

| SUMMARY | NO. OF TOTAL CHAPTERS  | HALF YEARLY (TERM-1)  | ANNUAL (TERM-2)  |
|---------|--|---|--|
| DETAILS | 29 (including poems)   Books: FIRST FLIGHT + FOOTPRINTS WITHOUT FEET | Ch-14, Poem-8   A Letter to God, Nelson Mandela: Long Walk to Freedom, A Triumph of Surgery, The Thief's Story, Two Stories about Flying I & II, The Midnight Visitor, A Question of Trust, From the Diary of Anne Frank, Glimpses of India (3 parts), Footprints without Feet, The Making of a Scientist, Mijbil The Otter, Madam Rides the bus, The Necklace   Poems: Dust of Snow, Fire & Ice, A Tiger in the Zoo, How to Tell Wild Animals, The Ball Poem, Amanda, The Trees, Fog | Ch-5, Bholi, The Book That Saved the Earth, The Tale of Custard the Dragon, The Sermon at Benares, For Anne Gregory, The Proposal (Play) |

| Month | Chapters  | Activity (Multiple Assessment - 3 for Each Term), S.E.A - 1 for Each Term & Others   |
|-------|---|--|
| April | <b>Book: FIRST FLIGHT :-</b><br>Ch-1: A Letter to God<br>Ch-2: Nelson Mandela – Long Walk to Freedom<br><b>Poem-1:</b> Dust of Snow<br><b>Poem-2:</b> Fire and Ice<br><b>Book: FOOTPRINTS WITHOUT FEET</b><br>Ch-1: A Triumph of Surgery<br>Ch-2: The Thief's Story<br><b>GRAMMAR 1:</b> Tenses   | <b>TERM- 1 Multiple Assessments</b><br>1. (VISUAL REPRESENTATION) Lencho suffered first due to drought and then by floods. Our country is also facing such situations in the recent years – there is flood and there is drought. There is a need to save water through water harvesting. Design a poster for your area on how to save water during summer and when it is available in excess.<br>2. (Group Work) We have just read about the first flight of a young seagull. Your teacher will now divide the class into groups. Each group will work on one of the following Topics: Prepare a presentation with your group members & then present it to the entire class: Progression of Models of Aeroplane, Migratory Birds - Tracing their Flight. |
| May   | <b>Book: FOOTPRINTS WITHOUT FEET</b><br>Ch-3: The Midnight Visitor<br>Ch-4: A Question of Trust<br><b>Poem-3:</b> A Tiger in the Zoo<br><b>GRAMMAR 2:</b> Modals<br><b>Book: FIRST FLIGHT</b><br>Ch-4: From the Diary of Anne Frank<br><b>Poem-4:</b> How to Tell Wild Animals  | Assignment: Art Integrated Activity (Make Cartoon Sketches) – Scene involving the elderly woman Valli & the conductor from chapter: Madam Rides the Bus.   |
| July  | <b>Book: FIRST FLIGHT</b><br><b>Ch-5:</b> Glimpses of India (Part I: A Baker from Goa, Part II: Coorg, Part III: Tea from Assam)<br><b>Book: FOOTPRINTS WITHOUT FEET</b><br>Ch-5: Footprints without Feet<br>Ch-6: The Making of a Scientist<br><b>Poem-5:</b> The Ball Poem<br><b>Poem-6:</b> Amanda<br><b>GRAMMAR 4:</b> Reported Speech (a) Commands & Requests, b) Statements, c) Questions | 3. Observation - Find the difference between two pictures.   |

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| <b>August</b>    | <b>Book: FIRST FLIGHT</b><br>Ch-6: Mijbil the Otter<br>Ch-7: Madam Rides the Bus<br>Ch-7: The Necklace<br><b>Poem-7:</b> The Trees<br><b>Poem-8:</b> Fog<br><b>GRAMMAR 3:</b> Subject Verb Agreement | SEA: 1. Listening Test<br>2. Speaking Test   |
| <b>September</b> | <b>Term 1 Examination</b>  |  |
| <b>October</b>   | Ch-8: The Sermon at Benares<br>Ch-9: The Proposal (Play)<br><b>Poem 9</b> – The Tale of Custard the Dragon<br>Ch-8: Bholi<br>Ch-9: The Book that Saved the Earth<br><b>GRAMMAR 5:</b> Determiners    | <b>Term II Activities:</b><br>1. (Field Work) Work on group of four: Collect Jataka Tales concerning the previous Birth of Gautama Buddha in both human & animal form. Make collage of the stories. Illustrate stories & display collage in your class.<br>2. (Class Discussion) on Marriage Page 160 Part 3 Ch - The Proposal (First Flight)<br>3. Oral Test – The Tale of Custard – the Dragon |
| <b>November</b>  | <b>Poem-10:</b> For AnneGregory  | SEA: 1. Listening Test<br>2. Speaking Test   |

| SUMMARY                       |  | DETAILS  |                               |  |  |
|-------------------------------|--|--|-------------------------------|--|--|
| <b>NO. OF TOTAL CHAPTERS</b>  |  | 15, ਵਿਆਕਰਨ - ਸਮਾਸੀ ਸ਼ਬਦ, ਅਗੇਤਰ-ਪਿਛੇਤਰ, ਤਸਵੀਰ ਵਰਣਨ , ਮੁਹਾਵਰੇ (ਕ ਤੋਂ ਝ) , ਬਹੁ-ਅਰਥਕ ਸ਼ਬਦ, ਕਿਰਿਆ-ਵਿਸ਼ੇਸ਼ਣ, ਲੇਖ, ਪੱਤਰ।  |                               |  |  |
| <b>HALF YEARLY (TERM-1)</b>   |  | ਸੇ ਕਿਉ ਮੰਦਾ ਆਖੀਐ, ਕਿਰਪਾ ਕਰਿ ਕੈ ਬਖਸਿ ਲੈਹੁ, ਤੂੰ ਮੇਰਾ ਪਿਤਾ ਤੂੰ ਹੈ ਮੇਰਾ ਮਾਤਾ, ਘਰ ਦਾ ਪਿਆਰ, ਬੋਲੀ, ਪ੍ਰਾਰਥਨਾ, ਮੇਰੇ ਵੱਡੇ-ਵਡੇਰੇ, ਕੁਲਫੀ, ਅੰਗ-ਸੰਗ, ਜ਼ਫ਼ਰਨਾਮਾ<br><b>ਵਿਆਕਰਨ-</b> ਸਮਾਸੀ ਸ਼ਬਦ, ਅਗੇਤਰ-ਪਿਛੇਤਰ, ਬਹੁ - ਅਰਥਕ ਸ਼ਬਦ (1-60), ਦਫ਼ਤਰੀ-ਪੱਤਰ(1-15), ਲੇਖ-12 ਮੁਹਾਵਰੇ(ਕ,ਖ,ਗ, ਅ,ਚ) |                               |  |  |
| <b>ANNUAL ( TERM-2)</b>       |  | ਸਤਿਗੁਰੂ ਨਾਨਕ ਪ੍ਰਗਟਿਆ, ਜੰਗ ਦਾ ਹਾਲ, ਤੁਰਨ ਦਾ ਹੁਨਰ, ਧਰਤੀ ਹੇਠਲਾ ਬਲਦ, ਦੂਜਾ ਵਿਆਹ, <b>ਵਿਆਕਰਨ</b> - ਕਿਰਿਆ ਵਿਸ਼ੇਸ਼ਣ, ਬਹੁ-ਆਰਥਕ ਸ਼ਬਦ, ਮੁਹਾਵਰੇ (ਛ,ਜ,ਝ), ਨਿੱਜੀ ਪੱਤਰ, ਦਫ਼ਤਰੀ ਪੱਤਰ, ਤਸਵੀਰ ਵਰਣਨ, ਲੇਖ + TERM 1 ਦਾ ਸਾਰਾ ਸਿਲੇਬਸ (ਦੁਹਰਾਈ)   |                               |  |  |
| Month                         | Chapters   | Activity (Multiple Assessment - 3 for Each Term), S.E.A - 1 for Each Term & Others   | Month                         | Chapters   | Activity (Multiple Assessment - 3 for Each Term), S.E.A - 1 for Each Term & Others   |
| <b>April</b>                  | <b>ਸਾਹਿਤ ਮਾਲਾ-2, ਵੰਨਗੀ-2, ਨਵਅਸੀਸ ਵਿਆਕਰਨ</b><br><b>ਕਵਿਤਾਵਾਂ</b> – 1. ਸੇ ਕਿਉ ਮੰਦਾ ਆਖੀਐ<br>2. ਕਿਰਪਾ ਕਰਿ ਕੈ ਬਖਸਿ ਲੈਹੁ<br><b>ਵਾਰਤਕ</b> - ਘਰ ਦਾ ਪਿਆਰ , ਬੋਲੀ<br><b>ਕਹਾਣੀਆਂ</b> - ਕੁਲਫੀ,<br><b>ਇਕਾਂਗੀ</b> -ਜ਼ਫ਼ਰਨਾਮਾ<br><b>ਵਿਆਕਰਨ-</b> ਸਮਾਸੀ ਸ਼ਬਦ, ਅਗੇਤਰ- ਪਿਛੇਤਰ, ਮੁਹਾਵਰੇ 'ਕ' ਅੱਖਰ ਵਾਲੇ<br><b>ਦਫ਼ਤਰੀ ਪੱਤਰ-</b> 1-5 ,<br><b>ਲੇਖ</b> - 1. ਮੇਰੇ ਜੀਵਨ ਦਾ ਉਦੇਸ਼,<br>2. ਕੰਪਿਊਟਰ ਦਾ ਵੱਧ ਰਿਹਾ ਪ੍ਰਭਾਵ | M.A. 1<br>Worksheet<br>ਸਮਾਸੀ ਸ਼ਬਦ  | <b>October &amp; November</b> | <b>ਕਵਿਤਾਵਾਂ</b> – ਸਤਿਗੁਰੂ ਨਾਨਕ ਪ੍ਰਗਟਿਆ , ਜੰਗ ਦਾ ਹਾਲ<br><b>ਵਾਰਤਕ</b> - ਤੁਰਨ ਦਾ ਹੁਨਰ<br><b>ਕਹਾਣੀ</b> - ਧਰਤੀ ਹੇਠਲਾ ਬਲਦ<br><b>ਇਕਾਂਗੀ</b> - ਦੂਜਾ ਵਿਆਹ<br><br><b>ਵਿਆਕਰਨ-</b> ਕਿਰਿਆ - ਵਿਸ਼ੇਸ਼ਣ , ਬਹੁ ਅਰਥਕ ਸ਼ਬਦ, ਮੁਹਾਵਰੇ – ਚ, ਛ ,ਜ , ਝ ਅੱਖਰ ਵਾਲੇ, ਨਿੱਜੀ ਪੱਤਰ, ਦਫ਼ਤਰੀ ਪੱਤਰ, ਤਸਵੀਰ ਦੇ ਅਧਾਰ ਤੇ ਵਰਣਨ, ਲੇਖ-ਰਚਨਾ (ਵਿਚਾਰ ਪ੍ਰਧਾਨ ਅਤੇ ਆਮ ਵਿਸ਼ੇ) | M.A. 1<br>Worksheet - ਮੁਹਾਵਰੇ<br>M.A. 2<br>Reading<br>M.A. 3<br>ਕਿਰਿਆ - ਵਿਸ਼ੇਸ਼ਣ (ਚਾਰਟ ਤਿਆਰ ਕਰੋ)<br><br>SEA<br>ਕਵਿਤਾ ਉਚਾਰਨ<br>ਸਤਿਗੁਰੂ ਨਾਨਕ ਪ੍ਰਗਟਿਆ |
| <b>May &amp; July</b>         | <b>ਕਵਿਤਾ</b> – ਤੂੰ ਮੇਰਾ ਪਿਤਾ ਤੂੰ ਹੈ ਮੇਰਾ ਮਾਤਾ<br><b>ਵਾਰਤਕ</b> – ਪ੍ਰਾਰਥਨਾ , ਮੇਰੇ ਵੱਡੇ ਵਡੇਰੇ<br><b>ਕਹਾਣੀ</b> - ਅੰਗ ਸੰਗ<br><b>ਵਿਆਕਰਨ-</b> ਬਹੁ-ਅਰਥਕ ਸ਼ਬਦ (1-60) ਮੁਹਾਵਰੇ 'ਖ,ਗ, ਅ' ਅੱਖਰ ਵਾਲੇ<br><b>ਦਫ਼ਤਰੀ ਪੱਤਰ-</b> 6-10 ,<br><b>ਲੇਖ</b> - 1. ਨੋਟਬੰਦੀ 2. ਮੋਬਾਇਲ ਫੋਨ ਤੇ ਇਸ ਦੀ ਵਰਤੋਂ   | M.A. 2<br>Assignment<br>ਮੋਬਾਇਲ ਫੋਨ<br>M.A- 3<br>Oral Test<br><br>SEA<br>(Art Integrated Project)   | <b>December &amp; January</b> | ਸਾਰੇ ਸਿਲੇਬਸ ਦੀ ਦੋਹਰਾਈ<br>Pre- Board -1<br>Pre- Board – 2<br>Final Exam   |  |
| <b>August &amp; September</b> | <b>ਲੇਖ</b> - ਸੋਸ਼ਲ ਮੀਡੀਆ, ਗਲੋਬਲ ਵਾਰਮਿੰਗ, ਈ- ਸਾਪਿੰਗ ਦਾ ਵਧਦਾ ਰੁਝਾਨ, ਚੋਣਾ ਦਾ ਦ੍ਰਿਸ਼, ਵਿਗਿਆਨ ਦੇ ਚਮਤਕਾਰ, ਵਿਦਿਆਰਥੀ ਅਤੇ ਫਰਜ਼, ਤਕਨੀਕੀ ਅਤੇ ਕਿੱਤਾਮੁਖੀ ਸਿੱਖਿਆ, ਅੱਜ ਦਾ ਯੁੱਗ ਅਤੇ ਕਰੇਪੀਆਂ , ਦੁਹਰਾਈ ਅਤੇ ਛਿਮਾਰੀ ਪ੍ਰੀਖਿਆ  |  |                               |  |  |

| SUMMARY | NO. OF TOTAL CHAPTERS                    | HALF YEARLY (TERM-1) | ANNUAL ( TERM-2)                      |
|---------|--|----------------------|---------------------------------------|
| DETAILS | 17   और व्याकरण रचना, व्यावहारिक व्याकरण | 10                   | 17   व्याकरण रचना, व्यावहारिक व्याकरण |

| Month | Chapters   | Activity (Multiple Assessment - 3 for Each Term),<br>S.E.A - 1 for Each Term & Others   |
|-------|--|---|
| April | हरिहर काका, बड़े भाई साहब, कबीर , मुहावरे (व्याकरण)  | 1. कहानी वाचन (A)<br>2. (Work Sheet) मुहावरे  |
| May   | डायरी का एक पन्ना, मीरा , अनुच्छेद, पत्र (लेखन)  | 3. विज्ञापन (Chart)   |
| July  | मनुष्यता, तोप, तताँरा - वामीरों , तीसरी कसम के शिल्पकार शैलेन्द्र<br>अपठित गद्यांश                               | 4. भक्ति कालीन कवियों का जीवन परिचय (किन्हीं 3) SEA   |
| Aug   | पर्वत प्रदेश में पावस<br><b>व्याकरण:</b> पदबंध, रचना के आधार पर वाक्य रूपांतरण<br>सुचना, विज्ञापन, लघुकथा (रचना) |   |
| Sep   | I Term Exam  |   |
| Oct   | अब कहाँ दूसरों के दुख से दुखी होना वाले, झेन की देन, कारतूस<br>कर-चले हम फ़िदा<br><b>व्याकरण – समास</b>          | 1. पदबंधों पर Worksheet<br>2. लघु कथा लेखन<br>3. Quiz on व्यावहारिक व्याकरण<br>4. भारतीय राज्य की संस्कृति पर तुलनात्मक वर्णन (SEA) |
| Nov   | आत्मत्राण, सपनों के से दिन, टोपी शुक्ला, ई-मेल   |   |
| Dec   | Pre-board + दोहराई   |   |

| SUMMARY               | HISTORY                                 | GEOGRAPHY   | CIVICS  | ECONOMICS  |
|-----------------------|---|---|---|--|
| NO. OF TOTAL CHAPTERS | 3                                       | 6   | 5   | 4 = 18   |
| HALF YEARLY (TERM-1)  | Nationalism in Europe,<br>Print Culture | Resources & Development,<br>Water Resources, Agriculture,<br>Minerals & Manufacturing<br>Industries | Power Sharing, Federalism, Gender,<br>Religion & Caste, Political Parties,<br>Outcomes of Democracy | Development, Sectors of<br>Indian Economy, Money &<br>Credit |
| ANNUAL (TERM-2)       | Nationalism in India                    | Forest and Wildlife (Cont),<br>Making of a Global World<br>(Cont)                                   | Outcomes of Democracy (Cont)  | Globalisation  |

| Month                    | Chapters   | Activity (Multiple Assessment - 3 for Each Term), S.E.A - 1 for Each Term & Others  |
|--------------------------|--|---|
| <b>April &amp; May</b>   | Ch – Nationalism in Europe<br>Ch – Resources & Development<br>Ch – Power Sharing<br>Ch – Development<br>Ch – Forest and Wildlife<br>Ch – Print Culture & the Modern World<br>Ch – Water Resources<br>Ch – Federalism | M.A. No.1 –<br>Quiz ch- Conservation of Resources<br><br>M.A. No.2 –<br>Group discussion → Role of Print in the modern world<br><br>M.P. No. 3 –<br>Quiz (Money & Credit) (in month of Nov) |
| <b>July &amp; August</b> | Ch – Sectors of Indian Economy<br>Ch – Making of a Global World<br>Ch – Agriculture<br>Ch – Gender, Religion and Caste<br>Ch – Money & Credit  | SEA (June Holidays) –<br>Project work on Consumer Rights  |
| <b>September</b>         | Ch – Agriculture<br>Ch – Gender, Religion and Caste (Cont)   | <b>EXAM</b>   |
| <b>Oct &amp; Nov</b>     | Ch – Nationalism in India<br>Ch – Minerals and Energy Resources<br>Ch – Manufacturing Industries<br>Ch – Political Parties<br>Ch – Outcomes of Democracy<br>Ch – Money & Credit<br>Ch – Globalisation                |   |

| SUMMARY               | CHEMISTRY   | PHYSICS  | BIOLOGY  |
|-----------------------|---|--|--|
| NO. OF TOTAL CHAPTERS | 04  | 10 – Total 13  | 05   |
| HALF YEARLY (TERM-1)  | Chemical Reactions & Equations, Acids, Bases & Salts, Metals & Non-metals | Light: Reflection & Refraction, Human Eye & Colourful World, Electricity | Life Processes, Control & Co-ordination, Our Environment |
| ANNUAL (TERM-2)       | Carbon and its Compounds  | Magnetic Effects of Electric Current                                     | Heredity, How do Organisms Reproduce                     |

| Month              | Chapters  | Activity (Multiple Assessment - 3 for Each Term), S.E.A - 1 for Each Term & Others   |
|--------------------|---|--|
| April + May        | 1. Chemical Reactions and Equations<br>2. Acids, Bases and Salts<br>3. Light: Reflection and Refraction<br>4. Human Eye and Colourful World<br>5. Life Processes<br>6. Control and Coordination | Practical No. 1, 2, 6, 7, 10, 11 and 13<br><b>Multiple Assessments:</b><br>1. Visual Representation on ray diagrams of mirror and lenses (PHYSICS)<br>2. Worksheet on chemical reactions and Equations (CHEMISTRY)<br>3. Concept Maps on Life Processes<br>Smart classes and the activities given in NCERT books |
| July + August      | 1. Metals and Non-Metals<br>2. Current (Electricity)<br>3. Our Environment  | Practical No. 3, 4, 5<br><b>Multiple Assessments:</b><br>1. Assignment on Metallurgy<br>2. Model for electric circuit<br>3. Class discussion on Our Environment<br>4. By Exploring the electric circuits using Smart Class   |
| October + November | 1. Carbon and its Compounds<br>2. Magnetic Effects of Electric Current<br>3. Heredity<br>4. How do Organisms Reproduce?   | Practical No. 8, 9, 12, 14<br><b>Multiple Assessments:</b><br>(a) Quiz on Carbon and its compounds<br>(b) Concept map on magnetic effects of electric current<br>(c) Assignment on contraceptive methods<br>(d) NCERT Text book activities using Smart class   |

| SUMMARY | NO. OF TOTAL CHAPTERS                                    | HALF YEARLY (TERM-1)  | ANNUAL ( TERM-2)                               |
|---------|--|---|--|
| DETAILS | 14   Books + NCERT   Expected dates to complete Syllabus | Last Date to complete U.T-1 → 30 April   Last Date to complete U.T-2 → 15 July   Last Date to complete Term-1 → 5 September | Last Date to complete Pre-Board-1 → 5 November |

| Month  | Chapters   | Activity (Multiple Assessment - 3 for Each Term), S.E.A - 1 for Each Term & Others   |
|--|--|--|
| <b>U.T-1<br/>April</b>                       | Chapter-1: Real Numbers<br>Chapter-2: Polynomial<br>Chapter-3: Pair of Linear Equations in Two Variables<br>Chapter-4: Quadratic Equations<br>Chapter-5: Arithmetic Progressions | M.A → Quiz conducted in class (Pair Groups)<br>S.E.A → Zeroes of Polynomial → To Determine zeros/zeroes of Polynomial by the graphical method<br>S.E.A → To obtain conditions for consistency or inconsistency of given Pair of linear equation in Two variables by graphical method<br>M.A → Case study questions discussed in Pair Groups<br>S.E.A → To verify that Sum of first n natural numbers is $n(n+1)/2$ by graphical method |
| <b>U.T-2<br/>May-July</b>                    | Chapter-7: Co-ordinates Geometry<br>Chapter-6: Triangles<br>Chapter-10: Circles  | S.E.A → To verify the distance formula by graphical method<br>S.E.A → To verify Basic Proportionality theorem using parallel line board and Triangle cut outs<br>S.E.A → To verify that length of Tangents drawn from an external point to a circle are equal by paper cutting, folding and pasting method   |
| <b>Term-1<br/>August-<br/>September</b>      | Chapter-8: Introduction to Trigonometry<br>Chapter-9: Height and Distance<br>Chapter-14: Probability   | M.A → Self Assessment Test for formulas of Trigonometric Ratios<br>S.E.A → To make clinometer for measuring angle of elevation/depression of an object<br>M.A → M.C.Q Test from the chapter  |
| <b>Pre-Board-1<br/>October-<br/>November</b> | Chapter-11: Area Related to Circle<br>Chapter-12: Surface Area and Volume<br>Chapter-13: Statistics  | S.E.A → To give suggestive demonstration of the formula that Area of the circle is half the product of its circumference and radius (by paper cutting and pasting method)<br>S.E.A → To compare the volumes of Two right circular cylinders which are formed from the rectangular sheets of paper having same dimensions<br>S.E.A → To find mode graphically   |

| SUMMARY | NO. OF TOTAL CHAPTERS           | HALF YEARLY (TERM-1)     | ANNUAL ( TERM-2)         |
|---------|---------------------------------|--------------------------|--------------------------|
| DETAILS | 09 Units   Books – KIPS + NCERT | 04 – Practice + Revision | 04 – Practice + Revision |

| Month     | Chapters  | Activity (Multiple Assessment - 3 for Each Term), S.E.A - 1 for Each Term & Others | Month    | Chapters  | Activity (Multiple Assessment - 3 for Each Term), S.E.A - 1 for Each Term & Others |
|-----------|---|--|----------|---|--|
| April     | Communication Skills - II<br>Digital Documentation<br>(Communication + Basic Writing Skills)<br>Digital Documentation: Styles, Graphics, Templates, Table of Contents | Basics with LibreOffice<br>Writer, Base, PPT<br>Practical in LibreOffice           | October  | Entrepreneurial Skills - II<br>Electronic Spreadsheets (Advanced) | Practical in LibreOffice (Calc)<br>Spreadsheets                                    |
| May       | Stress Management<br>Ability to Work Independently  | Practical in LibreOffice<br>+ Project Work (File + Viva)                           | November | Green Skills - II<br>DBMS (All)                                   | Practical in LibreOffice   |
| July      | Basics + Advance ICT - II   | Practicals in LibreOffice  | December | Health Safety Work Environment<br>(Revision)                      | Practical in LibreOffice   |
| August    | ICT Skills - II   | Practicals in LibreOffice  | January  | Revision of whole Syllabus  | Practical in LibreOffice Writer  |
| September | SA-I Exam   | SA-I Exam  | February | Final Exams   |  |

SUBJECT :- Physical Education

| Month  | Activity   | Month    | Activity  |
|--------|--|----------|---|
| April  | Athletics Skill: Measurement of Track of 400m<br>Knowledge about Stagger | October  | Hockey Positional Training<br>Fitness of Players<br>Footwork Training |
| May    | Athletic Skill: Types of Start<br>Types of Finish                        | November | Hockey Combination Training<br>Hockey Defence Training                |
| July   | Volleyball Rotation Knowledge<br>Volleyball Jump Training                | December | Hockey Offensive Training<br>Game of 7 Side                           |
| August | Volleyball Combination Play<br>Volleyball Spiker Training                | January  | Football Combination Training<br>Football Defence Training            |
|        |  | February | Football offensive Training<br>Cross Training , Shooting Training     |