



LITERACY

- Introduction of Letters A and B by facilitator
- Vocabulary, story and craft related to each letter
- Jolly Phonics A & B
- Alphabet Song



NUMERACY

- Number Songs
- Introduction of Number 1 by facilitator
- Finger Magic
- Oral Counting (1-5)
- Colour Green (Nature Walk)
- Shape Circle

DEVELOPMENTAL ACTIVITIES

- Munch Me Apple
- Bubble Fun
- Mom You Are My Sunshine
- Thumb Printing
- Picture Talk

ENVIRONMENTAL AWARENESS

- Know Me
- Parts of Body by facilitator
- Opposites Hot/Cold
- Season Summer Delight
- Action Words Clapping, Jumping
- Greetings Good morning, Good Bye
- Fruits Apple, Mango
- Vegetables Tomato, Ladyfinger

CELEBRATIONS

- Earth Day
- Green Day Celebration
- Mango Delight



LITERACY

- Introduction of Letters C,
 D, E and F by facilitator
- Vocabulary, story and craft related to each letter
- Jolly Phonics C, D, E & F

NUMERACY

- Number Songs
- Recognition of Numbers 2 and 3
- Oral Counting (1 5)
- Colour Red, Yellow through activity
- Shape Square (Handkerchief activity)
- Comparison Big/Small (Flash Card)

ENVIRONMENTAL AWARENES

- My Country My Pride
- Parts of Body
- Opposites Happy/Sad
- Season Monsoon Mania
- Action Words Dancing, Rolling
- Fruits Banana, Watermelon
- · Vegetables Potato, Bottle Gourd
- Magic Word Thank You

DEVELOPMENTAL ACTIVITIES

- Car Racing
- Dino Party
- Elephant Ring Toss
- Fruit Salad
- Tower Building
- Read Aloud Picture Cards

CELEBRATIONS

- Independence Day
- Rakshabandhan
- School Foundation Day





LITERACY

- Introduction of Letters G, H, I, J, K and L by facilitator
- Vocabulary, story and craft related to each letter
- Jolly Phonics G, H, I, J, K & L

ENVIRONMENTAL AWARENESS

- Introduction of Farm Animals by facilitator
- My Family Parents, Grandparents, Brother, Sister through puppets
- Opposites In/Out
- Action Words Sleeping, Yawning
- Fruits Papaya, Grapes
- Vegetables Brinjal, Pumpkin
- Magic Word Please

NUMERACY

- Number Songs
- Recognition of Numbers 4, 5 and 6
- Step Counting (1 10)
- Colour Blue, Orange
- Shape Rectangle
- Comparison One/Many

DEVELOPMENTAL ACTIVITIES

- Clay Modelling
- Match and Pair
- Sand Pit
- Puzzles
- Aerobics
- Lacing
- Salt Pepper Experiment
- Guess The Pictures

CELEBRATIONS

Janamashtami





NUMERACY

LITERACY

- Introduction of Letters M, N, O, P,
 Q and R by facilitator
- Vocabulary, story and craft related to each letter
- Phonic Drill
- Alphabet Song

- Number Songs
- Recognition of Numbers 7 and 8
- Oral Counting (1 15)
- Seration of Numbers (1 5)
- Colour Pink, Purple (Paper Crush)
- Shape Triangle through Sandwich Party
- Comparison Tall/Short

CELEBRATIONS

- Dussehra
- Diwali
- · Children's Day



ENVIRONMENTAL AWARENESS

- Introduction of Wild Animals through mask making activity
- Modes of Transport Land (Traffic Park)
- Opposites Day/Night
- Season Winter
- Action Words Hopping, Flying, Sitting
- Fruits Orange, Strawberry
- Vegetables Broccoli, Cauliflower
- Magic Word Thank you, Please

DEVELOPMENTAL ACTIVITIES

- Vegetable Mart
- Sink/Float
- Sponge Fun
- Mask Making
- Sensory Game
- Beam Balance
- Sorting
- Jungle Safari



NUMERACY

LITERACY

- Introduction of Letters S, T, U, V and W by facilitator
- each letter
- Jolly Phonics A Z
- Simple Sentence (Oral)

Vocabulary, story and craft related to

- Number Songs
- Recognition of Numbers 9 and 10
- Oral Counting (1 20)
- Seriation of Numbers (1 10)
- Matching and Pairing
- Colour White, Black
- Shape Star
- Comparison Heavy/Light

ENVIRONMENTAL AWARENESS

- Introduction of Pet Animals
- Modes of Transport Air
- Opposites Day/Night, Up/Down
- Action Words Eating, Playing, Drinking
- Fruits Pineapple, Guava
- Vegetables Peas, Capsicum
- Magic Word- Sorry
- Food Healthy/Junk

CELEBRATIONS

- Christmas
- **New Year**
- Lohri
- Republic Day

DEVELOPMENTAL ACTIVITIES

- **Parachute Activity**
- **Collage Making**
- **Puppet Show**
- Hopscotch
- **Picture Reading**





ENVIRONMENTAL AWARENESS

LITERACY

- Introduction of Letters X, Y and Z
- Vocabulary, story and craft related to each letter
- Phonic Drill
- Simple Sentence Structure
- Pre Writing Strokes Tracing on Patterns
- Jolly Phonics

NUMERACY

- Recapitulation of all numbers (1 10)
- Oral Counting (1 20)
- Seriation of Numbers (1 10)
- Backward Counting (5 1)
- Shape Heart
- Comparison Far/Near

- Habits and Manners
- Plants Parts and Products through poster making
- Modes of Transport Water
- Season Spring
- Opposites Dry/Wet, Fast/ Slow
- Action Words Standing, Blinking
- Fruits Cherry, Kiwi
- Vegetables Carrot, Radish
- Magic Word Please, Sorry

DEVELOPMENTAL ACTIVITIES

- · Games in the Ground
- Table Etiquettes
- Spring Craft
- Origami
- Mindful Games

CELEBRATIONS

- Basant
- Holi



Chinmaya Vidyalaya NTPC Unchahar

ANNUAL SYLLABUS BREAK UP

SESSION: 2025-2026

CLASS: PREP TO ONE

					3/52/47
Month	Week	275	Topics	Sub Topics	Activities
April	W1	Running	CHINA	Basic Running, Speed, Endurance	- Warm-up (5 mins) - Short sprints (5 mins) - Obstacle course (10 mins) - Cool down (5 mins)
April	W2	Jumping		Two-foot Jump, One-foot Jump	 Warm-up (5 mins) Jumping on the spot (5 mins) Jumping over small hurdles (10 mins) Long jump practice (10 mins)
April	W3	Kicking		Kicking a ball, Accuracy	 Warm-up (5 mins) Kicking a stationary ball (5 mins) Kicking a moving ball (10 mins) Target kicking (10 mins)
April	W4	Catching		Hand-eye Coordination, Catching Balls	 Warm-up (5 mins) Tossing and catching a ball (5 mins) Catching with partners (10 mins) Group catching game (10 mins)
April	W5			SMI	

Month	Week	Topi	cs	Sub Topics	Activities
May	W1	Kicking		Kicking a ball, Accuracy	- Warm-up (5 mins) - Kicking a stationary ball (5 mins) - Kicking a moving ball (10 mins) - Target kicking (10 mins)
May	W2	Catching		Hand-eye Coordination, Catching Balls	- Warm-up (5 mins) - Tossing and catching a ball (5 mins) - Catching with partners (10 mins) - Group catching game (10 mins)

Month	Week	Topics	Sub Topics	Activities
JUNE	W1	Jumping	Two-foot Jump, One-foot Jump	- Warm-up (5 mins) - Jumping on the spot (5 mins) - Jumping over small hurdles (10 mins) - Long jump practice (10 mins)

Month	Week	Topics	Sub Topics	Activities
JULY	W1	Kicking, Catching	Precision Kicking, Catching Games	- Warm-up (5 mins) - Kicking for accuracy (10 mins) - Catching with partners (10 mins) - Passing ball games (5 mins)
	W2	Hopping, Wide Stepping	Balance & Coordination	- Warm-up (5 mins) - Hopping drills (10 mins) - Wide stepping (5 mins) - Agility ladder drills (10 mins)
	W3	Kicking, Catching	Precision Kicking, Catching Games	- Warm-up (5 mins) - Kicking for accuracy (10 mins) - Catching with partners (10 mins) - Passing ball games (5 mins)
	W4	Hopping, Wide Stepping	Balance & Coordination	- Warm-up (5 mins) - Hopping drills (10 mins) - Wide stepping (5 mins) - Agility ladder drills (10 mins)
	W5	Kicking, Catching	Precision Kicking, Catching Games	- Warm-up (5 mins) - Kicking for accuracy (10 mins) - Catching with partners (10 mins) - Passing ball games (5 mins)

Month	Week	Topics	Sub Topics	Activities
AUGUST	W1	Ladder Climbing	Agility and Coordination	- Warm-up (5 mins) - Ladder climbing practice (10 mins) - Balance beam walk (5 mins) - Obstacle course (10 mins)
	W2	Balance	Dynamic Balance Training	- Warm-up (5 mins) - Standing on one leg (5 mins) - Balance beam (10 mins) - Balance and coordination games (5 mins
	W3	Ladder Climbing	Agility and Coordination	- Warm-up (5 mins) - Ladder climbing practice (10 mins) - Balance beam walk (5 mins) - Obstacle course (10 mins)
	W4	Balance	Dynamic Balance Training	- Warm-up (5 mins) - Standing on one leg (5 mins) - Balance beam (10 mins) - Balance and coordination games (5 mins)
	W5	Ladder Climbing	Agility and Coordination	- Warm-up (5 mins) - Ladder climbing practice (10 mins) - Balance beam walk (5 mins) - Obstacle course (10 mins)

		Subject: SPO	RT AND GAME	
Month	Week	Topics	Sub Topics	Activities
SEPTEMBER	W1	HALF YEARLY EXAM 10 SEP TO 23 SEP		
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Month	Week	Topics	Sub Topics	Activities
OCTOBER	W1	Recreational Activities	Teamwork and Cooperation Games	- Warm-up (5 mins) - Relay races (10 mins) - Balloon toss (5 mins) - Group running game (5 mins)
	W2	Callisthenic Exercise	Strengthening Upper Body (Push-ups)	- Warm-up (5 mins) - Push-ups (5 mins) - Squats (5 mins) - Upper body circuit (10 mins)
	W3	Recreational Activities	Teamwork and Cooperation Games	- Warm-up (5 mins) - Relay races (10 mins) - Balloon toss (5 mins) - Group running game (5 mins)
	W4	Callisthenic Exercise	Strengthening Upper Body (Push-ups)	- Warm-up (5 mins) - Push-ups (5 mins) - Squats (5 mins) - Upper body circuit (10 mins)
	W5	Recreational Activities	Teamwork and Cooperation Games	- Warm-up (5 mins) - Relay races (10 mins) - Balloon toss (5 mins) - Group running game (5 mins)

Month	Week	10 6 6 6 6	C.I.m.	
		Topics	Sub Topics	Activities
NOVEMBER	W1	Free Hand Exercise	Stretching and Flexibility	- Warm-up (5 mins) - Full body stretches (10 mins) - Relaxation poses (5 mins) - Core work (5 mins)
	W2	Running, Jumping	Speed and Agility Drills	- Warm-up (5 mins) - Sprint races (5 mins) - Jumping over hurdles (5 mins) - Running relay (5 mins)
	W3	Free Hand Exercise	Stretching and Flexibility	- Warm-up (5 mins) - Full body stretches (10 mins) - Relaxation poses (5 mins) - Core work (5 mins)
Á	W4	Running, Jumping	Speed and Agility Drills	- Warm-up (5 mins) - Sprint races (5 mins) - Jumping over hurdles (5 mins) - Running relay (5 mins)
	W5	Free Hand Exercise	Stretching and Flexibility	- Warm-up (5 mins) - Full body stretches (10 mins) - Relaxation poses (5 mins) - Core work (5 mins)

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Month	Week	Topics	Sub Topics	Activities
DECEMBER	W1	Kicking, Catching	Kicking for Accuracy and Catching	- Warm-up (5 mins) - Kicking practice (10 mins) - Catching drills (10 mins) - Fun football passing (5 mins)
	W2	Hopping, Wide Stepping	Coordination and Agility	- Warm-up (5 mins) - Hopping on one foot (5 mins) - Wide Stepping (5 mins) - Agility exercises (5 mins
	W3	Kicking, Catching	Kicking for Accuracy and Catching	 Warm-up (5 mins) Kicking practice (10 mins) Catching drills (10 mins) Fun football passing (5 mins)
	W4	Hopping, Wide Stepping	Coordination and Agility	- Warm-up (5 mins) - Hopping on one foot (5 mins) - Wide Stepping (5 mins) - Agility exercises (5 mins
	W5	Kicking, Catching	Kicking for Accuracy and Catching	- Warm-up (5 mins) - Kicking practice (10 mins) - Catching drills (10 mins) - Fun football passing (5 mins)

Month	Week	Topics	Sub Topics	Activities
JANUARY	W1	Ladder Climbing	Strength and Balance	- Warm-up (5 mins) - Ladder climbing practice (10 mins) - Balance drills (5 mins) - Fun obstacle course (10 mins)
	W2	Balance	Stability and Coordination	- Warm-up (5 mins) - Balance beam walking (10 mins) - Static balance (5 mins) - Group balance games (5 mins)
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	W4		THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED IN COLUMN TW	
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Month	Week	Topics	Sub Topics	Activities
FEBRUARY	W1	Free Hand Exercise	Stretching and Flexibility	- Warm-up (5 mins) - Full body stretches (10 mins) - Relaxation poses (5 mins) - Core work (5 mins)
	W2	Running, Jumping	Speed and Agility Drills	- Warm-up (5 mins) - Sprint races (5 mins) - Jumping over hurdles (5 mins) - Running relay (5 mins)
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	W5	3/12/	7/2	18
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Subject: SPORT AND GAME Month Week Topics **Sub Topics Activities** W1 W2 W3 W4 W5

Chapter No./Chapter Name
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Chinmaya Vidyalaya NTPC Unchahar

ANNUAL SYLLABUS BREAK UP

SESSION: 2025-2026

CLASS: PREP

Subject : Dance

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Month	Week	Topics	Sub Topics	Activities
April	W1	DANCE EXERCISES FOOT+ HAND AND BODY MOVEMENTS)	TATKAR AND HAND MOVEMENTS	DANCING
April	W2	DANCE EXERCISES FOOT+ HAND AND BODY MOVEMENTS)	TATKAR AND HAND MOVEMENTS	DANCING
April		DANCE EXERCISES FOOT+ HAND AND BODY MOVEMENTS)	TATKAR AND HAND MOVEMENTS	DANCING
April		DANCE EXERCISES FOOT+ HAND AND BODY MOVEMENTS)	TATKAR AND HAND MOVEMENTS	DANCING
April		DANCE EXERCISES FOOT+ HAND AND BODY MOVEMENTS)	TATKAR AND HAND MOVEMENTS	DANCING

Month	Week	Topics	Sub Topics		Activities
May		BODY MOVEMENTS WITH RHYTHEM	MOVEMENTS COORDINATION	NI PY	DANCING WITH RHYTHM
May		BODY MOVEMENTS WITH RHYTHEM	MOVEMENTS COORDINATION	-	DANCING WITH RHYTHM
May		BODY MOVEMENTS WITH RHYTHEM	MOVEMENTS COORDINATION		DANCING WITH RHYTHM
May	1	BODY MOVEMENTS WITH RHYTHEM	MOVEMENTS COORDINATION	-1	DANCING WITH RHYTHM
May		BODY MOVEMENTS WITH RHYTHEM	MOVEMENTS COORDINATION	3	DANCING WITH RHYTHM

Subject: DANCE Week Month **Topics Sub Topics Activities** Summer Break Summer Break June W1 Summer Break June W2 Summer Break Summer Break Summer Break W3 Summer Break Summer Break Summer Break June Summer Break Summer Break June W4 Summer Break W5 Summer Break Summer Break June Summer Break

Month	Week	Topics	Sub Topics	Activities
July		GAYATRI MANTRA WITH MUDRAS	HAND AND BODY MOVEMENTS ON GAYATRI MANTRA	LEARNING, SINGING AND DANCING ON GAYATRI MANTRA
July		GAYATRI MANTRA WITH MUDRAS	HAND AND BODY MOVEMENTS ON GAYATRI MANTRA	LEARNING, SINGING AND DANCING ON GAYATRI MANTRA
July		GAYATRI MANTRA WITH MUDRAS	HAND AND BODY MOVEMENTS ON GAYATRI MANTRA	LEARNING, SINGING AND DANCING ON GAYATRI MANTRA
July		GAYATRI MANTRA WITH MUDRAS	HAND AND BODY MOVEMENTS ON GAYATRI MANTRA	LEARNING, SINGING AND DANCING ON GAYATRI MANTRA
July		GAYATRI MANTRA WITH MUDRAS	HAND AND BODY MOVEMENTS ON GAYATRI MANTRA	LEARNING, SINGING AND DANCING ON GAYATRI MANTRA

Month	Week	Topics	Sub Topics	Activities
August	W1	PATRIOTIC DANCE	DANCE ON PATRIOTIC SONG	INDEPENDENCE DAY DANCE
August	W2	PATRIOTIC DANCE	DANCE ON PATRIOTIC SONG	INDEPENDENCE DAY DANCE
August	W3	PATRIOTIC DANCE	DANCE ON PATRIOTIC SONG	INDEPENDENCE DAY DANCE
August	W4	PATRIOTIC DANCE	DANCE ON PATRIOTIC SONG	INDEPENDENCE DAY DANCE
August	W5	PATRIOTIC DANCE	DANCE ON PATRIOTIC SONG	INDEPENDENCE DAY DANCE

Month	Week	Topics	Sub Topics	Activities
September	W1	GURU VANDANA WITH ACTION	HAND AND BODY MOVEMENTS ON GURU VANDANA	LEARNING, SINGING AND DANCING ON GURU VANDANA
September	W2	GURU VANDANA WITH ACTION	HAND AND BODY MOVEMENTS ON GURU VANDANA	LEARNING, SINGING AND DANCING ON GURU VANDANA
September	W3	GURU VANDANA WITH ACTION	HAND AND BODY MOVEMENTS ON GURU VANDANA	LEARNING, SINGING AND DANCING ON GURU VANDANA
September	W4	GURU VANDANA WITH ACTION	HAND AND BODY MOVEMENTS ON GURU VANDANA	LEARNING, SINGING AND DANCING ON GURU VANDANA
September	W5	GURU VANDANA WITH ACTION	HAND AND BODY MOVEMENTS ON GURU VANDANA	LEARNING, SINGING AND DANCING ON GURU VANDANA

Month	Week	Topics	Sub Topics	Activities
October	W1	ANIMAL DANCE IN WESTERN STYLE.	ANIMAL DANCE IN WESTERN STYLE.	DANCING ON ANIMAL SONG IN CLASS
October	W2	ANIMAL DANCE IN WESTERN STYLE.	ANIMAL DANCE IN WESTERN STYLE.	DANCING ON ANIMAL SONG IN CLASS
October	W3	ANIMAL DANCE IN WESTERN STYLE.	ANIMAL DANCE IN WESTERN STYLE.	DANCING ON ANIMAL SONG IN CLASS
October	W4	ANIMAL DANCE IN WESTERN STYLE.	ANIMAL DANCE IN WESTERN STYLE.	DANCING ON ANIMAL SONG IN CLASS
October	W5	ANIMAL DANCE IN WESTERN STYLE.	ANIMAL DANCE IN WESTERN STYLE.	DANCING ON ANIMAL SONG IN CLASS

Month	Week	Topics	Sub Topics	Activities
November	W1	BUTTER FLY DANCE WITH RHYTHEM	DANCE ON SONG IN BUTTERFLY STYLE	DANCING IN BUTTERFLY STYLE IN CLASS
November	W2	BUTTER FLY DANCE WITH RHYTHEM	DANCE ON SONG IN BUTTERFLY STYLE	DANCING IN BUTTERFLY STYLE IN CLASS
November	W3	BUTTER FLY DANCE WITH RHYTHEM	DANCE ON SONG IN BUTTERFLY STYLE	DANCING IN BUTTERFLY STYLE IN CLASS
November	W4	BUTTER FLY DANCE WITH RHYTHEM	DANCE ON SONG IN BUTTERFLY STYLE	DANCING IN BUTTERFLY STYLE IN CLASS
November	W5	BUTTER FLY DANCE WITH RHYTHEM	DANCE ON SONG IN BUTTERFLY STYLE	DANCING IN BUTTERFLY STYLE IN CLASS

Month	Week	Topics	Sub Topics	Activities
December		CHRISTMAS CAROLS AND ACTION SONG DANCE	DANCE ON CHRISTMAS CAROL AND ACTION SONGS	CHRISTMAS DAY ACTIVITY
December		CHRISTMAS CAROLS AND ACTION SONG DANCE	DANCE ON CHRISTMAS CAROL AND ACTION SONGS	CHRISTMAS DAY ACTIVITY
December		CHRISTMAS CAROLS AND ACTION SONG DANCE	DANCE ON CHRISTMAS CAROL AND ACTION SONGS	CHRISTMAS DAY ACTIVITY
December		CHRISTMAS CAROLS AND ACTION SONG DANCE	DANCE ON CHRISTMAS CAROL AND ACTION SONGS	CHRISTMAS DAY ACTIVITY
December		CHRISTMAS CAROLS AND ACTION SONG DANCE	DANCE ON CHRISTMAS CAROL AND ACTION SONGS	CHRISTMAS DAY ACTIVITY

Month	Week	Topics	Sub Topics	Activities
January	W1	FOLK DANCE AND FREESTYLE	Folk dances and freestyle dances	Dancing on folk songs of different culture
January	W2	FOLK DANCE AND FREESTYLE	Folk dances and freestyle dances	Dancing on folk songs of different culture
January	W3	FOLK DANCE AND FREESTYLE	Folk dances and freestyle dances	Dancing on folk songs of different culture
January	W4	FOLK DANCE AND FREESTYLE	Folk dances and freestyle dances	Dancing on folk songs of different culture
January	W5	FOLK DANCE AND FREESTYLE	Folk dances and freestyle dances	Dancing on folk songs of different culture

Month	Week	Topics	Sub Topics	Activities
February		RECAPITULATION OF ALL THE DANCES LEARNED THROUGHOUT THE YEAR.	Revision	Revision
February		RECAPITULATION OF ALL THE DANCES LEARNED THROUGHOUT THE YEAR.	Revision	Revision
February		RECAPITULATION OF ALL THE DANCES LEARNED THROUGHOUT THE YEAR.	Revision	Revision
February		RECAPITULATION OF ALL THE DANCES LEARNED THROUGHOUT THE YEAR.	Revision	Revision
February		RECAPITULATION OF ALL THE DANCES LEARNED THROUGHOUT THE YEAR.	Revision	Revision

Subject: DANCE Month Week **Topics Sub Topics Activities** ANNUAL EXAMS ANNUAL EXAMS ANNUAL EXAMS W1 March ANNUAL EXAMS ANNUAL EXAMS W2 ANNUAL EXAMS March W3 ANNUAL EXAMS ANNUAL EXAMS ANNUAL EXAMS March W4 ANNUAL EXAMS ANNUAL EXAMS ANNUAL EXAMS March W5 ANNUAL EXAMS ANNUAL EXAMS ANNUAL EXAMS March