

DELHI PUBLIC SCHOOL GAYA

(Under the aegis of the Delhi Public School Society, New Delhi) Affiliated to C.B.S.E., New Delhi Affiliation No.330530, School Code – 65572

SPLIT-UP SYLLABUS FOR CLASS-X FOR THE ACADEMIC SESSION: 2023-24

Subject : English

Prescribed Book :- 1. First Flight (FF)

2. Foot Prints with our Feet (FWF)

Pays Framed CH-1 Letter to God (Prose) (FF) 3 Elocution News Reading News Read		No. of	Name of the Examination		Tentative No. of	
April 20	Months	Working	(As per School Policy	Chapters/Unit (Entire Book to be covered)		Activities Proposed
April 20 Pigures of Speech 2 News Reading		Days	Framed)		Required	
April 20				CH-1 Letter to God (Prose) (FF)	3	• Elocution
April 20				Figures of Speech	2	 News Reading
## Periodic Test-I Fire and loc (Poetry) (FF)	,	20		Dust of Snow (Poetry) (FF)		CBSE Expression Series
May 11	April	20				•
May				CH-1 A Triumph of Surgery (FWF)		
May 11					3	
May 11					3	News Reading
Formal Letter						_
Periodic Test-I Periodic Test-I Periodic Test-I July 24					1	1
Periodic Test-I Periodic T	May	11		Grammar		
1				• Tenses		
Periodic Test-I				End of the Topic Test	4	
June 14 • CH-2 Nelson Mandela Long Walk to Freedom (FF) • CH-3 The Midnight Visitor (FWF) • How to Tell Wild Animals (Poetry) (FF) Grammar • Modals • CH-3 The Midnight Visitor (FWF) • How to Tell Wild Animals (Poetry) (FF) Grammar • Modals • End of the Topic Test • CH-3 Two Stories About Flying (FF) • CH-4 From the Diary of Anne Frank (Prose) (FF) • CH-4 A Question of Trust (FWF) Writing Skills • Analytical Paragraph • News Reading • News Reading					1	
14						 One Act Play
June 14 • How to Tell Wild Animals (Poetry) (FF) Grammar • Modals • End of the Topic Test • CH-3 Two Stories About Flying (FF) • CH-4 From the Diary of Anne Frank (Prose) (FF) • CH-4 A Question of Trust (FWF) Writing Skills • Analytical Paragraph • How to Tell Wild Animals (Poetry) (FF) 3 C How to Tell Wild Animals (Poetry) (FF) 4 • Story Writing • News Reading					1	 News Reading
Crammar 1 Modals End of the Topic Test 2 3					3	
Periodic Test-I Grammar 1 2 2 3	June	14		How to Tell Wild Animals (Poetry) (FF)	3	
Periodic Test-I Periodic Test-I • End of the Topic Test • CH-3 Two Stories About Flying (FF) • CH-4 From the Diary of Anne Frank (Prose) (FF) • CH-4 A Question of Trust (FWF) Writing Skills • Analytical Paragraph • End of the Topic Test 2 3 • Story Writing • News Reading					1	
Periodic Test-I Periodic Test-I OCH-3 Two Stories About Flying (FF) CH-4 From the Diary of Anne Frank (Prose) (FF) CH-4 A Question of Trust (FWF) Writing Skills Analytical Paragraph Story Writing News Reading					2	
Periodic Test-I • CH-3 Two Stories About Flying (FF) • CH-4 From the Diary of Anne Frank (Prose) (FF) • CH-4 A Question of Trust (FWF) Writing Skills • Analytical Paragraph • Story Writing • News Reading				End of the Topic Test		
Periodic Test-I • CH-4 From the Diary of Anne Frank (Prose) (FF) • CH-4 A Question of Trust (FWF) Writing Skills • Analytical Paragraph • News Reading			-	CH 2 Two Stanies About Elving (EE)	_	• Ctown Whiting
July 24 Periodic Test-1 (Prose) (FF) • CH-4 A Question of Trust (FWF) Writing Skills • Analytical Paragraph 2			D ' 1' T ' I			
July • CH-4 A Question of Trust (FWF) Writing Skills • Analytical Paragraph 2			Periodic Test-I		3	• News Reading
July 24 Writing Skills • Analytical Paragraph 2					3	
• Analytical Paragraph						
	July	24			2	
(_rammar				Grammar		
• Reported Speech 4					4	
• Sub-Verb Concord					2	
• End of the Topic Test					4	

August	23	Periodic Test-II	 The Ball Poem (Poetry)(FF) CH-5 Footprints Without Feet (FWF) Grammar Determiners CH-6 The Making of a Scientist (FWF) CH-7 Glimpses of India(FF) End of the Topic Test 	2 3 2 3 4 4	DebateOne Act PlayNews Reading
September	24	Periodic Test-III	 CH- 8 Mijbil the Otter(FF) The Trees (Poetry)(FF) Amanda (Poetry) (FF) CH-7 The Necklace (FWF) CH-9 Madam Rides the Bus (Prose) (FF) Fog (Poetry)(FF) The Tale of the Custard Dragon (Poetry)(FF) For Anne Gregory (Poetry)(FF) End of the Topic Test 	3 2 1 3 3 1 1 2 5	 Group Discussion News Reading
October	19		 CH-9 Bholi (FWF) CH-10 Sermon at Benares (FF) CH-11 The Proposal (FF) CH-10 The Book that Saved the Earth (Prose) (FWF) End of the Topic Test 	3 3 4 2 2 4	English QuizNews Reading
November	15		Revision		
December	21	Pre-Board-I	• Revision		
January	21	Pre-Board-II	Revision		
February	22		Revision		
March	21		• Revision		

विषय : हिंदी निर्धारित पुस्तकें – 1. स्पर्श भाग–2 (NCERT) 2. संचयन भाग–2 (NCERT)

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Activities Proposed
अप्रैल	20		स्पर्शः पद्य खंड पाठ-1 साखी (कबीर) पाठ-2 पद (मीरा) स्पर्शः गद्य खंड पाठ-01 बड़े भाई साहब व्याकरणः पदबंध कक्षा जाँच परीक्षा	04 05 03 05	 मीराबाई भिक्तकाल की प्रसिद्ध कवियत्री थीं। इस काल के अन्य किसी दो किवयों का सिचत्र जीवन परिचय लिखना।
मई	11	4	स्पर्शः गद्य खंड पाट–02 डायरी का एक पन्ना कक्षा जाँच परीक्षा	06 01	
जून	14	Periodic Test-I	स्पर्शः गद्य खंड पाठ–03 तताँरा–वामीरो कथा संचयनः पाठ–1 हरिहर काका व्याकरणः रचना के आधार पर वाक्य रूपांतरण लेखनः अनुच्छेद लेखन औपचारिक–पत्र लेखन कक्षा जाँच परीक्षा	02 05 02 01 02 02	
जुलाई	24	Periodic Test-1	स्पर्शः पद्य खंड पाठ–04 मनुष्यता स्पर्शः गद्य खंड पाठ–05 तीसरी कसम के शिल्पकार शैलेंद्र व्याकरण : समास अपठित गद्यांश कक्षा जाँच परीक्षा	04 05 04 03 03	किसी ऐसे दो व्यक्तियों का सचित्र जीवन परिचय देना जिसे परोपकार करते हुए विद्यार्थियों ने देखा हो और उनके जीवन पर होने वाले प्रभाव को लिखना।
अगस्त	23	Periodic Test-II	स्पर्शः पद्य खंड पाठ–5 पर्वत प्रदेश में पावस स्पर्श : गद्य खंड पाठ–06 अब कहाँ दूसरे के दुःख से दुखी होने वाले पाठ–07 पतझर में टूटी पत्तियाँ (क) गिन्नी का सोना (ख) झेन की देन ● संचयनः पाठ–2 सपनों के—से दिन	03 03 03 05 02	भारतवर्ष के छह ऋतुओं का संक्षिप्त वर्णन करते हुए पावस ऋतु के प्राकृतिक सौंदर्य का विस्तारपूर्वक वर्णन करना ।

			व्याकरणः मुहावरे लेखनः सूचना लेखन कक्षा जाँच परीक्षा	05	
सितम्बर	24		स्पर्शः पद्य खंड पाठ–7 तोप लेखनः विज्ञापन लेखन लधु कथा लेखन व ई–मेल लेखन कक्षा जाँच परीक्षा	02 02 04 02	 स्वतंत्रता आंदोलन में वज़ीर अली, टीपू सुल्तान और बंगाल के नवाब शमसुद्दौला खाँ ने जो योगदान दिया, उसके बारे में संक्षिप्त जानकारी प्राप्त करके लिखना।
अक्टूबर	19	Periodic Test-III	स्पर्शः पद्य खंड पाठ-८ कर चले हम फ़िदा पाठ-९ आत्मत्राण स्पर्शः गद्य खंड पाठ-८ कारतूस संचयनः पाठ-3 टोपी शुक्ला कक्षा जाँच परीक्षा	02 02 03 05 04	• 'कारतूस' एकांकी का कक्षा में अभिनय करना।
नवम्बर	15		पुनरावृत्ति	5/57	•
दिसम्बर	21	Pre-Board-I	पुनरावृत्ति		
जनवरी	21	Pre-Board-II	पुनरावृत्ति		
फरवरी	22				
मार्च	21				

Subject: Mathematics

Prescribed Book:1. Mathematics Textbook for class X by NCERT
2. Secondary School Mathematics Class X by R.S Aggarwal (Published Bharti Bhawan)

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Activities Proposed
March	-		PUBLIC		
April	20		CH-1 Real Number CH-2 Polynomials CH-3 Pair of Linear Equation in two variables End of topic test	04 07 06 03	

May	11		CH-4 Quadratic Equation	10	
May	11		End of topic test	01	
			CH-5 Arithmetic Progression	07	• To verify that the sum of first 'n' natural
June	14		CH-7 Coordinate Geometry	05	number is $n (n+1)/2$ by Graphical Method.
			End of topic test	02	
		Periodic Test-I	CH-6 Triangles	07	To verify Pythagoras Theorem by
		1 cribuic 1 est-1	CH-8 Introduction to Trigonometry	08	performing an Activity.
July	24		CH-9 Some Application of Trigonometry	07	
			End of topic test	02	
			CH-9 Some Application of Trigonometry	02	
			(cont)		
August	23	Periodic Test-II	CH-10 Circle	08	
			CH-12 Area Related to Circle	10	
			End of topic test	03	
			CH-13 Surface Area and Volumes	14	To Get the formula for Volume of a Right
September	24		CH-14 Statistics	FLF 08/	 Circular Cone Experimentally.
			End of topic test	02	
October	19	Periodic Test-III	CH-15 Probability End of topic test	01	
November	15		Revision	15	
December	21	Pre-Board-I	Revision	21	
January	21	Pre-Board-II	Revision	21	
February	22		Revision PUBLIC	22	
March	21			23	

Subject : Science and Technology Prescribed Book :- 1. Science

Science Text Book – NCERT-X

Comprehensive Practical Science (Laxmi Publication)

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters / Unit (Entire Book to be Covered)	Tentative No. of Periods allotted in a month	Activities Proposed
April	20		CH-1: Chemical Reactions & Equations CH-2: Acids, Bases & Salts CH-6: Life Processes (Cont.) CH-10: Light- Reflection & Refraction Physics: End of the topic test (topic- Reflection) Chemistry: End of the topic test (Chemical reaction and equation) Biology: End of the topic test 1 (Topic - Nutrition & Respiration)	07 09 01 01 01	 -Determining pH of given substances. -Studying properties of HCl. -To study the properties of acids (dil. HCl) by their reaction with: (a) Litmus solution (b) Zinc metal (c) sodium carbonate solution -To perform and observe the reaction of iron nails kept in copper sulphate solution. -Preparing temporary mount of leaf peel to observe internal structure of leaf. -To demonstrate that carbon di oxide is necessary for photosynthesis. Tracing the path of rays of light through glass slab.
May	11		CH-2: Acids, Bases & Salts(cont) CH-6: Life Processes CH-10: Light- Reflection & Refraction (cont) Physics: End of the topic test (topic- Reflection) Chemistry: End of the topic test (Properties of acid)	03 03 03 01	 To observe the action of Zn, Fe, Cu and Al metals on the following salt solutions. (ZnSO4, FeSO4 CuSO4) To prove that carbon di-oxide is given out during respiration. Determination of focal length of concave and convex lens.
June	14		CH-3: Metals and Non metals CH-7: Control & Coordination (Cont.) CH-10: Light- Reflection & Refraction (cont)	05 05 05	 To observe the action of Zn, Fe, Cu and Al metals on the following salt solutions. (ZnSO4, FeSO4 CuSO4) To observe the structure of nerve cell using permanent slide. To make the brain cap using coloured papers.
July	24	Periodic Test-I	CH-3: Metals and Non metals CH-4 Carbon and its compounds CH-11: Human Eye & The Colourful World CH-12: Electricity CH-7: Control & Coordination Physics: End of the topic test (topic- Human eye and colourful world) Biology: End of the topic test 2 (Topic - Control	12 12 09 02 11 01	 To study the Binary fission in Amoeba & Budding in yeast using permanent slides. To study the growth of fungi on a slice of bread. Determining equivalent resistance of 2 resistors in series and in parallel. To study the properties of NaOH by their reaction with litmus solution, zinc metal and solid sodium carbonate.

August	23	Periodic Test-II	and coordination in animals) Chemistry: End of the topic test (Preparation methods of compounds) CH-4 Carbon and its compounds (contd) CH-8: How Do Organisms Reproduce? (Cont.) CH-12: Electricity (cont) Chemistry: End of the topic test (Metals and Nonmetals)	11 11 11	 To research and submit a report on use of metals. To study the vegetative propagation in potato. To study the structure of a flower. To study the structure of a dicot seed To make the model of different isomers of different compounds using beads etc To study the properties of ethanoic acid by their reaction with ethanol, sodium carbonate, baking soda and sodium hydroxide.
September	24	Periodic Test-III	CH-4 Carbon and its compounds (contd) CH-8: How Do Organisms Reproduce? (contd) CH-9: Hereditary & Evolution CH-12: Electricity (cont) CH-13: Magnetic Effects Of Electric Current Physics: End of the topic test (topic- Electricity) Biology: End of the topic test 3 (Topic - Asexual reproduction in plants, Sexual reproduction in animals) Biology: End of the topic test 4 (Topic - Monohybrid and Dihybrid cross)	10 11 07 03 08 01	 Finding image distance. Finding out the lines of force with the help of a magnetic compass.
October	19		CH-13: Magnetic Effects Of Electric Current (contd) CH-15: Our Environment CH-14: Sources Of Energy Physics: End of the topic test (topic- Magnetic effects) Biology: End of the topic test 4 (Topic - Our Environment) Chemistry: End of the topic test (IUPAC)	07 06 07 01 01	 Demonstration of magnetic force due to a current carrying conductor. Demonstration of mutual induction by wireless charger. Research and submit a report on biomagnification
November	15		Revision	09 09 09	 Submit a report on ways of reducing the use of fossil fuels. Slogan writing on ways of reducing pollution.

December	21	Pre-Board-I	Revision	
January	21	Pre-Board-II	Revision	
February March	22		Revision	

Subject: Social Science (087)

Prescribed Books;

- 1. India and the Contemporary World-II (History) Published by NCERT
- 2. Contemporary India II (Geography) Published by NCERT
- 3. Democratic Politics II (Political Science) Published by NCERT
- 4. Understanding Economic Development Published by NCERT
- 5. Together Towards a Safer India Part III, a textbook on Disaster Management Published by CBSE

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Activities Proposed
April	20		 His CH 1 The Rise of Nationalism in Europe Civ- CH 1Power sharing Geo CH 1 Resources and Development Eco- CH 1 Development End of topic test 	08 03 02 03 04	 Variation Using Plants Materials plastic bottles soil plants with shallow roots and deep roots plastic cups water Cut plastic bottles in half and fill one with soil, one with soil and plants with shallow roots, and one with soil and plants with deeper roots. Pour water on the bottles, and have students collect the run-off in plastic cups. Discuss the results with students. Which one had the least soil in the water? Which one had the most? Why do you think this happened? What could humans do to prevent soil erosion?
May	11		Civ CH FederalismEnd of topic test	10 01	Debate will be conducted on India is a federation with a unitary bias and is referred as a quasi federal state because of strong central machinery.
June	14	Periodic Test-I	Geo Ch 2 Forest and WildlifeHis CH2 Nationalism in India.	02 06	• Chart will be prepared by the students on sectors of Economy:

July	24		 Civ Ch 3 Democracy and Diversity Geo CH 3 Water resources Eco CH 2 Sectors of Indian End of topic test His CH 4 The Age of Industrialization Civ CH 4 Gender, Religion and Caste Geo Ch 4 Agriculture End of topic test His CH5 Print culture and modern world 	02 01 02 01 07 07 07 07 03	 Pie diagram will be pre[pared in class to depict the religion composition of India. Chart will be prepared on the basic
August	23	Periodic Test-II	 Civ CH 6 Political parties Eco CH 4:Money and the credit Geo CH 5 Minerals and Energy resources Civ CH 7 Outcomes of democracy End of topic test 	05 04 02 03 04	 Chart will be prepared on the basic information of different political parties: Students will create a poster that explains how the resource is being used and presents their opinion about whether or not the resource is being used wisely. If they think it is, they should provide supporting evidence. If it is not, they should suggest alternatives.
September	24		Revision/Test		•
October	19	Periodic Test-III	 Geo CH 6 Manufacturing Industries Eco CH 4 Globalization and the Indian economy Geo Ch 7 Lifelines of National Economy Civ CH8 Challenges to democracy. End of topic test 	05 04 03 03 04	 Mental map will be prepared by the students on Globalisation and the Indian Economy: Geo Ch 7 Lifelines of National Economy Civ CH8 Challenges to democracy.
November	15		Revision	15	•
December	21	Pre-Board-I	Revision	21	•
January	21	Pre-Board-II	Revision	21	•
February	22		Revision	22	•
March	21		•	21	•

		संस्कृत व्याकरण (New Saraswa	nti House Pvt. Ltd.)		
Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Activities Proposed
मार्च		,	सामूहिक—अवलोकनम् (सर्वेषु विषयेषु)	1	 पर्यावरण के महत्त्व पर अपने विचार लिखना एवं न्र
+			शेमुषी–पाठ–1 शुचिपर्यावरणम्	5	कक्षा में चर्चा करना।
अप्रैल	20		पाठ–2 बुद्धिर्बलवती सदा	4	
			अपठित—अवबोधनम्	4	
			अध्यायस्य अन्तिमे परीक्षा	2	
मई			शेमुषी–पाठ–4 शिशुलालनम्	5	• संस्कृत को शुद्ध पठन एवं उच्चरण तथा लघु वाव
	11		अध्यायस्य अन्तिमे परीक्षा	1	निर्माण।
जून			शेमुषी-पाठ-5 जननी तुल्यवत्सला	4	• चित्र के आधार पर वाक्य लेखन
Ø.	14	-	रचनात्मकं कार्यम्–चित्रवर्णनम्, संस्कृते अनुवादः	4	• वित्र पर जावार पर पापप राजन
			अध्यायस्य अन्तिमे परीक्षा	2	
जुलाई		Periodic Test - I	शेमुषी पाट-6 सुभाषितानि	5/ 5 7	 सन्धि का टेबल बनाकर सारे विभागों का उदाहर
3			पाठ-७ सौहार्द्र प्रकृतेः शोभा	5	सहित वाक्य निर्माण।
	24		व्याकरणम्—सन्धिः (स्वरमेव)	5	साल्स वावव मानाना
			अध्यायस्य अन्तिमे परीक्षा	2	
अगस्त			शेमुषी–पाठ–८ विचित्रः साक्षी	8	• 'सूक्तयः' आधारित श्लोकों का सस्वर वाचन अ
	23	Periodic Test - II	पाठ–९ सूक्तयः व्याकरणम्–समासः संधिः	8	सहित लिखन।
			अध्यायस्य अन्तिमे परीक्षा	2	anga Kig ij
सितम्बर	24		पुनरावृत्ति	6	
अक्टूबर			शेमुषी पाठ—12 अन्योक्तयः, व्याकरणम्—वाच्य—परिवर्तनम्	6	 अन्योक्तयः आधारित श्लोकों का संस्वर वाचन और
017871	19	Periodic Test-III	प्रत्ययाः	6	• अन्याक्तयः आधारित श्लाका का संस्वर वाचन आर सहित लिखन।
			अध्यायस्य अन्तिमे परीक्षा		साहत ।लखन।
नवम्बर			व्याकरणम्–समय–लेखनम्, अव्ययपदानि, अशुद्धिः	3	• संस्कृत घटिका का निर्माण एवं समय से संबंधित
	15		संशोधनम	3	वैज्ञानिक एवं शस्त्रीय प्रयोग की चर्चा एवं उपयोगि
			अध्यायस्य अन्तिमे परीक्षा	2	विचार करने का अभ्यास
दिसम्बर			शेमुषी—पुनः चर्चा व्याकरणम्—पुनरावृत्ति	10	
14/1/4/	21	Pre-Board-I	अध्यायस्य अन्तिमे परीक्षा	2	• छोटे–छोटे वाक्यों को अनुवाद करने का अभ्यास
जनवरी			शेमुषी-पुनः चर्चा व्याकरणम्-पुनरावृत्ति	10	• परीक्षा उपयोगी वस्तुओं और मूल बिंदु पर च
	21	Pre-Board-II	अध्यायस्य अन्तिमे परीक्षा	2	प्राची उपयोग पस्तुओं और नूल बिंदु पर य पुनरावृत्ति

Subject: Computer Applications
Prescribed Book: - 1. Computer Applications Cyber Beans (Kips)

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Activities Proposed
April	20		 Internet Basics Internet Services End of the Topic Test 	10 08 02	 Explain a website visits component Make a PPT of different web services.
May	11		 Internet Services Cyber Ethics Basic HTML Elements End of the Topic Test 	02 05 03 01	• In a group of five prepare presentation on the given topics 1. Plagiarism 2. Software Piracy 3. Cyber Ethics for E-commerce 4. IPR 5. Open Source Philosophy
June	14	Periodic Test-I	 Basic HTML Elements (cont) Images, Links and tables End of the Topic Test 	05 06 03	 Create a webpage with following elements 1. HR 2. Heading 3. OL Create a table of three columns and five rows the first column should have Name of top five cricketers and second column should have images of those cricketers and third column should have link to cricketer profile.
July	24		 Forms and Frames End of the Topic Test 	20 04	Create a Registration form to create a new email id
August	23	Periodic Test-II	 CSS End of the Topic Test Revision 	22 01	 Create a Admission form using different form elements. Apply internal CSS to create one School Webpage.
September	24	Periodic Test-III	• CSS (cont)	10	 Create a web page that serves as an invitation card to your birthday party. Use all the HTML tags along with CSS properties you have learnt to make it attractive and lively.
October	19		Revision		
November	15		Revision		
December	21	Pre-Board-I	• Revision		
January	21	Pre-Board-II	Revision		
February	22		Revision		

Subject: Physical Education

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Activities Proposed
	Intra	mural & Extramural Con	npetition Of Various Games As Per The CBSE	D.P.S. Society & School	l Year Planner 2023-24
April + May+June	20 + 11 + 14	Periodic Test-I	General Fitness Warming up (general & specific) & free hand exercises. Basic & advanced skills.Rules and regulations. Technique, Tactis and strategies. Chess, Volleyball and Kabaddi: Basic concept and practice of games. Inter house Kabaddi competition. Free hand exercises. Basketball: Basic concept of basketball match, dribbling and passing. Taekwondo: White Belt Training and Inter house Taekwondo competition.	10+12+5+16	
July+ August+ September	24 + 23 + 24	Periodic Test-II Periodic Test-III	General Fitness Warming up (general & specific) & free hand exercises. Basic & advanced skills.Rules and regulations. Real match situation. Table Tennis, Chess, Kho:Kho: Basic concept and practice. General fitness. Inter House Competition. Basketball: Board shot, Ring shot, Free throw shot and standing lay-up shot. Taekwondo: Preparation for Championship and Belt grading Exam Yellow, Green, One Belt Training and Theory .Blue Belt Training all fundamental skill .sparring Training	20+10+20+2	
	In	tramural & Extramural (Competition Of Various Games As Per The CB	SE/D.P.S. Society & Scl	hool Year Planner 2023-24
October +	19		General Fitness Warming up (general & specific) & free hand	13+10+10	

November	+		exercises. Basic & advanced skills.Rules and
November	15		regulations. Real match situation.
	13		Basketball, Handball & Football:
			Rules and regulation of above mentioned
			games. March past & Mass Drill Practice.
			Running lay-up shot.1:o:1 game and 3 on 3
			game. Taekwondo:
			Blue one Belt and previous Belt training .Belt
			grading Exam and preparation for
			championship
			General Fitness 20+20
			Warming up (general & specific) & free hand
			exercises. Basic & advanced skills. Rules and
			regulations. Real match situation.
December	21		Cricket, Badminton & Athletics:
+ January	+	Pre-Board-I & II	Basic & advanced skill of games.
	21		5on5 game, 3point shots and defence practice.
			Taekwondo:
			Red Belt training self defiance sparring
			technique.
			General Fitness 22
			Warming up (general & specific) & free hand
			exercises. Basic & advanced skills.Rules and
			regulations. Real match situation.
February	22		Revision of the previous classes, match play.
+			Basketball:
March	21		Basketball game practice with all rules. Inter
			house basketball competition.
			Taekwondo:
			Preparation for Championship and Belt
			Grading Exam

Subject : Yoga

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Activities Proposed
April	20		 Concept& Basis of yoga Micro exercise : Eye , Neck & Shoulder 	4	Inter House Yoga Competition

			Surya Namaskara
			Asana : Briksasana, Natrajasana
			Breathing : Natural & Deep
			Mudra : Jnana Mudra
			Micro Exercise :Neck , Shoulder & 4 Waist
			Surya Namaskar
May	11		Asana : Birbhadrasana -1,
			Birbhadrasana-2
			Breathing :Natural & Deep Bridge Control of the Control of t
			Revision Of Previous Practices World Yoga Day.
			Micro exercise: Hip-joint, Knee,
_			Ankle. SEFOR
June	14		Surya Namaskar
			Asana : Bhujangasana,
		Periodic Test-I	Paschimottanasana
			Pranayama : Sheetali ,sheetkari
			Yogic Jogging
Tuler	24		Surya Namaskara
July	24		• Asana :Birbhadrasana-2 & 3
			Meditation : On Breathing
			Surya Namaskara 4
			Asana : Pawanmuktasana, Naukasana
	••	B . W . T . W	Pranayama : Anuloma viloma,
August	23	Periodic Test-II	Sheetkari
			Mudra: Jnana, Chin Mudra
			Meditation : On Sound
			Surya Namaskara 4
			Asana :Dhanurasana , Janusirasana
September	24		Pranayama : Ujjayi ,Bhramari
September	27		Mudra :Nasika
			Bandha : Uddiyan
		Periodic Test-III	Surya Namaskara 4
	19		
			Asana :Shalabhasana, Halasana
October			Pranyama: Anuloma viloma ,Udgit
			Jnana Mudra ,Viprit karni Mudra
			Introduction of Yognidra

November	15		 Surya Namaskara Asana :Dandayaman janusirasana, Ardha Baddha Padhastasana Pranayama : Nadi Shodhan-1&2, Bhastrika Mudra : Nasikagra mudra
December	21	Pre-Board-I	 Surya Namaskara Asana : Sarvangasana ,Matsyasana Pranayama : Nadi shodhan-2&3 , Bhastrika Mudra : Kaki Mudra
January	21	Pre-Board-II	 Surya Namaskara Asana : Sirshasana, Padma Sarvangasana Pranayama : Nadi shodhan-4&5, Bhramari, Udgit Mudra : Agni Mudra
February March	22 21		Revision Of all the Previous Practices
Subject: Dance Prescribed Bo			

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Activities Proposed
April	20		A brief history of Indian dance (Practical & Theory)	04	Warm-UpBhumi PranamaHand GestureFacial Expression
April	20		Basic foot and hand movements Kathak dance	01	 Warm-Up Previous Dance Practice New Semi-Classical dance (Bhajan) Holiday Project(Art Integration) Collect Data from text book or Internet: Reference from ancient text (vedic, puranic, epics and other scriptures). Evaluation of Kiathak dance in Pracheen Kal/Mandir Kal (Katha vachak and Rasdhar tradition, etc). Madhya Kal/Darbar kal, Adhunik Kal covering brisish and post independent era till the present time based.

May	11		Practice of basic standing position and various patterens of Tatkar.	02	Project Submission (HOLIDAY) Thekaa Aamad
June	14	Periodic Test-I	Inroduction for verious part of Kathak dance	04	 Tatkaar Aamad Salaami Tukdaa Semi-Classical dance
July	24		Independence Group Dance PracticeKrishna Janmastami Cellebration	04	Song SelectionStep CrationGroup dance
August	23	Periodic Test-II	 Cont Krishna Janmastami Shree Ganesh Chaturthi Distinctive aspects of Kathak (Using Ghungroos, Costume etc). 	04	 Group dance Song selection Step Creation
September	24	Periodic Test-III	Navaraatri Cellebration / Devotional Dance	27	Devi Stuti & Dandia dance
October	19		Theme based group dance	4	Group dance practice for House function
November	15		Introduce rajasthani Christmas Cellebration	4	Theme based dance with carol
December	21	Pre-Board-I	Republic day Celebration	3	Patriotic theme based dance
January	21	Pre-Board-II	Group dance Test	4	Theory & Practical Activity - Tatkaar, Tukda Folk dance
February	22			2	

Subject: Hindustani Music

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Activities Proposed
March + April	20		Swar Notification and Standing notes practice, Knowledge of the musical terms.	8	Songs for community singing
May	11		Raga Bihag Detailed Description, Introduction of Indian Music.	2	Research about the making of Harmonium
June	14	Periodic Test-I	Raga Malkauns detailed description like vilambit kheyal and drut kheyal with few	4	Using of Tanpura.

			tanas.	
July	24		Description of Jhaptaal, Teentaal, Dadra, Keharwa, Rupak	
August	23	Periodic Test-II	 Raga Yaman – Aalap, Sargam and Bandish Patriotic medley 	Research in making of Tabla
September	24	Periodic Test-III	Detailed description of Harmonium & Playing Methodology, Theoretical terms.	Knowledge about different musical instruments
October	19	reriouic Test-III	Difference between North and South Indian Music System, Folk Songs. 4	Introduction about different Renowned artistes and their contribution in Indian Classical Music
November	15		• Importance of aesthetics in Indian Classical Music 6	Difference between Dhrupad and Dhamaar
December	21	Pre-Board-I	 Description & Tuning of Tanpura and Tabla, Devotional Songs TULSI DAS bhajan. 	
January	21	Pre-Board-II	Patriotic Song 5	To listen to different Ragas in different instruments.
February	22		• Revision 6	•
March	21			

