**Curriculum: MYP 3** 

Subject: English

l Term	
Unit 1: Changing Perspectives	Duration: June - August, 2023

# Literary -

Play-Mother's Day by JB Priestly

Poem: Kitchen by Vimala

**Non-Literary**- Speech by Emma Watson at the HeForShe Campaign 2014, UN Speech-Mr. Antonio Guterres, United Nations Secretary General at the International Women's Day, 2018

#### Grammar-

Verbs and its types, Punctuation, Subject Verb Agreement

#### **CONCEPT**

Introduction to Play and play writer, Outlining character qualities, Compare and Contrast of characters, Analyzing elements of play, Analyzing the themes of the play. Commenting and changing the ending of the play, Introduction to poets and types of poetry, Elements of Poetry, Elements of Speech Writing.

**SKILLS:** Speech Writing, Argumentative Essay, Informal Letter Writing, Reading Comprehension

Criteria / task	Course content	Date of assignment	Date of submission
D	Oral Assessment	NA	21 July 2023
A, C, D	Text-based Analytical Questions, Writing Skills and Grammar	Assessment Week-1	Assessment Week-1
Unit 2: Plight of	Unit 2: Plight of Migrants		- Oct - Nov

#### **Contents:**

# **Unit 2 - Plight of Migrants**

# Literary-

Short story - Kabuliwala by Rabindranath Tagore Refugee-Bernard Malamud

Sonnet-The New Colossus-Emma Lazarus

# Non-Literary-

Documentary-'Then I came by Boat'-Tri Nguyen

#### Grammar-

Types of sentences based on structure (clause and phrase, types of conjunctions), Revision of tenses, Use of apostrophe

#### Concepts:

Types of stories, elements of a story, poetic devices, Justifying the title of a story, Analyzing the themes, characters, setting, plot in the short story, Analyzing the poem, paraphrasing the poem, Author study, recurring theme in author's writing.

#### Writing skills:

Journal writing, Magazine Article Writing, Reading Comprehension

# **Summative assessments:**

Criterion/ task	Course content	Date of assignment	Date of submission
B ,C, D	Digital Booklet (Migration) Home Task	18th September 2023	6th October 2023
ABCD	Written Assessment-Textual Analysis,Writing Skills and Grammar	Term End: (November 2023)	Term End: (November 2023)

Subject: French

I Term	
Unit 1: La France	Duration: July-August-September (mid) 10 weeks
Phase 2	

**Knowledge-** Identify the culture and civilization of France. (La culture et civilisation de France)

Identify the food of France. (La nourriture de la France.)

Outlining basic linguistic elements and structures while studying the main French festivals. (Les fêtes françaises) I

dentifying significant monuments in France. (Les monuments de la France)
Finding basic linguistic elements and structures while studying basic common
nouns and vocabulary related to clothing in France. (Les vêtements de la France)
Fashion in French. (La mode en France)

Brands in France. (Les marques en France)

#### Skills-

Write a message to your friend to send, refuse and accept an invitation. (Écrivez un message pour envoyer, accepter et refuser des invitations)

Write a paragraph on the topic 'France destination touristique' (Ecrivez sur le sujet la France destination touristique. -150 words)

Describe a day on the topic 'Amusement park' (Au parc d'attraction - 150 words)

#### Concepts-

Recapitulation of present tense. (Le present)

Evaluating the usage of framing questions in perfect tense.(Posez de question au passe compose)

Recognizing and understanding past tense. (Le passe compose)

Recognizing and understanding negation.(La negation)

Evaluating the usage of framing questions in perfect tense.(Posez de question au passe compose)

Construct meaning while using expressions in perfect tense.(Utilisez des expressions au passe compose)

#### Phase 3

# Knowledge

Identify the culture and civilization of France. (La culture et civilisation de France) Identify french food. (La nourriture française.)

Analyzing various linguistic elements and structures while studying various French festivals. (Les fêtes françaises)

Identifying various monuments of France. (Les monuments de France)

Identifying various touristic sights in Paris (Bienvenue à Paris!)

Analyzing various linguistic elements and structures while studying various common nouns and vocabulary related to clothing in France. (Les vêtements de la France)

Fashion in French. (La mode en France)

Brands in France. (Les marques en France)

#### Skills

Construct meaning and write a message to your friend to send, refuse and accept an invitation. (Écrivez un message pour envoyer, accepter et refuser des invitations)

Construct meaning and write a paragraph on the topic 'France destination touristique' (Ecrivez sur le sujet la France destination touristique. - 250 words) Construct meaning and describe a day on the topic 'Amusement park' (Au parc d'attraction - 250 words)

#### Concepts

Recapitulation of present tense. (Le present)

Evaluating the usage of framing questions in perfect tense.(Posez des questions au passe compose)

Recognizing and understanding past tense. (Le passe compose)

Understanding the usage of Imperfect tense.(L'imparfait)

Recognizing and understanding negation.(La negation)

Evaluating the usage of framing questions in perfect and imperfect tense.(Posez de question au passé composé et imparfait)

Construct meaning while using expressions in perfect and imperfect tense.(Utilisez des expressions au passé composé et imparfait)

Criteria / task	Course content	Date of assignment	Date of submission
Criterion A	Questions related to a video / audio clip(s).	24 July 2023	24 July 2023
Criterion-D	Create a PPT on French Culture	2 August 23	8,9,10 August 2023
Criterion-C(Orals)	PPT_Oral presentation.	8,9,10 August 2023	8,9,10 August 2023
Criteria -B & D	Questions related to a video / audio clip(s). Questions related to reading Comprehension, Writing task - Essay writing	Assessment Week	Assessment Week
Unit 2: Au Travail  Duration: September (n October- November (mi		` ,	

# Weeks

#### Content-

#### Phase 2

#### Knowledge

Analysing various linguistic elements and structures while revising grammar. (La revision de la grammaire)

Synthesising various basic and apparent facts to describe 'What you do to help at home?' (Qu'est vous faites pour aider a la maison?)

Synthesising various basic and apparent facts about the education system of France. (La vie scolaire en France)

Identifying various touristic sights in Paris (Bienvenue à Paris!)

Comparing past and present. (En comparant passé et présent.)

#### Skills

Construct meaning while using expressions of time. (Les expression de temp)

Construct meaning and present your school life. (Présentez votre vie scolaire) Interpreting hobbies(Les loisirs)

Discussing strengths and weaknesses (Discutant forces et faiblesses)

Talking about events in the past, the present and the future. (Parler des événements dans le passé, le présent et l'avenir)

# Concepts

Recognizing and understanding the meaning Future tense. (Le futur simple)

Construct meaning while using expressions in future tense. (Les expressions au futur simple)

Evaluating the usage of Adjectives. (Les adjectives)

Recognizing and understanding Comparative and Superlative. (Le comparatif et superlatif) Construct meaning while using expressions of time in perfect, present and future tense.

(Utilisez des expressions de temps (passe compose, present et futur simple)

#### Phase 3

#### Knowledge

Analysing various linguistic elements and structures while revising grammar. (La revision de la grammaire)

Synthesising various basic and apparent facts to describe 'What you do to help at home?' (Qu'est vous faites pour aider a la maison?)

Synthesising various basic and apparent facts about the education system of France. (La vie scolaire en France)

Comparing past and present. (En comparant passé et présent.)

#### Skills

Construct meaning while using expressions of time. (Les expression de temp)

Construct meaning and present your school life. (Présentez votre vie scolaire)

Interpreting hobbies(Les loisirs)

Discussing strengths and weaknesses (Discutant forces et faiblesses)

Talking about events in the past, the present and the future.(Parler des événements dans le passé, le présent et l'avenir)

#### Concepts

Recognizing and understanding the meaning Future tense. (Le future simple)

Construct meaning while using expressions in future tense. (Les expressions au future simple)

Evaluating the usage of Adjectives. (Les adjectives)

Recognizing and understanding Comparative and Superlatives. (Le comparatif et superlatif)

Construct meaning while using expressions of time in past, present and future tense. (Utilisez des expressions de temps (passe compose, imparfait, passé récent, présent et futur proche, futur simple)

# **Summative assessments:**

Criterion/ task	Date of assignment	Date of submission
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Criterion A	Questions related to a video / audio clip(s).	15th September 2023	15th September 2023
Criterion D	PPT on the theme - Education system in France	4th October 2023	17th, 18th, 19th & 20th October, 2023.
Criterion C (Orals)	Orals; presentation of the PPT	17th, 18th, 19th & 20th October, 2023.	17th, 18th, 19th & 20th October, 2023.
Criteria- B & D	Questions related to a reading Comprehension Questions related to reading Comprehension, Writing task - Paragraph writing	Term End	Term End

Subject: Hindi

# पर्यावरण और मानव

**Duration:** 

June(End)-August-10 weeks

Knowledge- Poem - Aahha dharti kitana deti hai!

Poem - Vasant ritu

Story -Story of Ganga

Travelogue- Devtaon ka anchal- Kullu,

Report -Report on Improving Water Quality of Ganga,

Talk Show on Environment and Humans

Song- melodious song of ganga,

Video- Our environment is our life - Sadhguru

Video- Save Environment.

Concept- Describe the costumes through charts,

Dimonstrate oral presentation of poetry, oral discussion and video showing at historical places.

Organize the ending of the story Interpret of poetry based on nature

Describe the seasons through PPT.

Grammar - Noun, pronoun, adjective, verb, antonym, Synonyms

Skills- Summary writing, Story writing, Informal letter writing, Travelogue and Report writing.

#### Summative assessments:

Criteria / task	Course content	Date of assignment	Date of submission
Criterion A	Questions related to a video / audio clip(s).	24 July 2023	24 July 2023
Criterion-D	Create a Booklet / Poster making on the topic- 'Environment & Human'.	2 August 23	8,9,10 August 2023
Criterion-C(Orals)	Presentation of the Booklet / Poster	8,9,10 August 2023	8,9,10 August 2023
Criteria -B & D	Questions related to a reading Comprehension Writing task: Informal letter, Summary writing	Assessment Week	Assessment Week

# Unit 2: विज्ञान और मानव कल्याण

Duration: September-October- 8 Weeks

#### Knowledge-

Story- Three Saints

Translated story- Prem me parmeshwar

Biography- Basis of Confidence and Inspiration - APJ Kalam

Documentary - The deadly havoc of Corona on Earth

Story - R.J. Karthik - Sincere efforts never go in vain.

Video- Chandrayaan 2 - A Scientific Initiative

#### Concept-

Describe the moral values through charts,

Dimonstrate oral presentation of Dr.Kalam;s life .

oral discussion and video showing Kalam's missions.

Organize the ending of the story

Describe the Chandrayaan 2 through PPT.

Grammar - synonyms, prefixes, suffixes, idioms, proverbs, verbs, conjunctions, unseen passages

#### Skills-

Summary writing, Story writing, changes at the end of the story,

#### **Summative assessments:**

Criterion/ task	Course content	Date of assignment	Date of submission
Criterion A	Questions related to a video / audio clip(s).	13 Oct 2023	13 Oct 2023
Criterion D	PPT on the theme - Science & Human	1 Sep 2023	12,13 Sep 2023
Criterion C (Orals)	Orals; presentation of the PPT	12,13 Sep 2023	12,13 Sep 2023
Criteria- B & D	Questions related to a reading Comprehension Writing task: Informal letter,Summary writing,story writing	Term End	Term End

Subject: Sanskrit

I Term	
Unit 1: जीवनशैली (Life-style)	Duration: July, Aug,Sep. (mid.)

#### Content-

**Knowledge**- Shlokas on lifestyle, short stories - Kah yogya mantri, Vibhajanm Sampatteh, Kimeten mam, paragraph on lifestyle, Halant Sabd Roop- karman, numerical word - Ek (masculine), Atmannepad introduction – lat lakar, Dhatu Roop-Vridh, shru, vacha, prefix – ud, abhi, samasa introduction – Avyayi bhav

samasa, sandhi –Swar sandhi.

**Concept-** Explain Halant Shabd Roop and numerical word - Ek (masculine), Describe Atmannepad- lat lakar, Prefix, , Discuss Samas and Sandhi.

**Skills-** Using Shabd Roop and Dhatu Roop and making suitable sentences, paragraph writing, dialogue and conversation, Understanding and using Atmanepad Lakar in sentences, picture description, uses of numerical words, uses of prefix and suffix in sentences, letter writing, uses of Samas and Sandhi.

#### **Summative assessments:**

Criteria / task	Course content	Date of assignment	Date of submission
Α	Questions related to a video / audio clip(s)	July 24, 2023	July 24, 2023
D	Create a PPT on a Different life-style.	August 3, 2023	August 10, 2023
С	PPT_Oral presentation	August 10, 2023	August 10, 2023
B & D	Reading Comprehension, Writing task: Paragraph writing	Assessment Week	Assessment Week
Unit 2: विश्वास: मूल्यानि च (beliefs and values)		Duration: Sep.( (mid)	mid) - Nov.

#### Content-

**Knowledge-** Shlokas on moral values , short moral stories-Vastvik-soundaryam kutr, Yogya dandah,Pariksha, story of shivaji, Krishna's Updesh (video),paragraph on moral values, Shabd Roop– Manas (neuter), Numericall word – Eka (feminine), Atmannepad Introduction – Lrit lakar, Dhatu Roop– Kri, Gya, Katha, Labh, Prefix – Su, Nis,Samas Introduction - Tatpurush Samas, Sandhi – Vyanjan sandhi.

**Concept-** Explain Neuter shabd Roop and Numerical word Eka, Describe Atmannepad-Lrit lakar, Prefix , discussTatpurush Samas , identify Sandhi- Vyanjan sandhi.

**Skills-** Uses of numerical words, paragraph Writing, Understanding gender, word and purush and using them in sentences, using suffixes, Using Atmanepad Lakar in sentences, constructing simple sentences, uses of Samas and Sandhi, understanding the verbs of different tenses and writing paragraphs using them, letter writing.

Criterion/ task	Course content	Date of	Date of
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		assignment	submission
D	Create a PPT	Sep. 1, 2023	Sep.12, 2023
С	Oral presentation: PPT Oral Presentation	Sep.12, 2023	Sep.12, 2023
A	Questions related to a video / audio clip(s)	Oct. 13, 2023	Oct. 13, 2023
B & D	Reading Comprehension, Complete grammar topics and writing skills covered throughout the term.	Term End Exam	Term End Exam

**Subject: Mathematics** 

I Term	
Unit1: Numerical and Abstract Reasoning	Duration: June - August 2023

**Knowledge**: Number facts (Rational and Irrational numbers) and sequences (only sequences with constant common difference) Approximation, estimation, Exponents and its real life applications, Standard forms, Ratio and proportion, Percentages its application in calculating tax. Profit and loss, simple and compound interest, application of simple and compound interest.

**Concepts:** Using number facts and sequences in real life. How sequences are used in real-life, Expressing Fractions, decimals as quantities, Expressing integers as directed numbers, Estimating a number/quantity as per the degree of accuracy, Dividing a number in a given ratio, Using ratio and proportion as under the concept of Direct and inverse variation, understanding the concepts of percentage increase or decrease.

**Skills:** Identifying and using natural numbers, integers (positive, negative and zero), prime numbers, square numbers, common factors and common multiples, Understanding the meaning and differences between rational and irrational numbers, Identifying a given sequence and deducing the general rule, expressing one quantity as a percentage of another, using given data to solve problems on personal and household finance involving Simple and compound interest, profit and loss, discounts, taxes, etc., Identifying perfect square and perfect cube numbers, Calculating square roots and cube roots, Applying the rules of indices.

Summative assessments:			
Criteria / task	Course content	Date of assignment	Date of submission
Criteria B, C and D (Home-task 1)	Rational/Irrational Numbers, Percentage, Discounts, Simple Interest, Exponents	01/08/2023	11/08/2023
Criteria A (written assessment) (Assessment week 1)	Rational/Irrational Numbers, Percentage, Discounts, Simple and compound Interest, Ratio - Proportion, Variation, Exponents, Squares and square roots, Cubes and cube roots.	Assessment week	Assessment week
Unit 2: Thinking with Models( Algebra)		Duration: Sept	- Oct 2023

# Knowledge:

Addition, subtraction, multiplication and

division of algebraic terms (Based on Prior knowledge), Degree of expressions, Factorization of algebraic expressions (linear and quadratic expressions- middle term split), Patterns and sequences finding a general formula, Equations- Linear, simultaneous. Algebraic graphs (linear functions).

#### Concepts:

Understanding the methods of factorization (linear and quadratic expressions- middle term split), Solving the equations (one variable and 2 variable linear equations) using different methods. Significance of framing algebraic expressions and equations.

#### Skills:

Expanding and simplifying algebraic expressions, Factoring linear and quadratic expressions, Finding and justifying or proving general rules/formulae for sequences, Solving equations algebraically. Represent functions graphically (only linear functions).

Criterion/ task	Course content	Date of assignment	Date of submission
Criteria A, B, C and D (written assessment)	Unit 1 and 2	Term End	Term End

(Assessment week 2)		
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# **Subject: Individuals and Societies**

l Term		
Unit 1: The World we live in Part-III	Duration: July to September End2023	

# Knowledge:

- The French Revolution:
- Events: The Fall of Bastille. the Tennis Court Oath, and Major Reforms
- Revolutions:Russian Revolution: short-term causes and long-term causes
   World Wars I and II [war, nationalism, alliances, trenches, major events, battles]
- Terms of the Treaty of Versailles and the formation of the League of Nations Formation of the UN.

#### Concepts:

- Discuss the impact of revolutions (French, Russian, and Indian) around the world
- Explore the reasons why nations go to war and why peacekeeping is difficult.
- Discuss the nature of wars and their impact.
- Explore the major peacekeeping efforts.
- How did Germany react to the terms of the Treaty of Versailles?
- The United Nations' Role in Maintaining World Peace.

#### Skills:

- Drawing inference skills from qualitative and quantitative data Cognition skills for evidence and arguments.
- Calculative skills, argumentative essays, descriptive writing, report writing, and presentation skills.

Criteria / task	Course content	Date of assignment	Date of submission
A,B,C,D	All the above Unit-1	28th July,2023	14th August,2023

Criterion A C	Whole unit	Assessment Week (August 2023	Same day
Unit 2: The worl (Geography)	d we live in Part-V	Duration: September-No	vember-2023

#### **Knowledge:**

 Resources and types of resources; consumption of resources Social, economic, and environmental impacts of resource consumption. Management of Resources Sustainable management of natural environments Industries and Classification of Industries.

# **Concepts:**

- Explain the contribution of small industries as compared to large industries. Investigate:
- How does the distribution of minerals impact the growth of an economy?
- Discuss the conservation of Mineral and power resources.
- Investigate how far human resources play a vital role in the growth of a country.
   Discuss how these factors might influence the location of manufacturing industries.
   Compare and contrast the textile, cotton, iron, and steel industries of India with those of the rest of the world.
- **Skills**: Analyzing the Graphical Skills Mind Mapping skills, graphic organizational skills, problem solving skills, interpreting skills, case study solving skills, descriptive writing, report writing, and presentation skills
- Drawing inferences through qualitative and quantitative data.

#### **Summative assessments:**

Criterion/ task	Course content	Date of assignment	Date of submission
B,C,D	All the above content	15th Sept' 2023	27th September.
Criterion A,B,C,D	Unit 1 and 2	Term End)	Same day

# **Subject: Sciences**

I Term	
Unit 1: Matter: structure and transformation	Duration: July to August

# Content (Knowledge)-

- 1. Explain state of matter, Particle theory, diffusion, investigating diffusion, brownian movement.
- 2. Elements and Compounds- Discuss ancient views of atomic structure, subatomic particles, atomic mass, mass number and atomic number. Analyse arrangement of electrons up to atomic number up to 20, valency,
- 3. Mixtures, More about mixtures, separating mixtures, Chromatography, solutions and solubility, solubility investigation
- 4. Material changes- Physical and Chemical changes, burning, reactions with acids, Rearranging atoms, more about conservation of mass, Detecting chemical reactions, rusting.
- 5. Differentiate physical and chemical properties of metals and non-metals.
- 6. Analyze reaction of metals and non-metals with air, water, acid.
- 7. Fuels and Combustion- methane, biogas, paraffin kerosene, LPG, ignition temperature-fire and fire extinguishers-fire safety at home.

Criteria / task	Course content	Date of assignment	Date of submission
Criteria B, C	Rate of chemical reaction - metals and non-metals	July 25th, 2023	August 4th, 2023
Criterion A	Whole unit	Assessment Week	Same day
Criterion D	Green fuels	7th August, 2023	4th September 2023
Unit 2: Key to health (IDU - Physical education [PHE] and Science)		Duration: Sept October	ember to

# Content-

# Sciences- Endocrine System-

Function of human body systems and how body systems work together. The influence of health habits on body systems, Chemical coordination in animals, endocrine glands and their functions, role of important hormones. **Endocrine system, various hormones and their effects on body or body functions,** Various endocrine disorders, their reasons and solutions

**Yoga part -** Chakras in body, their relationship with glands, Yam, Niyam, Pranayam, Various asanas like Bhujangasana, vajrasana, naukasana, Dhanurasana, surya namaskar, Rabbit pose etc. and their effect on body, controlling endocrine secretion through Yoga Asanas.

**Concept:** Proper diet, regular exercise and healthy lifestyle is necessary for a healthy mind and body.

Skills: Presentation of Yoga exercises and related scientific knowledge

#### **Summative assessments:**

Criteria/ task	Course content	Date of assignment	Date of submission
IDU Criteria A, B and C	The influence of health habits on body systems, Endocrine system, various hormones and their effects on body or body functions. Various endocrine disorders, their reasons and solutions including Yoga exercises.	10th September, 2023	10th October, 2023
Sciences crit. A, B, C & D	Whole unit	Assessment week	The same day

Subject: Design

#### **Unit 1: Public Service Announcement**

**Duration: June To September** 

Knowledge: Introduction to filmmaking

Introduction to tools and methods used form making films

Content-

Script Writing Storyboarding

**Camera Operations** 

Film making techniques

Video Editing

Post Production - Editing and VFX

Design for creating the video

Evaluation of video based on specifications

Skills:

Storyboarding to make a movie

Angle and background selection for shooting

Efficient use of camera and smart phones to shoot.

#### **Summative assessments:**

Criteria / task	Course content	Date of assignment	Date of submission
Criterion A	Entire Course Content of this Unit with Design Cycle.	First week of September	Third week of October.
	Students will create an original PSA on the chosen issue following the complete Design Cycle.		
Criterion B			
Criterion C			
Criterion D			

Unit 2: Photoshop	Duration : October To
	December

**Contents:** 

Knowledge:

Introduction to Photoshop, Introduction of Various Tool

Concept:

Editing and Analysis of Image

Skills:

Creating & Editing Images using following tools:

Layers, Lasso, Quick Selection, Magic wand, Crop, Marque, Eye Dropper, Spot Healing, Brush

Clone Stamp, Eraser, Gradient, Text, Shape

# **Summative Assessments:**

Criterion / Task	Course Content	Date of Assignment	Date of Submission
ABCD	Entire Content of Unit 2	November	January

# Subject: Arts

l Term	
Unit 1: Dance	Duration: June-September 2023

Content- Content- Concept of Modern Dances and Dance Dramas

How technology enhances dance performances.

Ways of creating dance or choreographing dance with the use of technology.

Concept of designing dance and dance dramas based on themes.

Generate Original Choreography of dance dramas

Choreograph a Structured Composition and perform

Criteria / task	Course content	Date of assignment	Date of submission
Criteria A [Investigating] B [Developing] C [Performing] D [Evaluating] (All Strands)	.•Concept of Dance drama  •Use of technical terminology used in dance dramas  •Design of dance dramas  •Innovation in dance  •Effective use of traditional and modern equipments to enhance the dance  •Producing a dance drama show  Choreographing dance dramas based on themes or stories.	8th September 2023	14 September 2023

	Pen down the process of the choreography of Dance Drama Design a Dance Ballet/ Production using the technology and innovative ideas. Pen down the process of the choreography of Dance production		
Unit 2:Sufiaana		Duration: 24th	Sep. to Dec

**Content**- Voice Grooming Session and Ear Training

- A brief idea about Sufi music
- · Practice and perform some basic **Sufi songs** and beats
- Contribution of Sufi Music in daily life
- · Read, write, and perform musical notations
- Compose, improvise, and perform basic rhythmic, and melodic patterns independently on instruments (using various interesting app on GarageBand) as well as vocal
- Identify the ways to create a song arrangement.
- Basic idea about North Indian Classical Music
- Swarmalika—'Bhairav' Thaat
- · A Bandish on Bhairav Thaat
- Taalmala--- Basic fundamental of Tabla and taal

Criterion/ task	Course content	Date of assignment	Date of submission
Criteria A, B, C & D (All Strands)	Knowledge: A brief idea about Music of India (including Sufi Music) A brief concept of Classical Music Basic introduction about Sufi Music form of India Basic introduction of Classical Music	01/ 12/ 2023	11/ 12/ 2023

Generate Self-composition Improvise a composed stuff	
Skills:	
Basic music skills	
Instrument playing	
Singing	
Creating & performing music	
Concepts:	
Concept of two genres;	
Indian Music	
Fusion music	

# **Physical and Health Education**

Unit 1: Volleyball (Team game)	Duration: July and August
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**Content: Knowledge: – Knowledge:** – History of volleyball, Rules of volleyball, Dimension of volleyball court.

#### Skills:

Service: Under arm service, Over arm service and Side arm service...

Passing: Overhead pass, under arm pass, digging.

Blocking, Spiking, Rotation, Team formation.

**Concepts**: Team strategy- Formation, understanding of opponent strength and weakness.

Formation of players, knowledge of rotation process while playing game

# Summative assessments: Criteria / task Course content Date of assignment submission

Unit 2: Healthy Lifestyle		Duration: Se October	ptember and
Crit: D	Volleyball- rules and regulations, techniques, skills and strategy.	28 August, 2023	28 August, 2023
Crit: C	Volleyball- rules and regulations, techniques, skills and strategy.	28 July, 2023	01 August, 2023

#### Contents:

**Knowledge**: Nutrition, Components of nutrition, Balance Diet, Measuring diet energy, Unhealthy eating Habits.

Analysis of the Principles of different training methods that improve your fitness.

Justify the health related components of fitness that supports the body to keep healthy.

Describe the training method to develop muscle Strength?

What exercises would you like to include in the training to improve your cardiovascular system?

Analysis and justify body composition?

Describe flexibility?

Explain the training method to develop flexibility.

Describe the procedure to measure Target heart rate, Maximum heart rate, Resting heart Rate.

Skills: Circuit training - Push up, running, jumping, squat, lunges, ladder drill, shuttle run, stretching.

Concepts: Explain FITT principle-Frequency, Intensity, Time, and Type.

**Content: – Knowledge**: – History of volleyball, Rules of volleyball, Dimension of volleyball court.

**Skills**: Service: Under arm service, Over arm service and Side arm service...

Passing: Overhead pass, under arm pass, digging.

Blocking, Spiking, Rotation, Team formation.

**Concepts**: Team strategy- Formation, understanding of opponent strength and weakness.

Formation of players, knowledge of rotation process while playing game

Criteria / task	Course content:	Date of assignment	Date of submission
Crit: A	Healthy lifestyle.	08 Sep 2023	18 Sep 2023
Crit: B	Circuit training Planning. Exercises of different stations.	02 Sep 2023	06 Sep 2023
Crit: C & D		9 Oct 2023	9 Oct 2023
IDU Criteria A, B and C	The influence of health habits on body systems and Endocrine system, various Yoga exercises and their effects on body or body functions.	September 26th, 2022	October 20th, 2022