








**JAGAT TARAN GOLDEN JUBILEE SCHOOL, PRAYAGRAJ**  
**CLASS 2**  
**SESSION-2025-26**  
**EXAM-WISE SYLLABUS**

**SUBJECT: ENGLISH**

EXAM	LESSON NO. & NAME		ACTIVITY
PERIODIC TEST -I	<b><u>ENGLISH LITERATURE</u></b> <b><u>CHAPTERS: -</u></b> 1. A Mouse In The House The Swing (Poem) 2. For My Babies <b><u>NOTE</u></b> – Read and go through the chapters thoroughly in the English textbook and Literature notebook	<b><u>ENGLISH LANGUAGE</u></b> 1. The Sentence a. Questions and Statements b. Jumbled Sentences 2. Noun a. Proper Noun b. Common Noun c. Gender <b><u>NOTE:</u></b> Practice attempting picture comprehension & comprehension passages. Learn Grammar exercises done in the book and the notebook	1. Paper craft : Make a mouse using brown/ grey, pink and black paper, googly eyes or black bindi, scissors/glue <b>Note :</b> Refer to the image shown below and youtube link <a href="https://youtube.com/shorts/GJc_XzIHhdc?si=JXvDcnl4c0bFwGp5">https://youtube.com/shorts/GJc_XzIHhdc?si=JXvDcnl4c0bFwGp5</a>  2. Nouns – Make four holders out of cardboard or old bottles decorate and label them as Person /place /animal/ thing. Prepare picture cutouts of different naming words then place them in the correct holder using an icecream stick <b>Note :</b> Refer to the image shown below 
PERIODIC TEST –II (HALF YEARLY)	<b><u>ENGLISH LITERATURE</u></b> <b><u>CHAPTERS: -</u></b> 1. A Mouse In The House 2. For My Babies 3. Dressing Up Day Walk With Grandpa (Poem) 4. A Tree For All 5. Tubby, The Fat Cat A White Hen (Poem)  <b><u>ORAL EXAMINATION</u></b>  <b><u>RECITATION</u></b> – The Swing, Walk With Grandpa, A White Hen  <b><u>READING</u></b> – All the lessons of Half Yearly from the Course Book.  <b><u>SPELLINGS</u></b> – COURSE BOOK- Ls. 1,2,3,4,5  <b><u>WRITING</u></b> – COURSE BOOK Ls. 1, 2, 3, 4 & 5	<b><u>ENGLISH LANGUAGE</u></b> 1. The Sentence a. Questions and Statement b. Jumbled Sentences 2. Noun a. Proper Noun b. Common Noun c. Gender d. Noun: Number 3. Adjectives : Describing Words 5. Articles : A, An, The 6. Pronouns a. My, Our, Your, His, Her, It's, Their b. I, We, You, He, She, It, They 7. Prepositions: In, On, Behind, Under 8. Understanding Words – Words often confused, Similar words, Opposites Review 1(Grammar Book) Paragraph Writing: My Father Rainy season <b><u>NOTE:</u></b> Practice attempting picture comprehension & comprehension passages. Learn grammar exercises done in the book and the notebook.	

	<p><b>NOTE</b> – Read and go through the chapters thoroughly in the English textbook and Literature notebook.</p>		
<p>PERIODIC TEST –III</p>	<p><b>ENGLISH LITERATURE CHAPTERS: -</b>          6. In The Park          Little Raindrops (Poem)          7. The Sky Is Falling  <b>NOTE</b> – Read and go through the chapters thoroughly in the English textbook and Literature notebook</p>	<p><b>ENGLISH LANGUAGE</b>          1. Verb : Doing Words          a. Helping Verbs : Is, Am, Are          b. Helping Verbs: Was, Were          c. Helping Verbs : Have, Has          d. Helping Verbs: Had          2. Adjectives : Describing Words          Review 2 (Grammar Book)</p> <p><b>NOTE:</b> Practice attempting picture comprehension &amp; comprehension passages. Learn grammar exercises done in the book and the notebook.</p>	 <p>1. Make any 3 zoo animal paper crown craft using coloured paper and googly eyes  <b>Note</b> : Refer to the image shown above          2. Verbs to be – Make cutouts of seven flowers and three pots out of colourful paper. Stick slips marked Is, Am, Are on each pot and slips of pronouns on the flowers. Complete the craft by placing the flowers in the correct pot.          Note : Refer to the image shown below.</p> 
<p>ANNUAL EXAM</p>	<p><b>ENGLISH LITERATURE CHAPTERS: -</b>          2. For My Babies          4. A Tree For All          6. In The Park          Little Raindrops (Poem)          7. The Sky Is Falling          8. Shopping Fun!          The Fly (Poem)          9. A Christmas Song          Cradle Song (Poem)          10. Sports Day          Wheels (Poem)  <b>ORAL EXAMINATION RECITATION</b> – Little Raindrops, The Fly, Cradle Song, Wheels  <b>READING</b> – All the lessons of Final Term from the Course Book.  <b>SPELLINGS</b> – COURSE BOOK          Ls. 2,4,6,7,8,9,10  <b>WRITING</b> – COURSE BOOK          Ls. 2, 4, 6, 7, 8, 9 &amp; 10  <b>NOTE</b> – Read and go through the chapters thoroughly in the English textbook and Literature notebook.</p>	<p><b>ENGLISH LANGUAGE</b>          1. Noun          a. Proper Noun          b. Common Noun          2. Adjectives : Describing Words          3. Articles : A, An, The          4. Tense          a. Present Tense : Eat, Eats, Go, Goes          b. Past tense: It Happened          Yesterday          5. Prepositions: In, On, Behind, Under          6. Conjunctions: And, But, Or          7. Understanding Words – Formation Of Words, Rhyming Words, Words With Silent Letters          Review 3 (Grammar Book)          Paragraph Writing:          My Birthday          National flag of India</p> <p><b>NOTE:</b> Practice attempting picture comprehension &amp; comprehension passages. Learn grammar exercises done in the book and the notebook.</p>	

**SUBJECT: HINDI**


EXAM	LESSON NO. & NAME		ACTIVITY
PERIODIC TEST -I	<b><u>HINDI LITERATURE</u></b> पाठ 1- सुबह हो गई ( कविता) पाठ 2- शारा की अनोखी यात्रा पाठ 3- महात्मा और चुहिया	<b><u>HINDI VYAKARAN:-</u></b> स्वरो की मात्राएँ , व्यंजनों का प्रयोग, बिंदु और चंद्रबिंदु , संज्ञा (परिभाषा एवं संबंधित अभ्यास कार्य), विलोम शब्द, वचन, चित्र वर्णन , पाठ 1से 3 के समस्त अभ्यास कार्य।	<p>१) हाथ के पंजों के कटआउट ( छाप) पर प्रत्येक उंगलियों पर व्यंजन वर्ग को लिखें।</p>  <p>२) शंख, माँ, बंदर, साँप, पंख, चाँद का चित्र लगाकर बिंदी द्वारा बिंदु तथा चन्द्रबिन्दु लगाएं।</p>
PERIODIC TEST –II (HALF YEARLY)	<b><u>HINDI LITERATURE</u></b> पाठ 1- सुबह हो गई ( कविता) पाठ 2- शारा की अनोखी यात्रा पाठ 3-महात्मा और चुहिया पाठ 4-और बुलाओ एक जना (कविता) पाठ 5-भीमा गधा पाठ 6-छाता ( कविता) पाठ 7-सातवीं पूड़ी <b><u>ORAL EXAMINATION :-</u></b> <b><u>Recitation:-</u></b> सुबह हो गई, और बुलाओ एक जना, छाता <b><u>Reading:-</u></b> पाठ 2, पाठ 3, पाठ 5, पाठ 7	<b><u>HINDI VYAKARAN:-</u></b> स्वरो की मात्राएँ ,बिंदु और चंद्रबिंदु, व्यंजनों का प्रयोग, संज्ञा ( परिभाषा, भेद - व्यक्तिवाचक, जातिवाचक) अनेक शब्दों के लिए एक शब्द , लिंग, वचन, विलोम शब्द, गिनती 1 से 15 , अपठित गद्यांश, पाठ 1से 7 के समस्त अभ्यास कार्य। अनुच्छेद- १) मेरा प्रिय त्योहार      २) मेरा विद्यालय	
PERIODIC TEST –III	<b><u>HINDI LITERATURE</u></b> पाठ 8-बीरबल की बुद्धिमानी पाठ 9-नया नवेला मौसम पाठ 10-बलवान कौन?	<b><u>HINDI VYAKARAN :-</u></b> सर्वनाम (परिभाषा एवं संबंधित अभ्यास कार्य) , ऋ की मात्रा लगाकर शब्द बनाएं, दिनों और महीनों के नाम, विलोम शब्द, शब्दों का क्रम सही करके वाक्य बनाएँ, गिनती 1 से 20, अपठित गद्यांश, पाठ 8 से 10 के समस्त अभ्यास कार्य।	<p>१) सर्दी , गर्मी और बरसात के मौसम में अपने मनपसंद खाने वाली चीज़ों के नाम लिख कर चित्र भी लगाइए।</p> <p>२) सप्ताह के दिनों के नाम फूल बनाकर या चिपकाकर उसमें लिखें।</p>
ANNUAL EXAM	<b><u>HINDI LITERATURE</u></b> पाठ 8-बीरबल की बुद्धिमानी पाठ 9-नया नवेला मौसम पाठ 10-बलवान कौन? पाठ 11-पानी (कविता) पाठ 12-कुल्हाड़ी का दलिया पाठ 13-बकरी के बच्चे पाठ 14-अगर पेड़ भी चलते होते (कविता) <b><u>ORAL EXAMINATION :-</u></b> <b><u>Recitation:-</u></b> पानी, अगर पेड़ भी चलते होते <b><u>Reading:-</u></b> पाठ 8, पाठ 9, पाठ 10, पाठ 12, पाठ 13	<b><u>HINDI VYAKARAN :-</u></b> संज्ञा (परिभाषा, भेद एवं संबंधित अभ्यास कार्य) , सर्वनाम ( परिभाषा एवं संबंधित अभ्यास कार्य) , विलोम शब्द, वचन ,पर्यायवाची शब्द ,शब्दों का क्रम सही करके वाक्य बनाएँ , क्रिया (परिभाषा एवं संबंधित अभ्यास कार्य), अनेक शब्दों के लिए एक शब्द , विराम चिन्ह (पूर्ण विराम चिन्ह, प्रश्न चिन्ह ,अल्प विराम चिन्ह), गिनती 1 से 30,अपठित गद्यांश, पाठ 8 से 14 के समस्त अभ्यास कार्य। अनुच्छेद- १) मेरा पसंदीदा मौसम २) पौष्टिक खाने का महत्व	

**SUBJECT: MATHEMATICS**

EXAM	LESSON NO. & NAME	ACTIVITY
PERIODIC TEST -I	Chapter 1.Numbers and Numeration (1 to 300) <ul style="list-style-type: none"> <li>★ Number names and numerals</li> <li>★ 3-Digit numbers on the abacus</li> <li>★ Before, After and Between</li> <li>★ Comparison of 3 – digit numbers</li> <li>★ Ascending and Descending order</li> <li>★ Place value of the digits.</li> <li>★ Expanded and short form of 3 – digit numbers.</li> <li>★ Odd and Even Numbers.</li> </ul> Chapter 2.Addition 2 - digit numbers (With and Without Carry Over) Chapter 3.Subtraction 2 - digit numbers (With and Without Borrowing) <ul style="list-style-type: none"> <li>➤ Tables- 2 to 5</li> </ul>	<u>ACTIVITY1</u> – Solve the sums and colour the octopus as instructed. <u>ACTIVITY 2</u> - Make a rainbow craft showing Place value of numbers using chart paper, pencil colours and markers.
PERIODIC TEST –II (HALF YEARLY)	Chapter 1.Numbers and Numeration (1 to 500) <ul style="list-style-type: none"> <li>★ Number names and numerals</li> <li>★ 3-Digit numbers on the abacus</li> <li>★ Before, After and Between</li> <li>★ Comparison of 3 – digit numbers</li> <li>★ Ascending and Descending order</li> <li>★ Place value and face value of the digits</li> <li>★ Expanded and short form of 3 – digit numbers</li> <li>★ Odd and Even Numbers</li> </ul> Chapter 2.Addition 3- Digit Numbers (Without Carry Over) Chapter 3.Subtraction 3- Digit Numbers (Without Borrowing) Chapter 4.Multiplication <ul style="list-style-type: none"> <li>★ Multiplying 2 – digit numbers by 1- digit number ( Without and With Carry Over)</li> </ul> Chapter 5.Division <ul style="list-style-type: none"> <li>★ 2 - digit by 1- digit without remainder</li> </ul> Chapter 6.Fractions <ul style="list-style-type: none"> <li>★ Types of Fractions – Half, One- Fourth, One- Third</li> <li>★ Naming, drawing and shading fraction</li> <li>➤ Tables- 2 to 8</li> <li>➤ Statements sums on addition, subtraction, multiplication and division.</li> </ul>	
PERIODIC TEST –III	★ Chapter 1.Numbers and Numeration (1 to 700) <ul style="list-style-type: none"> <li>★ Number names and numerals</li> <li>★ Before, After and Between</li> <li>★ Comparison of 3 – digit numbers</li> <li>★ Ascending and Descending order</li> <li>★ Place value and face value of the digits</li> <li>★ Expanded and short form of 3 – digit numbers</li> </ul> Chapter 7.Money <ul style="list-style-type: none"> <li>★ Read and Write Money</li> <li>★ Addition and Subtraction of Rupees and Paise</li> <li>★ Statement Sums on Money</li> </ul> Chapter 8.Measurement	<u>ACTIVITY1</u> -DIY activity -Make a colourful piggy bank utilising old jars or bottles. <u>ACTIVITY2</u> -Measuring units projects: Make 5 liquid measuring cans using chart paper and write the different measuring units on each one.

	<ul style="list-style-type: none"> <li>★ Length ( non- standard units of length)</li> <li>★ Weight ( standard units of weight)</li> <li>★ Capacity ( standard units of capacity)</li> <li>★ Addition and Subtraction of lengths, weights and capacity</li> <li>★ Statement sums on length, weights and capacity <ul style="list-style-type: none"> <li>➤ Tables- 2 to 10</li> </ul> </li> </ul>	
ANNUAL EXAM	<p>Chapter 1.Numbers and Numeration (upto 999)</p> <ul style="list-style-type: none"> <li>★ Number names and numerals</li> <li>★ Before, After and Between</li> <li>★ Comparison of 3 – digit numbers</li> <li>★ Ascending and Descending order</li> <li>★ Place value and face value of the digits</li> <li>★ Expanded and short form of 3 – digit numbers</li> </ul> <p>Chapter 2.Addition 3 - Digit Numbers ( With Carry Over)</p> <p>Chapter 3.Subtraction 3 - Digit Numbers ( With Borrowing)</p> <p>Chapter 4. Multiplication</p> <ul style="list-style-type: none"> <li>★ Multiplying 3 – digit number by 1 – digit number ( Without Carry Over)</li> </ul> <p>Chapter 5.Division</p> <ul style="list-style-type: none"> <li>★ 2 - digit by 1- digit ( Without and With remainder)</li> </ul> <p>Chapter 6.Fractions</p> <ul style="list-style-type: none"> <li>★ Types of Fractions – Half, One- Fourth, One- Third</li> <li>★ Naming, drawing and shading fraction</li> </ul> <p>Chapter 9.Time and Calendar</p> <ul style="list-style-type: none"> <li>★ Reading the time (Write the correct time, Draw the hands of the clock)</li> <li>★ Half past, Quarter past, Quarter to</li> <li>★ Days of the week.</li> <li>★ Months in a year</li> <li>★ Calendar</li> </ul> <p>Chapter 10.Shapes and Patterns</p> <ul style="list-style-type: none"> <li>★ Lines</li> <li>★ Plane Figures and 3 – D Solids</li> <li>★ Faces, Edges and Corners</li> <li>★ Patterns in Geometry</li> <li>★ Patterns in Numbers</li> </ul> <p>Chapter 11.Data Handling - Pictograph</p> <ul style="list-style-type: none"> <li>➤ Tables- 2 to12</li> <li>➤ Statement sums on addition, subtraction, Multiplication and division</li> </ul> <p><b>NOTE</b>-All the exercises completed in the Maths Textbook and Notebook (ClassworkCopy).</p>	

**SUBJECT: EVS**

EXAM	LESSON NO. & NAME	ACTIVITY
PERIODIC TEST -I	Chapter-1: Body and Health Chapter-2: Inside My Body Chapter-3: Family and Friends Chapter-4: Houses We Live In	1. Make your body – Join the body parts (pictures of different body parts) by pasting them together to make a complete body. (eyes ears nose hands legs chest abdomen head/ face) 2. Make a paper flower, showing different Family values flower – values we learn from our family, on each petal :- love , care , honesty, kindness, compassion, trust , empathy
PERIODIC TEST –II (HALF YEARLY)	Chapter-3: Family and Friends Chapter-5: Food We Eat Chapter-6: Clothes We Wear Chapter-7: Places of Worship Chapter-9: People Who Help Us Chapter-13: Weather and Seasons	
PERIODIC TEST – III	Chapter-8: Days to Celebrate Chapter-10: Neighbourhood Services Chapter-11: Map of India Chapter-12: Plants and Animals Around Us	<p><b><u>Activity</u></b></p> <p>1. Things that we get from plants – make a tree using bangles. Stick the products that we get from plants in each bangle.</p>  <p>2. Map of India Mark the states according to the four direction on an outlined political map of India</p>
ANNUAL EXAM	Chapter-6: Clothes We Wear Chapter-13: Weather and Seasons Chapter-14: Earth and Its Neighbours Chapter-15: Save the Earth Chapter-16: Means of Communication Chapter-17: Transport and Safety Chapter-18: Games We Play	

### SUBJECT: COMPUTER

EXAM	LESSON NO. & NAME	ACTIVITY
PERIODIC TEST -I	Ls 1- Computer – Let us know it more Ls 2- Exploring Parts of a Computer	<b><u>ACTIVITY</u></b> 1. Draw or Paste types of computers- Desktop, Laptop and Tablet 2. Draw one-one Input, Output and Storage device.
PERIODIC TEST –II (HALF YEARLY)	Ls 1- Computer – Let us know it more Ls 2- Exploring Parts of a Computer Ls 3- Working of a Computer Ls 4- More about Keyboard and Mouse	<b><u>PRACTICAL</u></b> • <b>Parts of a Computer</b> • <b>Input , Output and Storage device</b> • <b>IPO cycle</b> • <b>Keyboard and Mouse</b>
PERIODIC TEST – III	Ls 5- Understanding a File Ls 6- More on MS Paint	<b><u>ACTIVITY</u></b> 1. Create a File and type your name, class and name of your school in it. 2. In the notebook draw and colour any one picture given in your text book (Page-57) and write the name of the tools used in it.
ANNUAL EXAM	Ls 2- Exploring Parts of a Computer Ls 4- More about Keyboard and Mouse Ls 6- More on MS Paint Ls 7- Working with Sprite in ScratchJr Ls 8- Smart Device using AI	<b><u>PRACTICAL</u></b> • <b>Files and Folders</b> • <b>MS Paint</b> • <b>ScratchJr</b>

### SUBJECT: BANGLA

EXAM	LESSON NO. & NAME	ACTIVITY
PERIODIC TEST -I	1. স্বর বর্ণ : অ-ও 2. Numbers in bangla ১-২০ (1-20). 3. Match the following. 4. Missing numbers in bangla. 5. Count and write numbers in bangla. 6. Two letter words in bangla. 7. Writing practice in bangla letters	1. Paste the picture of any four objects which starts with letter অ & ই. 2. Students have to match the numbers in bangla and english.
PERIODIC TEST –II (HALF YEARLY)	1. স্বর বর্ণ : অ-ও ব্যঞ্জন বর্ণ : ক-ঙ 2. Numbers in bangla ১-২৫ (1-25) 3. Poem and word meaning "alu kopi motor" 4. Match the following. 5. Missing numbers in bangla. 6. Count and write numbers in bangla. 7. Writing practice in bangla letters. 8. Two and three letter words in bangla.	
PERIODIC TEST – III	1. স্বর বর্ণ : অ-ও ব্যঞ্জন বর্ণ : ক-ঞ 2. Numbers in bangla ১-৩০ (1-30) 3. Match the following. 4. Missing numbers in bangla. 5. Count and write numbers in bangla.	Activity: 1. Students have to count the pictures and write the numbers in bangla. 2. Students have to write the missing numbers in bangla.

	6. Writing practice in bangla letters. 7. Four letter words in bangla	
ANNUAL EXAM	1. स्वर वर्ण : अ-उ व्यंजन वर्ण : क-ग 2. Numbers in bangla ১-৫০ (1-50) 3. Poem and word meaning "shokal bela shonali rod" 4. Match the following. 5. Missing numbers in bangla. 6. Count and write numbers in bangla. 7. Writing practice in bangla letters. 8. Two, three and four letter words in bangla.	

**SUBJECT: GENERAL KNOWLEDGE**

EXAM	LESSON NO. & NAME
PERIODIC TEST –II (HALF YEARLY)	1. Nature’s Nest [pg no. 7 to 13] 2. India Infinite [pg no. 14 to 19] 3. Super Science [pg no. 20 to 25]  Fun Spot – The Game of 2 [pg no. 26 ] Fun Spot – The Game of 4 [pg no. 27] 4. Book Worm [pg no. 28 to 33] 5. Wonder World [pg no. 34 & 35]  Model Test Paper- I Current Affairs
ANNUAL EXAM	6. Wonder World [pg no. 36 to 39] 7. Sport Light [pg no. 40 to 45] 8. Everyday Skills [pg no. 46 to 50] 9. Mixed Bag [ pg no.51 to 54] 10. Think tank [ pg no.55 to 59]  Model Test Paper- II News Recap Current Affairs

**SUBJECT: VALUE EDUCATION**

EXAM	LESSON NO. & NAME
PERIODIC TEST –II (HALF YEARLY)	1) My Body 2) Safe Touch, Unsafe Touch 3) Family 4) Strangers 5) Feelings  <b>Pledge, School Prayer</b>
ANNUAL EXAM	6) Anger 7) Enjoying Differences 8) Secrets 9) Being Respectful 10) Helping Others  <b>Pledge, School Prayer</b>



**SUBJECT: MUSIC**

EXAM	LESSON NO. & NAME
PERIODIC TEST –II (HALF YEARLY)	1) गणेश वंदना (गाहे गणपति) 2) अलंकार\ दादरा ताल (Theory & Practical) 3) हम होंगे कामयाब 4) नानी तेरी मोरनी (song) 5) We Shall over come (song) 6) सारे जहां से अच्छा (देशगीत) 7) Be careful little Eyes (Song) 8) विद्यालय गान
ANNUAL EXAM	1. नन्हा मुन्ना राही हूँ (Song) 2. अलंकार ( 2-2 स्वर के ) 3. ताल कहरवा (Theory & Practical) 4. Clap your hand (song) 5. Theory - संगीत के मुख्य स्वर , प्रकार 6. Revision of all songs

**SUBJECT: ART/ CRAFT**

EXAM	LESSON NO. & NAME	
PERIODIC TEST – II (HALF YEARLY)	1. Tracing line- Parrot 2. Colouring- Dinosaur 3. Tracing line- Teddy Bear 4. Colouring- Moon 5. Connect the number- Toucan 6. Colour in Square- Fish 7. Colouring- Plants & Sun 8. Colouring- Dog 9. Colouring- Robot 10. Drawing- Sun 11. Colouring- Cat 12. Colouring- Kangaroo 13. Colouring- Fish 14. Colouring- Bird-Owl 15. Colouring- Landscape 16. Colouring- Fairy 17. Colouring- Flower 18. 18.) Colouring- Santa Claus	<b><u>CRAFT :-</u></b> 1.) Handprint Fish 2.) Mother Day Card 3.) Paper giraffe
ANNUAL EXAM	1) Colouring- Dog in a garden 2) Step by Step Drawing- Cat 3) Colouring- Unicorn 4) Colouring- House 5) Colouring- Elephant 6) Colouring-Toucan Bird 7) Colouring- Caterpillar 8) Colouring- Mermaid 9) Colouring- Dolphin 10) Colouring- Educational Game 11) Colouring- Cartoons Caricature 12) Step by Step Drawing- Frog Colouring- Fish	<b><u>CRAFT:-</u></b> 1.) Ice Cream Craft 2.) Teachers' Day Craft 3.) Diwali Craft

	13) Colouring- Cross curricular learning 14) Colouring- Squid 15) Connect the Dots- Car 16) Drawing- Plant 17) 17.) Educational Game- How Many?	
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**SUBJECT: PT / GAMES**

EXAM	LESSON NO. & NAME
PERIODIC TEST –II (HALF YEARLY)	1. Warm up activities – Free hand exercises- Neck rotation arm stretching, leg stretching, forward bending, backward bending, running ,jumping,zig zag running. 2. Mass P.T drill with count 3. Self- discipline and body awareness skills- stand at ease, attention, about turn, marching. 4. Simple yoga poses standing- Tadasna, Vrikshasna, Trikonasna, Ardhchakrasna. 5. Fun games – Catch and throw, dodgeball, In- out, throwing, Passing the ball, <u>Drop the Handkerchief</u> .
ANNUAL EXAM	1. Warm up activities- Jumping, jogging, high knees, squad jump. 2. Mass P.T drill with count. 2. Basic games knowledge- Mini basketball- dribbling, chest pass, bounce pass, over- head pass. Mini throwball- one hand pass, fast throwing. 4. Yoga poses Sitting- Vajrasana, Padmasna, Paschimottanasana, <u>Matsyasana</u> . 5. Fun games –Cone race, three legged race , jump across the cone, frog jump, balance the ball.