and logical operators. - Create programs using conditional statements to solve simple problems.
	November	Chapter 5: More on python	The Students will be able to: - To use operators and understand their precedence - To explain the types of control statements - To use conditional statements	- Using different types of operators in Python. - Understanding and using control statements. - Writing programs using conditional statements. - Applying operator precedence in expressions.	- Write Python programs using arithmetic, relational, and logical operators. - Create programs using conditional statements to solve simple problems.
	December	Chapter 6: Cyber	The Students will be able to:	Identifying common cyber	Prepare a

		Threats and Security	- To explain the different cybercrimes and their harmful effects - To state various cyber security measures	threats and cybercrimes. - Practising safe and responsible online behaviour. - Developing awareness of digital privacy and data protection.	poster or presentation on "Stay Safe Online" highlighting common cyber threats and safety measures. Create a list of 10 cyber safety rules for safe internet usage.
	January	Chapter 7: Computer Vision	The Students will be able to: - To explain the working of computer vision - To identify the applications of computer vision - To describe the working of self-driving cars	- Understanding the basics of Computer Vision. - Identifying real-life applications of Computer Vision. - Exploring how self-driving cars use Computer Vision.	- Identify and explain five real-life examples of Computer Vision. - Create a simple flowchart showing how a self-driving car uses cameras and sensors to detect objects and make decisions.
	February	Revision	Revision	Revision	Revision

Physical Education	June	100,200,400,1500 mtr Running event	Patience, self confidence and self esteem.	Start, Running and finish	
	July	March past	To showcase Discipline, Unity, and Coordination, Respect, to develop sense of Pride and responsibility as well as a sense of teamwork.	Stand at ease and attention, Right turn ,Left turn, Mark time, Quick March, Halt while marching.	
	August	Long Jump	Understand how to complete each phase to create maximum distance.	take -off, flight and landing	
	September	Kho-Kho game	keep children well, strong, motivated, enthusiastic and yang. It helps in better coordination and flexibility. It helps children to off depression, anxiety, stress, and encrease self esteem.	Running(zig-zag), diving, pole dive, chaging, tapping,	
	October	High Jump	Jumping builds strength and improves muscle tone, excellent calorie burner, helps improve bone density, improves metabolism, improves heart health.	The approach run or run up, The take- up, The flight, The landing, The recovery	
	November	Kabaddi game	Help students to channelise energy and develop quality of team spirit. keep children well, strong, motivated, enthusiastic and yang. It helps in better coordination and flexibility. It helps children to off depression, anxiety, stress, and encrease self esteem.	Raiding ,catching, side kick, knee catch, thigh catch,	
	December	Shot put throw	co-ordination and balance. Cardiovascular fitness, strength and power, mental health, weight loss.	Grip, stance, swing, turn ,release and reverse.	
	January	Disc throw	develop physical talents to their maximum potential. engage in competitive activities while promoting health, safety, and physical fitness.	Grip, stance, swing, turn ,release and reverse.	
		Javeline Throw	Improved cardiovascular health	Running Jumping , Throwing .Hips are	

			,helps increasing body strength, helps in targeting various muscle groups , improves overall body fitness.	forward.	
	February	Foot Ball Game	foot ball is a great cardio activity,helps to build both stamina and muscle.To develop controlling the ball ,skill development,teamwork,game understanding, psychomotor: students will demonstrate proper foeward pass proper receiving technique,	Dribbling, kicking, push pass, full volley,stoping, trapping, shooting heading.	
		Throw ball	develop good visual attention skills and hand eye coordination skills.To develop fine motor skills by controlling the small muscvles in the hand and fingers needed for specific movement.	throwing , catching, footwork,and agility.	
Yoga	June	JUNE – FOUNDATION & FLEXIBILITY	· Tadasana (Mountain Pose) · Vrikshasana (Tree Pose) · Balasana (Child’s Pose)	Improves posture and balance. Enhances focus and leg strength. Relieves back tension and calms the mind.	
		JUNE – FOUNDATION & FLEXIBILITY	· Bhujangasana (Cobra Pose) · Marjariasana (Cat-Cow Pose) · Adho Mukha Svanasana (Downward Dog)	Strengthens spine, opens chest. Increases spinal flexibility. Strengthens arms, improves circulation.	
		JUNE – FOUNDATION & FLEXIBILITY	· Trikonasana (Triangle Pose) · Setu Bandhasana (Bridge Pose) · Sukhasana (Easy Pose)	Stretches legs and improves digestion. Strengthens back and glutes. Promotes calmness and grounded energy.	
		JUNE – FOUNDATION & FLEXIBILITY	· Utkatasana (Chair Pose) · Paschimottanasana (Seated Forward Bend) · Shavasana (Corpse Pose)	Tones thighs and strengthens core. Stretches spine and hamstrings. Relaxes whole body, reduces anxiety.	

	July	JULY – CORE & STABILITY	· Navasana (Boat Pose) · Phalakasana (Plank Pose) · Dandasana (Staff Pose)	Strengthens core and balance. Improves endurance and core power · Improves posture and spinal alignment.	
		JULY – CORE & STABILITY	· Ustrasana (Camel Pose) · Baddha Konasana (Butterfly Pose) · Viparita Karani (Legs-Up-the-Wall)	Opens chest, strengthens back. Opens hips and inner thighs. Relieves tired legs and anxiety.	
		JULY – CORE & STABILITY	· Garudasana (Eagle Pose) · Virabhadrasana I (Warrior I) · Apanasana (Knee to Chest)	Builds balance and focus. Tones legs and builds stamina. Aids digestion and lower back relief.	
		JULY – CORE & STABILITY	· Ardha Matsyendrasana (Half Spinal Twist) · Halasana (Plow Pose) · Chaturanga Dandasana (Low Plank)	Improves digestion and spine flexibility. Calms the mind and stimulates the thyroid. Tones arms and shoulders.	
	Aug	AUGUST – BACKBENDS & ENERGY BOOSTERS	· Dhanurasana (Bow Pose) · Salabhasana (Locust Pose) · Matsyasana (Fish Pose)	Energizes and opens shoulders. Strengthens the spine and glutes. Opens the throat and heart.	
		AUGUST – BACKBENDS & ENERGY BOOSTERS	· Parighasana (Gate Pose) · Anjaneyasana (Low Lunge) · Kapalabhati (Breath of Fire)	Opens side body and improves lung capacity. Stretches groin, strengthens knees. Cleanses lungs, energizes body.	
		AUGUST – BACKBENDS & ENERGY BOOSTERS	· Utthita Parsvakonasana (Extended Side Angle) · Supta Baddha Konasana (Reclining Bound Angle) · Padangusthasana (Big Toe Pose)	Builds strength and stretch. Relaxes hips and pelvis. Strengthens thighs and stretches calves.	
		AUGUST – BACKBENDS & ENERGY BOOSTERS	· Tittibhasana (Firefly Pose) · Simhasana (Lion Pose) · Surya Namaskar (Sun Salutation)	Improves balance and core. Clears throat chakra and relieves stress. Full-body energizer and warm-up.	
	Sept	SEPTEMBER – HIP OPENERS & DETOX	· Malasana (Garland Pose) · Parivrtta Trikonasana (Revolved Triangle) · Gomukhasana (Cow Face Pose)	Opens hips and aids digestion. Detoxifies and strengthens legs. Stretches hips, shoulders.	
		SEPTEMBER – HIP OPENERS & DETOX	· Agnisara Kriya · Padmasana (Lotus Pose)	Stimulates digestive fire and detox. Deepens meditation and hip	

			· Eka Pada Rajakapotasana (Pigeon Pose)	flexibility. Deep hip opener and emotional release.	
		SEPTEMBER – HIP OPENERS & DETOX	· Utthita Hasta Padangusthasana (Extended Hand-to-Big-Toe) · Vakrasana (Twisting Pose) · Parivrtta Janu Sirsasana (Revolved Head-to-Knee)	Builds focus and balance. Detoxifies organs and tones waist. Tones abdominal organs.	
		SEPTEMBER – HIP OPENERS & DETOX	· Krounchasana (Heron Pose) · Marichyasana III · Nadi Shodhana Pranayama	Stretches hamstrings and enhances digestion. Boosts spinal flexibility and tones core. Purifies energy channels and calms the mind.	
	Oct	OCTOBER – BALANCING & FOCUS	· Bakasana (Crow Pose) · Vasisthasana (Side Plank) · Padahasthasana (Hand-under-Foot Pose)	Strengthens arms and builds mental focus. Tones arms, improves balance. Increases forward fold flexibility.	
		OCTOBER – BALANCING & FOCUS	· Virabhadrasana II (Warrior II) · Parsvottanasana (Pyramid Pose) · Tolasana (Scale Pose)	Builds stamina and leg strength. Strengthens hamstrings and calves. Builds core and arm strength.	
		OCTOBER – BALANCING & FOCUS	· Utthita Trikonasana with Bind · Ardha Chandrasana (Half Moon Pose) · Ujjayi Pranayama	Strengthens and stretches. Enhances coordination. Improves concentration and breath control.	
		OCTOBER – BALANCING & FOCUS	· Utkata Konasana (Goddess Pose) · Eagle Arms Stretch · Meditation	Tones thighs and hips. Opens shoulders and upper back. Trataka (Candle Gazing) – Enhances focus and cleanses eyes.	
	Nov	NOVEMBER – STRENGTH & STAMINA	· Chakrasana (Wheel Pose) · Ardha Pincha Mayurasana (Dolphin Pose) · Surya Namaskar with Mantra	Opens chest and strengthens spine. Builds shoulder strength. Increases energy and spiritual awareness.	
		NOVEMBER – STRENGTH & STAMINA	· Paripurna Navasana (Full Boat Pose) · Hanumanasana (Monkey Pose) · Agnisar Kriya with Bandhas	Tones core and hip flexors. Increases leg flexibility. Activates core and clears energy blocks.	
		NOVEMBER –	· Lolasana (Pendant Pose)	Builds arm and wrist strength.	

		STRENGTH & STAMINA	· Shalabhasana Variation · Chin Mudra Meditation	Strengthens posterior chain. Boosts awareness and calm.	
		NOVEMBER – STRENGTH & STAMINA	· Upavistha Konasana (Wide-Angle Seated Forward Bend) · Ardha Bhekasana (Half Frog Pose) · Bhramari Pranayama	Opens inner thighs. Strengthens back, opens hips. Calms mind and reduces anger .	
	Dec	DECEMBER – DETOX & RELAXATION	· Parighasana (Gate Pose) · Makarasana (Crocodile Pose) · Shitali Pranayama	Stretches side body and lungs. Calms nervous system. Cools the body and relieves stress.	
		DECEMBER – DETOX & RELAXATION	· Ardha Matsyendrasana II · Supta Virasana (Reclined Hero) · Yoga Nidra Practice	Detoxifies spine and digestive organs. Deeply relaxes and stretches thighs. Promotes deep rest and healing.	
		DECEMBER – DETOX & RELAXATION	· Viparita Dandasana (Inverted Staff Pose) · Pasasana (Noose Pose) · Meditation	Opens chest, deep backbend. Improves digestion, tones abdominal area. Om Chanting – Vibrational healing and peace.	
		DECEMBER – DETOX & RELAXATION	· Supported Bridge with Props · Happy Baby Pose · Mindful Breathing Practice	Gentle inversion, relaxes lower back. Opens hips and relieves fatigue. Improves clarity and inner stillness.	
	Jan	JANUARY – ADVANCED FLOW INTRODUCTION	· Eka Pada Koundinyasana I · Forearm Stand (Pincha Mayurasana) · Yogic Breath (Dirga Pranayama)	Advanced arm balance for core and strength. Improves confidence and balance. Full-body oxygenation.	
		JANUARY – ADVANCED FLOW INTRODUCTION	· Kakasana to Bakasana Flow · Flying Pigeon Pose · Bandha Practice (Mula + Uddiyana)	Builds control and shoulder strength. Deep hip opener and arm balance. Boosts energy and core awareness	
		JANUARY – ADVANCED FLOW INTRODUCTION	· Mandukasana (Frog Pose) · One-Legged Wheel Pose · Meditation	Opens deep hips. Advanced backbend and strengthener . Chakra Visualization – Balances energy centers.	
		JANUARY – ADVANCED FLOW INTRODUCTION	· Handstand Prep · Ashtavakrasana (Eight-Angle Pose) · Cooling Breathwork	Builds upper-body strength. Enhances flexibility and strength. Regulates energy after intense practice.	
	Feb	FEBRUARY – MINDFULNESS & DEEP	· Bound Angle Forward Fold · Ananda Balasana with Breathing	Inner calm and hip release. Eases tension and invites playfulness.	

		FLEXIBILITY	· Guided Loving-Kindness Meditation	Promotes emotional balance.	
		FEBRUARY – MINDFULNESS & DEEP FLEXIBILITY	· Supta Padangusthasana Series · Yin Yoga Poses (e.g., Saddle, Dragon) · Silent Sitting Meditation (15 min)	Increases leg flexibility. Targets fascia and joints. Trains presence and self-awareness.	
		FEBRUARY – MINDFULNESS & DEEP FLEXIBILITY	· Parivrtta Ardha Chandrasana (Revolved Half Moon) · Baddha Hasta Sirsasana (Bound Headstand) · Meditation	Balance and detox. Stimulates brain and improves memory. Breath Awareness with Mantra – Strengthens focus.	
		FEBRUARY – MINDFULNESS & DEEP FLEXIBILITY	· Yin Forward Fold Variations · Restorative Shoulder Stand · Yoga Nidra + Intention Setting	Restores energy. Lymphatic drainage and energy boost. Reset for inner purpose.	
	March	MARCH – CLOSURE, CONSOLIDATION & GRATITUDE	· Complete Surya Namaskar A & B · Sasangasana (Rabbit Pose) · Full Body Scan Meditation	Integrates all movement. Calms and massages spine. Enhances awareness.	
		MARCH – CLOSURE, CONSOLIDATION & GRATITUDE	· Vinyasa Flow Series · Urdhva Dhanurasana (Full Wheel) · Chakra Meditation with Visualization	Linking breath to motion. Final heart opener. Balances and uplifts energy.	
		MARCH – CLOSURE, CONSOLIDATION & GRATITUDE	· Savasana with Sound (Singing Bowl or Music) · Mantra Chanting (Om Shanti) · Gratitude Journaling with Meditation	Deep restoration. Cultivates peace and unity. Reflects on journey.	
		MARCH – CLOSURE, CONSOLIDATION & GRATITUDE	· Group Practice Review · Students-led Flow or Q&A · Final Meditation & Sharing Circle	Recap of year's learning. Builds confidence. Emotional closure and community.	
		APRIL – REJUVENATION & SPIRITUAL INTEGRATION			