	ACADEMIC SCHEDULE- PART II						
S. No.	Name of the Exam	Date/s of Exam	Classes involved	Remarks			
1	Summative Assessment I (Grading Exams)	September 7-10	V to X	Exam in GK, DS (Not for VIII), Computers & Drawing			
2	Summative Assessment I (Theory Examination)	14-26 September	V to X	Open House on 10. 10. 2015			
3	Summative Assessment II (Grading Exam)	February 8-11; 2017	V to X	Exam in GK, DS (Not for VIII), Computers & Drawing			
4	Summative Assessment II (Theory Exam)	February, 2017	V to X	As per the schedule provided by DAVCMC/CBSE/Academic Committee of the Zone			

Note: The tentative dates are proposed. The final dates will be the jurisdiction of DAVCMC/CBSE/DAVSAT Council.

Working Days (Session 2016-17)

Month	Working Days
April, 2016	22
May, 2016	11
June, 2016	10
July, 2016	24
August, 2016	23
September, 2016	Rev+exam
October, 2016	18

Month	Working Days
November, 2016	18
December, 2016	19
January, 2017	24
February, 2017	REV + EXAM
Academic Working Days	

CLASS-VII				SUBJ	ECT-ENGLISH
Month & No. of Working Days	LITERATURE	PRACTICE	READER	WRITING	ACTIVITIES
April (22)	J 1	- 1. The Article 2. The Sentence	- 1. People at work	Message	Comprehension Role Play Greeting Card for Grand
MAY(11)	1. Monkey Trouble			Diary Entry	Parents with message.
June (10)		3.The Compound Sentence	-	Report Notice	A Poem on Friendship.
July (24)	4. Fight Manju Fight! 5. I Dream A World	4. Phrases & Clauses	2. Relationship	Formal Letter Paragraph Writing	
August (23)	6.Stone Soup In Bohemia 5. Transitive Intransitive Ve 7. Passive Voic 12. Reading for Understanding		3. Attitude	-	
Sep.		REVIS	ION + EXAM	- SA – I	
Oct. (18)	7. A Stormy Adventure	6. Modals	-	Article	Comprehension.
Nov. (18)	8.The Spider & The Fly. 9. The Human Robot.	8. Reported Speech 9.Future Time Reference	4. Achievers	E-mail	List of things to make world more beautiful. Write on any one of the
Dec.(19)	10.Friends & Flatterers	10. Perfect Progressive Tense.	5. The Future World.	Bio- Sketch Speech	achievers. Information about
Jan. (24)	11. Chocolates In Your Dreams Too.	11. Linkers	6. Unity In Diversity	Informal Letter.	various people of different states of India- Costumes, Food, Faith etc.

CUDIFOT ENCLICIT

CI ACC MIL

Feb.

REVISION + EXAM - SA - II

CLASS – VII

FIRST TERM

SUBJECT – HINDI

माह	WD.	ज्ञान सागर	अभ्यास सागर	व्याकरण	निबंध व पत्र लेखन
अप्रैल	22	1.बारहमासा	1.बारहमासा	संयुक्त व्यंजन, उच्चारण	अवकाश हेतु प्रार्थना पत्र
		2. नाटक में नाटक	2. नाटक में नाटक		
मई	11			अनुस्वार व अनुनासिक	हमारा प्यारा भारत वर्ष
		3. निर्मला, सॉप और सयाल	3. निर्मला, सॉप और सयाल	संज्ञा व भेद	क्षेत्र की गंदगी को साफ करवाने
					हेतु स्वास्थ्य अधिकारी को पत्र
जून	10	4. बातूनी	4. बातूनी	उपसर्ग और प्रत्यय	
जुलाई	24	5. राजू का सपना	5. राजू का सपना	पत्र लेखन	विज्ञान वरदान या अभिशाप मोहल्ले
		6. समय	6. समय	विसर्ग चिह्न	की साफ सफाई कराने हेतु
		7. स्कूल की छुट्टियॉ	7. स्कूल की छुट्टियाँ	सर्वनाम व भेद	प्रकाशनार्थ संपादक को पत्र
अगस्त	23	 एवरेस्ट की चुनौती 	 एवरेस्ट की चुनौती 	विशेषण व भेद	विद्यार्थी और अनुषासन
		9. सवाल का जवाब	9. सवाल का जवाब	किया व भेद	परीक्षा की तैयारी के विषय में
_		10. झंडा उँचा रहे हमारा	10. झंडा उँचा रहे हमारा	कहानी लेखन	बताते हुए पिता जी को पत्र
सितंबर		पुनरावृत्ति	पुनरावृत्ति	पुनरावृत्ति	पुनरावृत्ति
			SECOND TERM		
अक्टूबर	18	11 उस रात की बात	11 उस रात की बात	किया विषेषण व भेद	व्यायाम से लाभ
		12 दोहे	12 दोहे	विविध शब्द प्रयोग	छात्रवृत्ति हेतु प्रधानाचार्य को पत्र
नवंबर	18	13 साहस को सलाम	13 साहस को सलाम	काल व भेद	अपने शौक के बारे में बताते हुए
		14 एस. रामानुजन	14 एस. रामानुजन	डायरी लेखन	अपने मित्र को पत्र
		15 अन्नदाता कृषक	15 अन्नदाता कृषक	रूढ़, यौगिक, योगरूढ़ शब्द	
दिसंबर	19	16 देषभक्त पुरू	16 देषभक्त पुरू	संयुक्त किया व रंजक	हमारी वन सम्पदा

			किया, समुच्चय बोधक	अपने छोटे भाई को पत्र लिखकर
	17 काकी	17 काकी	तत्सम्, तद्भव, देषज,आगत	पंतग उड़ाने में सावधानियां बतायें
	18बाल लीला और कुंडलियाँ	18बाल लीला और कुंडलियाँ	अनुप्रास अलंकार	
जनवरी		19 गणेषोत्सव		किसी महान वैज्ञानिक की जीवनी
	20 कर्मवीर	20 कर्मवीर		स्वलिखित कविता छपवाने हेतु
				सम्पादक को पत्र
फरवरी	पुनरावृत्ति	पुनरावृत्ति	पुनरावृत्ति	पुनरावृत्ति

परियोजना कार्य

- (1) समसामयिक विषयों पर चर्चा
- (2) विभिन्न प्रकार के खेलों पर वाद विवाद
- (3) यात्रा वर्णन (पर्वतीय एवं धार्मिक)
- (4) मुख्य त्योहारो का सचित्र वर्णन
- (5) कविता पाठ
- (6) चित्र देखकर कहानी लेखन

- (7) अनुच्छेद लिखने का अभ्यास कराना
- (8) आस पास के वातावरण पर परिचर्चा
- (9) समय के महत्व पर चर्चा
- (10) नव वर्ष एवं त्योहारो पर ग्रीटिंग कार्ड
- (11) विज्ञापन।

कक्षा – सप्तमी

(संस्कृतम्)

प्रथम चक मार्च / अप्रैल से सितम्बर

माह	दिन	पाठ्यकम (सुरभिः)	व्याकरणम्
अप्रैल	22	ईश्वर प्रार्थना तव महिमानं	शब्दरूपाणि–राम, लता, फल, नदी, साधु, अस्मद्⁄युस्मद, भवत (पु.⁄स्त्री.)
		वन्दे	किम्, सर्व पु. / स्त्री. / नपु.
		1. बुद्धिः एवं अस्माकं बलं	
मई	11		धातुरूपाणि– भू, गम्, दृश्, स्था, स्मृ, पठ्, अस् (पंचलकारेषु) सेव, लभ्, (लट्, लृट्)
		2. अभ्यासः एवं परमोगुरूः	
जून	10	3. उपकारकाः वृक्षाः	अव्यय पदानि– एकदा, अधः,च, तदा, एव, कथम, कदा, नीचैः, उपरि, अपि, अधुना
जुलाई	24	4. आगच्छ भोजनं कुर्याम	संधि– दीर्ध, गुण
			प्रत्यय – क्त्वा, ल्यप्, शतृ
			संख्या – 1 से 50
अगस्त	23	5. यस्य बुद्धिः तस्य बलम्	उपसर्ग–अनु., अव, अभि, आ, उत्, उप
		 सुवचनानि 	उपपदविभर्क्ति द्वितीया – अभितः, परितः, उभयतः, प्रति, विना
		-	तृतीया – अलम्, काणः बधिरः, सह, विना
			लिंगलकार परिवर्तन। समास – तत्पुरूष, द्वन्द्व, चित्रम्, पत्रम्, संवादः, अपठित गद्यांश
सितम्बर		पाठानाम् पुनरावृत्तिः	व्याकरणस्य पुनराभ्यासः
			वं रोगवन् वशानमा राम्मीमिना गान्नसिन भोरनमा नीनिवनमानि ।

गतिविधियाँ–श्लोक उच्चारण एवं लेखन, वृक्षानाम् उपयोगिता, सन्तुलित भोजनम् नीतिवचनानि।

द्वितीय चक अक्टूबर से फरवरी

			C1
माह	दिन	पाट्यकम (सुरभिः)	व्याकरणम्
अक्टूबर	18	7. बुद्धिः एव उत्तमा	शब्दरूपाणि– मुनि, मति, साधु, पितृ, मातृ, धेनु, नदी, तत्
			किम्, एतत् इदम् पु./स्त्री./नपु.
नवम्बर	18	 अविवेकः परमापदां 	धातुरूपाणि – दृश, स्था, त्यज,स्मृ, (लट् लृट, लोट्, लड्.)
		पदम्	उपसर्ग – प्र,प्रति,वि,सम्,दुस,निस्
दिसम्बर	19	 बुद्धिमान् गोपालकः 	धातुरूपाणि – वद्, नम् त्यज्, रच्, लिख्, पा, कृ, (पंचलकारे)
			सेव्, लभ्, (आत्मनेपदी) लड्.लकारे)
			संधि – वृद्धि, यण्, संख्या – 51 से 100, प्रत्यय – क्त, क्तवतु, तुमुन्
जनवरी	24	10. मधुराणि वचनानि	समास–द्वन्द्व, अव्ययीभाव
			उपपद विभक्ति –चतुर्थी– रूच्, नमः, दा
			पंचमी – बहिः पृथक्, ऋतुे, षष्ठी– उपरि, सप्तमी– स्निह्, विश्वस्,
			अव्यय– पुरा, ऋते, विना, नमः, एव एकदा, श्वः हय, अद्य, किमर्थम्,
			वर्णसंयोजनम, वियोजनम, चित्रण,पत्रम,संवाद अपठित गद्यांशः
फरवरी		पाठानाम् पुनरावृत्तिः	व्याकरणस्य पुनराभ्यासः
<i></i>			

गतिविधियाँ— 1. संस्कृतेन स्वपरिचय, अविचार्य कर्मम् न कर्तव्यम्, बुद्धिः सर्वश्रेष्ठबलम्, मधुरवचनानि।

CLASS - VII

SUB - MATHEMATICS

Name Of The Book - Secondary Mathematics

			TERM - I
S.N.	MONTH	No. of W.D.	UNITS/TOPICS

1	APR	22	UNIT -1 Rational Numbers
			UNIT -2 Operations on rational Numbers

2	MAY	11	UNIT-3 Rational Numbers as decimals
3	JUNE	10	UNIT-4 Exponents & Powers
4	JULY	24	UNIT-4 Exponents & Powers (cont.) UNIT-8 The triangles and its properties
5	AUG	23	UNIT-9 Congruent Triangles UNIT-12 Data Handling
6	SEPT		(Revision)+SA-1 EXAM.

ACTIVITIES :

1.Representation of rational numbers on the number line

2. Angle sum property of a triangle (by paper cuttings)

3.Exterior angle property of a triangle.

4.Collection of data any five.

PROJECT: Write life of a Mathematician.

TERM-II

	MONTH	No. of W.D.	UNITS/ TOPIC
Su	bject :	Scien	ce
			ΓΙΔΟΤ ΤΕΔΜ. Μ

7	OCT	18	UNIT-5 Application of Percentage UNIT-6 Algebraic Expressions
8	NOV	18	UNIT-6 Algebraic Expressions(cont.) UNIT-7 Linear Equations in one variable
9	DEC	19	UNIT-10 Construction of triangles UNIT-11 Perimeter and Area
10	JAN	24	UNIT-13 Symmetry UNIT-14 Visualising Solids
11	FEB		(Revision) +Exam SA- II

ACTIVITIES:

1. Multiplication of monomial and a binomial

geometrically.

2. To verify $(a+b)^2 = a^2+2ab+b^2$ (using colour paper)

3. To find circumference of a circle

4. To make any three symmetrical paper cutting design.

			FIRST TERM: March/April to September	
Month	No. of	Unit / Topic	Suggested Activities	

	working		
	Days		
April	22	1. Nutrition in	Observation and inference -
		living	1. Observe stomata on lower/upper surface of a leaf.
		organisms -	2. To study Functioning of stomata on applying a layer of Vaseline on the
		plants	surfaces of leaf.
			3. To Study Symbiotic association in lichens/legume.
			4.Collection of variegated and masked leaves.
May	11	2. Nutrition in	1. Digestive property of saliva (experimental design)
		living	2. Use clay/woollen thread to make model showing nutrition in amoeba.
		organisms –	3. Demonstration of neutralization and displacement reactions.
		animals & man	
		3. Chemical	
		substances &	
		processes	
June	10	4. Acid, Bases	1. Testing of acids and bases commonly found in our house hold items with
		and Salt	the help of various indicators.
			2. Painting by using soap solution on a chart paper coated with turmeric.
			3. Preparation of electrolyte and to demonstrate that it conducts electricity.
July	24	5. Heat	1. Activity to show conduction, convection and radiation.
		6. Motion and	2. Measure the temperature of ice, boiled water, human body using
		time	thermometer.
			3. Comparison of clinical and laboratory thermometer.

			4.To show that black objects absorb more heat.
			5. Demonstrate time period using a simple pendulum.
Aug	23	7. Respiration in	1. Demonstrate & observe anaerobic respiration in yeast through house hold
		Organisms	activity.
		8.	2. Working model showing breathing mechanism.
		Transportation	3. Demonstration of water transportation in plants using white flowers.
		in plants and	4.To observe the fermentation process in batter of idli or dhokla preparation .
		animals	
Sept			Revision and SA-1 Exam
			SECOND TERM : October' to Feb'
			SECOND TERM. OCTOBET TO FED
Oct	18	9. Reproduction	1) Spore formation in bread mould
Oct		9. Reproduction in plants .	
Oct		-	1) Spore formation in bread mould
Oct		in plants .	 Spore formation in bread mould Different modes of vegetative propagation through sampling and chart.
Oct		in plants .	 Spore formation in bread mould Different modes of vegetative propagation through sampling and chart. Difference between unisexual and bisexual flowers through collection of
Oct		in plants .	 Spore formation in bread mould Different modes of vegetative propagation through sampling and chart. Difference between unisexual and bisexual flowers through collection of samples.
Oct		in plants .	 Spore formation in bread mould Different modes of vegetative propagation through sampling and chart. Difference between unisexual and bisexual flowers through collection of samples. Collect different seeds to show modes of dispersal

Nov	18	11. Electric	1) To demonstrate attraction of unlike charges and repulsion of like charges.	
		charges at rest	2) To classify house hold materials into conductors and insulator.	
		12. Light	3) To demonstrate the property of image formed by a plane mirror.	
			4) To make a kaleidoscope	
			5) To find various uses of spherical mirrors, plane mirror in daily life.	
			6)To demonstrate the law of reflection of light.	
Dec	19	13.Weather,	1) To collect weather report from newspaper and stick in scrap book	
		Climate &	2) Debate on "Boiling of cocoons is cruelty towards them".	
		adaptation of	3) Make a list of wild life sanctuaries and national park in India and enlist 10	
		animals to	animals in endangered category.	
		climate		
		14. Fabric from		
		fibre (Chem.)		
		15. foresst		
Jan	24	16. Water	1)Role play – Save water,	
			2) Model of rain water harvesting.	
		17. Electric	3) To make an electromagnet and study the factors that affect its strength.	
		current and its	4)To study the heating effect in nichrome wire.	
		effects	5) Make simple electric circuits in series and parallel.	
Feb			Revision and Exam SA II	

SUB : Social Science

First Term (Mar – Sept)

Class : VII

MONTH	No. of W. D	CHAPTER/ TOPICS	ACTIVITIES
APRIL	23	1. Components Of Environment (Map work) 18 .Democracy & Equality 2.Earth & changes on it	 Prepare chart of Extinct & Endangered species Prepare a diagram showing different spheres of the environment. Write the Preamble of the Indian Constitution. Take an outline map of India and label the areas of major soil types on it.
May	11		Time chart of Medieval period on chart paper. Agents of Denudation-show on thermocol sheets. Collect information & pictures of Monuments of North India in a scrap book.
JUNE	10	3. Surface & the interior of the Earth.	Collect samples of different types of rocks & write their characteristics.
		11. Rise of small kingdoms in south India.	Collect pictures of temples of South India in a scrap book.
JULY	24	 Air around us Turkish invasions in North India. Our State Government 	Draw the layers of atmosphere &composition of air Show with the help of pictures Global warming & its effects Prepare a chart showing the states having Unicameral& Bicameral legislatures
AUGUST	23	5. Water surrounding the Earth (Map Work) 13.Delhi Sultanate 20. Media The Mainstay Of Democracy	Prepare a chart showing the economic reforms of Ala-ud-din Khilji. Debate "Media has played a vital role in awakening of Indian Society" On an outline map of world show the major ocean currents.
Sep		REVISION OF SA-I	

Second Term (Oct – Feb)

MONTH	No. of W.D	UNITS/ TOPICS	ACTIVITIES
October 18		6. Life on Earth (Map work)	1.On an outline map of world show major vegetation belts, major grasslands & deserts (sahara & Ladakh)
		14. Regional Powers.	1.Collect the pictures of temples , forts , palaces & other buildings built by different regional heads & collect information about them.
NOV	18	15 Mughal Empire (map work) 21 Advertising & Democracy.	 1.Prepare a scrap file of the pictures of Mughal architecture 2. Debate "The Mughal emperors spent their treasures more on art & architecture & less on improving the condition of people" 3.Prepare a collage work on social advertising in chart paper
Dec	19	7. Human Environment. (Mapwork) 16.Emergence of Independent states 22.Unpacking gender	 1.On an outline map of India mark all the major international airports, sea ports & HBJ pipeline 2.Debate:"The present strategy of Indian Government for the empowerment of women is effective." 3. Collect information about famous women of 21st century with their contribution & also paste their pictures.
JAN	24	8. Land & the People 17. Major Religions 23 Market around Us	 1.Prepare a project on the life of the people of The Amazon basin & The Ganga –Brahmaputra basin. 2. Prepare a chart explaining the importance of Bhakti & Sufi Movements in reforming Indian Society.
FEB		REVISION OF SA-II	

SUB : DHARAM SHIKSHA

Class - VII

SUMMATIVE - I

SUMMATIVE - II

S.NO	MONTH	WORKING DAY	Name of lesson	S.NO	MONTH	WORKING DAY	Name of lesson
1	April	22	ईष स्तुति धर्म के लक्षण	1	October	18	स्वामी दर्शनानन्द स्वामी श्रध्दानन्द महात्मा हंसराज
2	MAY	11	आर्य समाज के नियम	2	November	18	आर्य पथिक पं. लेखराम
3	June	10	अभियान गीत व्यायाम				उद्घोष मेरा देश
4	July	24	प्रातरू उठने के लाभ उद्बोधन गीत सत्संग का महत्व	3	December	19	रोगी कौन नहीं अन्धविश्वास का फल अटल प्रीति
5	August	23	योग और उसके अंग ईश विनय	4	January	24	हमारे पर्व सन्ध्या तथा दैनिक
6	September						हवन के मन्त्र यज्ञ की आरती तथा शान्ति पाठ
				8	February		

SUB : COMPUTER SCIENCE

	SUMMATIVE 1					
S.NO.	MONTH	NAME OF THE CHAPTER				
1.	APRIL+MAY	1. COMPUTER SOFTWARE				
2.	JUNE + JULY	2. INTERNET SERVICES				
3.	JULY + AUGUST	3. SCRATCH (AN INTRODUCTION)				
4.	AUGUST + SEPTEMBER	4. ANIMATION IN SCRATCH				
	SUMM	ATIVE 2				
1.	OCTOBER + NOVEMBER	5. SYNFIG STUDIO				
2.	DECEMBER	6. ANIMATION IN SYNFIG STUDIO				
3.	JANUARY + FEBRUARY	7. CYBER SECURITY				

SUB : DRAWING

CLASS : VII

FIRST TERM : March' to September'

S.NO.	MONTH	ACTIVITIES	
01	APR	STEP BY STEP	
02	JUNE	STEP BY STEP	
03.	JULY	STEP BY STEP	
04	AUG	HOW TO MAKE HUMAN AND ANIMAL FIGURES	
05.	SEPT	HUMAN AND ANIMALS USE IN THE PAINTING	
		SECOND TERM : Oct' To Feb'	
06	ОСТ	HOW TO USE PERSPECTIVE, EYE LEVEL, HORIZON ETC. IN THE PAINTING	
07	NOV	HOW TO USE PERSPECTIVE IN THE PAINTING	
08	DEC	COMPOSITION (FIGURETIVE)	
09	JAN	COMPOSITION (TOPIC WISE)	
10	FEB	STILL LIFE (COLOUR)	

SUB-GK

Class : VII

FIRST TERM (MARCH TO SEPTEMBER)

MONTH	CHAPTER & PAGE NO		SUGGESTED ACTIVITY
1.APRIL	1.LANGUAGE & LITERATURE	(PAGE NO 1 TO PAGE NO 4)	1.FIVE NEW QUESTIONS FROM
2.MAY	1. LANGUAGE & LITERATURE	(PAGE NO 5 TO PAGE NO 13)	EACH TOPIC
3.JUNE	1.LANGUAGE & LITERATURE	(PAGE NO 14 TO PAGE NO 16)	2.QUIZ
4.JULY	2.ENVIRONMENT AROUND	(PAGE NO 17 TO PAGE NO 32)	3.NAME OF FIVE NEW NOVELS
5.AUG	2.ENVIRONMENT AROUND	(PAGE NO 40 & PAGE NO 41)	& WRITER
	3.WORLD AROUND	(PAGE NO 33 TO PAGE NO 47)	4.GROUP DISCUSSION
6.SEPT	REVISION AND EXAM SA-1		5.RANDOM QUIZ

SECOND TERM (OCTOBER TO FEBRUARY)

7.0CT	3.WORLD AROUND	(PAGE NO 54 TO PAGE NO 55)	1.SPEECH ON SPECIFIC TOPICS
	4.ART & CULTURE	(PAGE NO 48 TO PAGE NO 62)	
8.NOV	4.ART & CULTURE	(PAGE NO 59 TO PAGE NO 68)	2.QUIZ
	5.MATH MAGIC	(PAGE NO 63 TO PAGE NO 72)	
9.DEC	5.MATH MAGIC	(PAGE NO 73 TO PAGE NO 80)	3.TWO NEW INFORMATION
	6.SPORTS & GAMES	(PAGE NO 81 TO PAGE NO 97)	REGARDING NEW TOPICS
10.JAN	6.SPORTS & GAMES	(PAGE NO 90 TO PAGE NO 107)	
			4.NEW RECORDS IN LAST
11.FEB	REVISION AND EXAM SA-2		OLYMPIC/OTHER SPORTS

SUB : PHYSICAL & HEALTH EDUCATION

TERM – I				
S.NO	MONTH	ACTIVITIES		
01	April	AIMHRT zonal & national sports tournament- structure, events etc.		
02	June & July	GAMES/SPORT (ANY ONE) – KHO KHO KABADDI BADMINTON TABLE TENNIS FOOTBALL HANDBALL Playfield, Equipments, General rules, Tournaments, Sport Personalities		
03.	August & Septmber	GAMES/SPORT (ANY ONE) - (skill & practice) KHO KHO KABADDI BADMINTON TABLE TENNIS FOOTBALL HANDBALL		

CLASS : VII

Music Syllabus

APRIL Term	- I (1) I	Bhajan	S.N
MAY	-do-	(2) Community	04
song			
June	-do-	(3) Theory on	
Sangeet			
August	-do-	(1) Rag-	
Yaman+Wel-o	come Song		
September	-do-	(2) Rag-Ashavari	05
+ Song			05
October	Term –II	(3) Theory on Tal	
& Laya + Patr	iotic song		
December	-do-	(1) Theory on	
Vadya & Swai	r		06
January		(2) Patriotic song	
February		(3) Bhajan	
			07

TERM - II				
S.NO	MONTH	ACTIVITIES		
04	Oct & Nov	ATHLETICS -		
		(TRACK & FIELD)		
		History		
		Types of track & field events		
		Equipment		
		Sports personalities		
05	December	FIRST AID		
		Meaning & Definition		
		First aid box preparation		
		Sports injuries		
06	January	HEALTH & HYGIENE -		
		Meaning & Definition		
		Precaution		
07	February	PHYSICAL FITNESS TEST -		
		Standing broad jump		