



# **JAGAT TARAN GOLDEN JUBILEE SCHOOL. PRAYAGRAJ**

## **CLASS-VIII (2025-26)**

### **MONTH-WISE SYLLABUS BREAK-UP**

#### **SUBJECT- ENGLISH**

<b>MON</b>	<b>READER</b>	<b>GRAMMAR</b>	<b>WRITING</b>	<b>ACTIVITY</b>
<b>APR</b>	1. George's Secret Key to the Universe 2. Feathered Friend 3. When I heard the Learned Astronomer (Poem)	1. Determiners		1. Make a model of the Night sky including the planets, stars and constellations. 2. Collect information about the bird Canary and prepare a write-up on it in 100 words.
<b>MAY</b>	1. Macbeth and the witches 2. The Listeners (Poem)	1. Simple Tense	Letter Writing	1. Enact the scene of Macbeth in the class along with the sound effects
<b>JUL</b>	1. Whose Place Is It Anyway(Poem) 2. The Ransom of the Red Chief 3. My Donkey Sally	1. Continuous Tense 2. Perfect and Perfect Continuous Tense	Paragraph writing	1. In groups, make a presentation about some strange and mysterious places in the world. 2. Prepare a list of three comedy movies.
<b>AUG</b>	1. Waste disposal 2. Our Casuarina Tree(Poem) 3. The Vulture and Great Spirit	1. Modals 2. Active & Passive Voice	Diary Entry	1. Prepare a colourful Poster on the theme – Reduce, Recycle, Reuse. 2. Think of a childhood memory and make a painting and narrate it to your friends.
<b>SEPT</b>	1. The University Days 2. Grandma Climbs a tree (Poem) 3. Different(Poem)	1. Preposition 2. Conjunction		What memories do you have of happy times with siblings/ cousins/ friends (50-60 words)? draw or paste a scene from your childhood. Give a caption.
<b>OCT</b>	Revision		Revision	
<b>NOV</b>	1. The Gold Frame 2. The Christmas Truce	Kinds of Clauses	Notice Writing	1. Prepare beautiful artistic frame and insert your favourite photo in it. 2. Design a poster for the upcoming Christmas celebration.
<b>DEC</b>	1. Where the Mind is without Fear (Poem)	Subject-Verb Agreement	Report Writing	Write a biography of Rabindranath Tagore giving proper details about original Bengali version of this poem. Paste a picture.

**SUBJECT- HINDI**

कक्षा- 8	Month wise Syllabus	Subject- Hindi
माह	पाठ संख्या व नाम	विषय संवर्द्धन क्रिया-कलाप
अप्रैल	<ul style="list-style-type: none"><li>➤ पाठ्य-पुस्तक-</li><li>➤ वाटिका- पाठ-1, पंख लगा उड़ जाएँ</li><li>➤ पाठ-2 शिक्षक के नाम पत्र</li><li>➤ भारत की खोज- पाठ-1 अहमदनगर का किला</li><li>➤ व्याकरण - शब्द भंडार संज्ञा, सर्वनाम का पुनरावलोकन।</li><li>➤ अपठित गद्यांश अभ्यास</li><li>➤ लेखन- औपचारिक पत्र</li></ul>	देश-भक्ति से ओतप्रोत कविताओं का संकलन एवं सस्वर वाचन (सामूहिक गतिविधि)
मई	<ul style="list-style-type: none"><li>➤ वाटिका- पाठ-4 सूरदास बाल वर्णन</li><li>➤ भारत की खोज पाठ-2 तलाश</li><li>➤ अपठित पद्यांश/ अभ्यास</li><li>➤ व्याकरण- शब्द भंडार संज्ञा, सर्वनाम</li><li>➤ लेखन- अनौपचारिक पत्र</li></ul>	कार्यपत्रक पर श्री कृष्ण की बाल लीलाओं का चित्रांकन।
जुलाई	<ul style="list-style-type: none"><li>➤ वाटिका- पाठ-5 भूल का अहसास</li><li>➤ पाठ-7 कल</li><li>➤ भारत की खोज- पाठ-3 सिन्धु घाटी की सभ्यता</li><li>➤ व्याकरण- उपसर्ग, प्रत्यय विशेषण</li><li>➤ लेखन- अनुच्छेद, शुभकामना/संदेश</li></ul>	सफलता प्राप्ति के लिए समय-सारिणी बनाना।
अगस्त	<ul style="list-style-type: none"><li>➤ वाटिका- पाठ-9 कुदरत हमको सिखलाती है।</li><li>➤ पाठ-11 डायरी के पन्ने</li><li>➤ भारत की खोज- पाठ-3 सिन्धु घाटी</li></ul>	आस-पास के पुष्पों का संचयन एवं संकलन

	<p>की सभ्यता</p> <ul style="list-style-type: none"> <li>➤ व्याकरण- मुहावरे एवं लोकोक्तियाँ, विशेषण की अवस्थाएँ</li> <li>➤ लेखन- संवाद</li> </ul>	
सितम्बर	<ul style="list-style-type: none"> <li>➤ वाटिका पाठ-13 मित्रता पाठ-14 न्यायमंत्री</li> <li>➤ भारत की खोज पाठ-4 युगों का दौर</li> <li>➤ व्याकरण- उपर्युक्त का पुनरभ्यास</li> <li>➤ लेखन- पत्र पुनरभ्यास</li> </ul>	सत्संगति संबंधी दोहो और कहावतों का संकलन तथा कक्षा में वाचन।
अक्टूबर	<ul style="list-style-type: none"> <li>➤ भारत की खोज पाठ- 4 युगों का दौर</li> <li>➤ उपर्युक्त पाठ्यवस्तु का पुनरभ्यास</li> <li>➤ अपठित गद्यांश/ पद्यांश अभ्यास</li> </ul>	-----
नवम्बर	<ul style="list-style-type: none"> <li>➤ वाटिका पाठ-15 पहली बूँद</li> <li>➤ भारत की खोज- पाठ-4 युगों का दौर</li> <li>➤ व्याकरण- संधि-विच्छेद, समास एवं समास-विग्रह, अर्थ के आधार पर वाक्य भेद</li> </ul>	चार्टपत्रक पर वांचो(आरूणांचल प्रदेश) एवं देवनागरी(उत्तर प्रदेश) की लिपियों का आकर्षक लेखन।
दिसम्बर	<ul style="list-style-type: none"> <li>➤ पाठ- 16 नन्हा दीपक</li> <li>➤ भारत की खोज- पाठ-4 युगों का दौर</li> <li>➤ पत्र-लेखन, अनुच्छेद लेखन, संदेश लेखन पुनरभ्यास।</li> </ul>	दीपक से संबंधित कविता का संकलन।

### SUBJECT-MATHS

S.N.	Month	Chapter's Name	Activity
1.	April	<b><u>Ch 1- Rational numbers</u></b> – Introduction (Recalling prior knowledge), Representation of rational numbers on number line, Comparing and ordering, Absolute value, Operations on rational number, properties of rational number, Insertion of one or more rational numbers between two given rational numbers.	To represent 10 rational numbers on a number line using thick paper or card board.
2.	May	<b><u>Ch 1- Rational numbers</u></b> : Problems based upon real life situations . <b><u>Ch 2 - Exponents and powers</u></b> Introduction (Recalling prior knowledge), Laws of exponents with integral powers. Ch 5 – Playing with numbers (activity)	Activity on playing with numbers-To make a model of Pascal triangle on a card board.
3.	July	<b><u>Ch 3 - Square and square root</u></b> Introduction, square root, properties, Pythagorean triplets, finding square root of a number by division method. <b><u>Ch 4 - Cube and cube root</u></b> Introduction, cube, perfect cube, finding cube root <b><u>Ch 6 - Algebraic expressions</u></b> Introduction (Recalling prior knowledge), Operations on polynomials (multiplication and division)	To verify the identity – <ul style="list-style-type: none"> <li>• <math>(a+b)^2 = a^2 + b^2 + 2ab</math></li> <li>• <math>(a-b)^2 = a^2 + b^2 - 2ab</math></li> </ul>
4.	August	<b><u>Ch 7 – Factorisation</u></b> Introduction, Factorisation of Algebraic expressions <b><u>Ch 8 - Linear equations in one variables</u></b> Introduction (Recalling prior knowledge), Solving linear equation in one variable, problems based on real life situations. <b><u>Ch 9 - Percentage and its applications</u></b> Introduction (Recalling prior knowledge), Profit, loss and overhead expenses,	To solve linear equation in one variable by activity method.
5.	September	<b><u>Ch 9 - Percentage and its applications</u></b> Discount and GST <b><u>Ch 10 - Compound interest</u></b> Introduction, To find C.I. when interest is compounded annually and half-yearly, Inverse problems on compound interest, Applications <b><u>Ch 11 - Direct and inverse proportion</u></b> Direct variation and Inverse Variation, Concept of time and work	To verify that the sum of all the interior angles of a quadrilateral is $360^\circ$ .

6.	October	<p><b><u>Ch 12 - Understanding quadrilaterals</u></b>  Introduction, Angle sum property, Different types of quadrilateral (parallelogram, square, rhombus, trapezium, kite, rectangle)  Ch 13 - Representing 3D shapes in 2D (activity)</p>	<p>Activity based on 3D shapes in 2D - To make 3d shapes of a cube, a pentagonal prism, a cylinder showing edges and faces (using 2D net)</p> <p><u>Art Integration Activity - CULTURAL SUDOKU: Exploring math and heritage</u></p> <p>Design a 9x9 Sudoku grid with symbols representing cultural elements from Uttar Pradesh and Arunachal Pradesh, such as traditional attire, food, or festivals.</p>
7.	November	<p><b><u>Ch 14 – Mensuration</u></b>  Introduction (Recalling prior knowledge), Area of polygons, Surface area and volume of 3 D shapes (cube, cuboid and cylinder)</p> <p><b><u>Ch 15 - Data handling</u></b>  Introduction, Grouped data, frequency, types of frequency distribution, class size, class mark, range, graphical representation of data ( bar graph, histogram, pie chart)</p>	<p>Draw a graph showing results of a match of IPL tournament.</p>
8.	December	<p><b><u>Ch 16 – Probability</u></b>  Introduction (Recalling prior knowledge), Probability scale, Estimating probability by experiments</p> <p><b><u>Ch 17. Graph</u></b>  Introducion, coordinate axes, quadrants, line graph, applications</p>	<p>Make set of i) Red card ii) Black cards iii) king iv) Queen v) Jack vi) Ace from a pack of 52 cards.</p>

**SUBJECT: SCIENCE**

<b>PERIODIC TEST/ EXAM</b>	<b>MONTH</b>	<b>CHAPTER NUMBER AND NAME</b>	<b>ACTIVITY</b>
<b>PERIODIC TEST 1 (L-1 and 8 )</b>	<b>APRIL</b>	1. Crop Production	➤ To collect five different types of seeds and paste them on the activity sheet with their names. (PT1 Subject Enrichment Activity)
	<b>MAY</b>	8. Force and Pressure	➤ To identify the given actions as pull or push (Pg110)
<b>PERIODIC TEST 2 (Half Yearly Exam) L-3,5,9,10 and 11 From PT1- Lesson 1.Crop Production</b>	<b>JULY</b>	3. Coal and Petroleum 5. Conservation of Biodiversity 9 . Friction	➤ To mark the coal mines of India on the map(Pg51) ➤ To identify and write names of hotspots of Biodiversity in India. ➤ To show the effect of the nature of the surface on the frictional force (Pg 128 )
	<b>AUG</b>	10.Sound  11. Chemical Effects of Electric Current	➤ To name musical instruments with their sound-producing part ➤ To test the electrical conductivity of some liquids (Pg 155)
<b>PERIODIC TEST 3 L-2</b>	<b>SEPT</b>	2. Microorganisms  4. Combustion and Flame	➤ To observe different microorganisms  ➤ To observe the fuel we use in our daily life (Pg 89)
<b>Annual Examination L-4,6,7,12 and 13 From PT 1- Lesson 8.Force and pressure From PT 2 – Lesson 3.Coal and petroleum</b>	<b>OCT</b>	6.Reproduction in Animals	➤ To observe budding and binary fission by the help of slides. ➤ To prepare working models of science (PT3)
	<b>NOV</b>	7. Reaching the Age of Adolescence  12.Some Natural Phenomena	➤ To find out the growth of a boy or a girl (Pg 98) ➤ To mark the seismic zones on the map (Pg 175)
	<b>DEC</b>	13.Light	➤ To find out the number of images formed by two plane mirrors kept at different angles (Pg 187 )

**SUBJECT: SOCIAL SCIENCE**

<b>Month</b>	<b>Chapters</b>	<b>Activity/Project</b>
April	<b>History:</b> Ch-1 Introduction : How, When and Where <b>Civics:</b> Ch-1 The Indian Constitution <b>Geography:</b> Ch-1 Resources	Flow-Chart 'Sources of Modern History' Paste pictures of the members of the Drafting Committees.
May	<b>History:</b> Ch-2 From trade to territory (The Company establishes Power <b>Civics:</b> Ch-2 Understanding Secularism	Holiday Homework
July	<b>History:</b> Ch-3 Ruling the Countryside <b>Civics:</b> Ch-3 Parliament and the Making of Law <b>Geography:</b> Ch-2 Land, Soil, Water, Natural Vegetation and Wildlife Resources	Map Activity- Revenue settlement (Page no 40) Types of Soil (Page 219) Natural Vegetation (Page 226)
August	<b>History:</b> 4 Tribals, Dikus and the Vision of Golden Age <b>Civics:</b> Ch-4 Judiciary <b>Geography:</b> Ch-3 Agriculture	Map Activity- Tribal groups Page (Page 50) Types of agriculture (Page 248) Major Crops of the World(252)
September	<b>History:</b> Ch-5: When people rebel: 1857 and after <b>Civics:</b> Ch-5 Understanding Marginalisation <b>Geography:</b> Ch-4 Industries	Map Activity- Main centres of Revolt (Page 52) Industrial cities (Page 268)
October	<b>History:</b> Ch-6 Civilising the "Native", Educating the Nation <b>Civics:</b> Ch-6 Confronting Marginalisation	Debate on "Western vs Indian Education"
November	<b>History:</b> Ch-7 Women, Caste and Reform <b>Civics:</b> Ch-7 Public Facilities <b>Geography:</b> Ch-5 Human Resources	Collect pictures of Social reformers and prepare a collage.
December	<b>History:</b> Ch-8 The Making of the National Movement :1870s-1947 <b>Civics:</b> Ch-8 Law and Social Justice	Map activity- Major Centres of National Movement (Page 105, 108 & 110)

**SANSKRIT MONTH-WISE SYLLABUS**

<b>MONTH</b>	<b>LESSON NO. &amp; NAME</b>	<b>ACTIVITY</b>
<b>APRIL</b>	1.सुभाषितानि 2. दिनचर्या	❖ सुभाषितानि पाठ के दो श्लोक भावार्थ सहित लिखिए। ❖ अपनी दिनचर्या से संबंधित कार्य एवं समय को एक तालिका में लिखिए।
<b>MAY</b>	3. डिजीभारतम्  ➤ पृष्ठ संख्या – 143. समय-लेखनम्	❖ "डिजिटल जासूस – सुरक्षित रहो, स्मार्ट बनो!" डिजिटल दुनिया में सुरक्षित रहने, जानकारी की सत्यता पहचानने और साइबर अपराधों से बचने के कोई 3 उपाय लिखो। ❖ घड़ी का चित्र बनाकर उस पर समय लिखिए और उसे संस्कृत में अभिव्यक्त कीजिए।
<b>JULY</b>	4.ओणमोत्सवः 5.कन्यां संरक्षेत् पाठ्येत् च  ➤ पृष्ठ संख्या 116. पत्र लेखनम् ➤ पृष्ठ संख्या 133. शब्द रूप- नदी	चित्र के माध्यम से ओणम के दृश्य जैसे नाव दौड़, आकर्षक रंगोली, राजा महाबली आदि को दर्शाएँ। 'बेटी बचाओ, बेटी पढ़ाओ' (BBBP) अभियान के 10वीं वर्षगांठ के उपलक्ष्य में कोई दो स्लोगन लिखो।
<b>AUGUST</b>	6.बकस्य प्रतिकारः 7.गीताज्ञानम्  ➤ पृष्ठ संख्या 96,97 संख्या प्रयोगः	❖ मामा-मामी या कोई मेहमान आपके घर आए हैं। उनके लिए एक सुंदर स्वागत कार्ड (Welcome Card) बनाएँ, जिसमें आप उन्हें अपना प्यार, आदर और धन्यवाद व्यक्त करें। ❖ 'कर्म ही पूजा है' इस विषय पर पाठ से संबंधित श्लोक लिखो।
<b>SEPTEMBER</b>	8. संस्कृतभाषायाः महत्त्वम् 9.वाराणसी नगरी  ➤ पृष्ठ संख्या 126.नम् धातु-लट् लकार(वर्तमान काल),लृट् लकार (भविष्यत् काल)	❖ भारतीय जल,थल और वायु सेना का आदर्श वाक्य संस्कृत में लिखो। ❖ 'वाराणसी – आध्यात्म, संस्कृति और ज्ञान की नगरी' इस विषय पर संस्कृत उत्तरपुस्तिका में एक सुन्दर आकर्षक चित्र बनाएं।



<b>OCTOBER</b>	10. वार्तालाप: (सन्धि) 11. अहह आ: च ➤ पृष्ठ संख्या 116. पत्र लेखनम् पुनराभ्यास	❖ सन्धि का अभ्यासकार्य ❖ 'मिशन संभव' कोई दो प्रेरक पंक्ति (हिन्दी में) लिखो।
<b>NOVEMBER</b>	12. कालज्ञो वराहमिहिरः 13. हट्टभ्रमणम् ➤ पृष्ठ संख्या 134. गुरु ➤ अपठित अवबोधनम्	❖ वराहमिहिर का चित्र चिपकाकर उनके बारे में तीन वाक्य संस्कृत में लिखो। ❖ "थैला साथ लाओ" विषय पर 2 सुंदर और प्रेरणादायक कोई दो नारे लिखो।
<b>DECEMBER</b>	15. संख्या-प्रयोग: (त्रिषु लिङ्गेषु वचनेषु च) ➤ पृष्ठ संख्या 127. नम् धातु- लङ् लकार, लोट् लकार ➤ अपठित अवबोधनम् पुनराभ्यास	❖ नीचे दी गई संख्याओं से संस्कृत में वाक्य बनाओ- दश, चतुर्षु, पञ्च, एका, तिसृषु

### SUBJECT -COMPUTER

Month	Chapter	Activity
<b>April</b>	Ch-1 Computer Network Ch-2 Database	Database: create a table, insert records
<b>May</b>	Ch-2 Database	Database: Select, where clause, wildcard characters, alter, update and delete table.
<b>July</b>	Ch-3 Iterative Statements in Python Ch-4 Sequences in Python	Ch-3: while loop, if, else-if, break and continue statement, for loop, range function. Ch-4: string, list, tuples, membership operators.
<b>August</b>	Ch-7 Synfig Studio (Lab Session) Ch-5 Lists, Tables & Images in HTML	Ch-5: ordered and unordered list, description list, styling list, tables, spanning rows and columns, inserting images.
<b>September</b>	Revision of Ch-1,2,3,4 Ch-8 More on Synfig Studio (Lab session)	Ch-8: polygon tools, spline tool, mirror tool, draw tool, text tool.
<b>October</b>	Ch-6 Inserting Links & Media in HTML5 Ch-9 Cyber Safety & Ethics Essentials	Ch-6: linking, inserting audio, inserting video.
<b>November</b>	Ch-9 Cyber Safety & Ethics Essentials Ch-10 Emerging Trends of AI	Ch-9: draw table given on page no. 139
<b>December</b>	Revision of Ch-5,6,9,10	

## **SUBJECT – ART & CRAFT**

<b>APRIL</b> 1. Colour & Its Type 2. Facial features 3. Landscape 4. Zentangle	<b>MAY</b> 1. Composition 2. Abstract Art 3. Calligraphy 4. Quilling 5. Hangings	<b>JULY</b> 1. Flower 2. Krishna 3. Mosaic Art 4. Bottle Dolls	<b>AUGUST</b> 1. Seascape 2. Portrait 3. Flower pot
<b>SEPTEMBER</b> 1. Smart City 2. Rangoli 3. Pot (Ice-cream stick)	<b>OCTOBER</b> 1. Blow Painting 2. Folk Art 3. Puja Thali Decoration	<b>NOVEMBER</b> 1. Calligraphy 2. Motifs Art 3. Paper craft	<b>DECEMBER</b> 1. Warli Art 2. Optical Illusion

## **SUBJECT: GENERAL KNOWLEDGE**

MONTH	CHAPTER NUMBER AND NAME	
APRIL	UNIT :IN THE WILD 1.In the forest 2.Poisonous plants	3.Mammals 4.High-on-speed 5.Fungi
MAY	6.Deep down in the sea 7.Creepy crawlies 8.Animal diseases	9.Life in the arctic Info-scoop:The evolution of the perfect cup of coffee Q & A Express
JULY	UNIT:BEYOND BOUNDARIES 10.Back date 11.Breathtaking natural wonders 12.Soldiers of fortune 13.Lost spaces 14.Global warming	15.World history 16.Volcanoes 17.Trade routes Info-scoop: Dining etiquette around the world Out of the world Q & A express
AUGUST	UNIT: SCIENCE WIZARD 18.Meds and you 19.Phobias 20.COVID-19 Shook the world 21.The life of Dolly 22.Bio terms	23.Technologies around 24.Everyday science Info scoop How to pack your carry on 25.App smart Out of the world Q & A Express
SEPTEMBER	UNIT :INCREDIBLE INDIA 26.Business tycoons 27.Administrative agencies 28.Popular TV shows 29.Milestone achiever 30.National defence 31.Mythical creatures	32.Tour our caves 33.Indian politics 34.The ethnic soul Info -scoop: The sleep diet Q & A Express Quiz-a-thon (Q.1-25 Page 94)
OCTOBER	UNIT :INKING CANVAS 35.The great epics of the world 36.All about pottery 37.Steps in style	41.Unusual paintings 42.Light-camera-action 43.Alien words 44.Leading voices

	38.Memoir 39.Hollywood hues 40.Well said	Out of the world Q & A Express
NOVEMBER	UNIT: TALK OF THE TOWN 45.World leaders 46.Culture buzzle 47.Quirky brands Info- scoop: Renaissance man 48.Travellers and explorers	49.Women role models 50.Touropia 51.World tour 52.Engineering marvels Out of the world Q & A Express
DECEMBER	UNIT: GAME POINT 53.Sports quiz 54.All about rugby 55.Fun sports 56.Martial arts 57.Asian Games Out of the world	Q & A Express UNIT :MIND OVER MATTER 58.Braingle 59.IQ experts 60.Brain buzz Power yoga: Yoga for increasing memory power/Quiz-a-thon ( Q.26-50)

**SUBJECT: LIFE SKILL**

**CLASS: 8**

<b>MONTHS</b>	<b>CHAPTERS</b>
<b>APRIL</b>	1. ADOLESCENT MENTAL HEALTH
<b>MAY</b>	2.CREATIVE THINKING
<b>JULY</b>	3. THE ART OF LETTING GO  4. HANDLING EGO AND JEALOUSY
<b>AUGUST</b>	5.DEVELOPING TOLERANCE
<b>SEPTEMBER</b>	6. GENERATION GAP  7.HANDLING STRESS WITH RESILIENCE
<b>OCTOBER</b>	8.HANDLING ATTRACTIONS
<b>NOVEMBER</b>	9.DEALING WITH HIGH-RISK TAKING BEHAVIOUR
<b>DECEMBER</b>	10.SAY NO TO SUBSTANCE ABUSE

## **SUBJECT - MUSIC**

<b>APRIL</b>	1. गणेश वंदना (वक्रतुण्ड महाकाय) 2. अलंकार (2 से 5 स्वर के)
<b>MAY</b>	1. दादरा, कहरवा दुगुन लयकारी ( Theory & Practical )
<b>JULY</b>	1. Patriotic song (प्यारा वतन हमारा) 2. Welcome Song (अतिथि आपके स्वागत में ) 3. Theory आरोह, अवरोह, पकड़ वादी संवादी की परिभाषा
<b>AUGUST</b>	1. गणेश वंदना (गजानंद कर दो बेड़ा पार) 2. राग काफी (बंदिश सहित) छोटा ख्याल
<b>SEPTEMBER</b>	1. Revision of all songs & theory 2. Music practical
<b>OCTOBER</b>	1. Music practical
<b>NOVEMBER</b>	1. Rabindra Sangeet आनोन्दोलोके 2. देश गान (अरुण गगन पर) 3. कहरवा, रूपक दुगुन लयकारी ( Theory & Practical )
<b>DECEMBER</b>	1. Rudolf the red nose (Carol) 2. अलंकार (6 स्वर का )      Revision of all songs & theory