

ST. NICHOLAS PUBLIC SCHOOL, GARHBETA

SYLLABUS FOR THE SESSION 2025- '26

CLASS: I

SUB: Bengali

NAME OF THE TEACHER: Siddhi Saraf and Piyali Banik

SL NO	CHAPTER NO.	CHAPTER NAME or TOPIC	SUB TOPIC	NO. OF PERIODS	NAME OF EXAMINATION
1		পুনরালোচনা	বাংলা বর্ণমালা, মাত্রা অনুযায়ী, বর্ণ বিন্যাস, ব্যঞ্জনবর্ণের চিহ্ন যোগ	3	Pd 1 + midterm
2	প্রথম পাঠ	অ এবং অ কার শব্দ গঠন ও প্রয়োগ	দুই, তিন, চার অক্ষরের শব্দ, ছোটো গল্প	3	Pd 1 + midterm
3	দ্বিতীয় পাঠ	আ ও আ কার যোগে শব্দ গঠন	দুই, তিন, চার অক্ষরের শব্দ, ছোটো গল্প	5	Pd 1 + midterm
4	তৃতীয় পাঠ	ই এবং ই কার যোগে শব্দ গঠন	দুই, তিন, চার অক্ষরের শব্দ, ছোটো গল্প	5	Pd 1 + midterm
5	চতুর্থ পাঠ	ঈ এবং ঈ কার যোগে শব্দ গঠন	দুই, তিন, চার অক্ষরের শব্দ, ছোটো গল্প	5	Pd 1 + midterm
6	পঞ্চম পাঠ	উ এবং উ কার যোগে শব্দ গঠন	দুই, তিন, চার অক্ষরের শব্দ, ছোটো গল্প	5	Pd 1 + midterm
7	ষষ্ঠ পাঠ	ঊ এবং ঊ কার শব্দ গঠন	দুই, তিন, চার অক্ষরের শব্দ, ছোটো গল্প	5	Midterm
8	সপ্তম পাঠ	ঋ এবং ঋ কার	দুই, তিন, চার	3	Midterm

		যোগে শব্দ গঠন	অক্ষরের শব্দ, ছোটো গল্প		
9	ষোড়শ পাঠ	প্রভাত	কবিতা পাঠ, শব্দ তৈরী	4	Midterm
10	সপ্তদশ পাঠ	ঘাসফড়িং আর পিঁপড়ের	গল্প পাঠ, শব্দ তৈরী, নৈতিক শিক্ষা	4	Midterm
11	অষ্টম পাঠ	এ এবং এ কার যোগে শব্দ গঠন	দুই, তিন, চার অক্ষরের শব্দ, ছোটো গল্প	5	Pd 2+ Annual term
12	নবম পাঠ	ঐ এবং ঐ কার যোগে শব্দ গঠন	দুই, তিন, চার অক্ষরের শব্দ, ছোটো গল্প	5	Pd 2 + annual term
13	দশম পাঠ	ও এবং ও কার যোগে শব্দ গঠন	দুই, তিন, চার অক্ষরের শব্দ, ছোটো গল্প	5	Pd 2 + Annual term
14	অষ্টাদশ পাঠ	ছায়ার ঘোমটা মুখে টানি	কবিতা পাঠ, শব্দ তৈরী	5	Pd 2+ Annual term
15	একাদশ পাঠ	ঔ এবং ঔ কার যোগে শব্দ গঠন	দুই, তিন, চার অক্ষরের শব্দ, ছোটো গল্প	5	Pd 3 +Annual term
16	দ্বাদশ পাঠ	ং যোগে শব্দ গঠন ও প্রয়োগ	দুই, তিন, চার অক্ষরের শব্দ, ছোটো গল্প	3	Pd 3 + Annual term
17	ঊনবিংশ পাঠ	দশরথ	গল্প পাঠ, শব্দ তৈরী, রামায়ণের কাহিনী	4	Pd 3+ annual term
18	চতুর্দশ পাঠ	বিসর্গ যোগে শব্দ গঠন ও প্রয়োগ	দুই, তিন, চার অক্ষরের শব্দ, ছোটো গল্প	3	Annual Term
19	পঞ্চদশ পাঠ	ৃ যোগে শব্দ গঠন ও প্রয়োগ	দুই, তিন, চার অক্ষরের শব্দ,	3	Annual Term

20	बिंश पाठ	बाबु	छोटी गल्ल कविता पाठ, लिङ्ग सम्पर्के धारना, शब्द तैरी	5	Annual Term
21	एकबिंश पाठ	आमादेर देश	गल्ल पाठ, जातीय पताकार धारना,	5	Annual term

ST. NICHOLAS PUBLIC SCHOOL, GARHBETA

SYLLABUS FOR THE SESSION 2025- '26

CLASS: I

SUB: Hindi Grammar

NAME OF THE TEACHER: Siddhi Saraf and Piyali Banik

SL NO	CHAPTER NO.	CHAPTER NAME or TOPIC	SUB TOPIC	NO. OF PERIODS	NAME OF EXAMINATION
1	Chapter 1	कुछ कहो, कुछ सुनो	पशु पक्षियों का परिचय, भाषा के विविध रूप	4	PD 1 + MT
2	Chapter 2	आओ वर्णमाला सीखें	स्वर, व्यंजन	5	PD 1 + MT
3	Chapter 3	आओ मात्रा लगाना सीखें	आ,इ,ई,उ,ऊ,ए,ऐ,ऋ,ओ,औ मात्रा का प्रयोग , बारह खड़ी	6	PD 1 + MT
4	Chapter 4	अं और अँ की मात्रा	अं या अँ का प्रयोग करके शब्द	4	MT
5	Chapter 5	आओ शब्द बनाना	शब्द रचना, नए शब्द बनाना	3	MT

		सीखे			
6	Chapter 6	सबके अपने-अपने नाम (संज्ञा)	व्यक्तियों, स्थान, पशु पक्षियों और वस्तुओं के नाम	3	MT
7	Chapter 7	लड़का लड़की (लिंग)	पुलिंग एवं स्त्रीलिंग की पहचान	3	PD 2
8	Chapter 8	एक अनेक वचन	वचन परिवर्तन	3	P D 2
9	Chapter 9	नाम की विशेषता विशेषण	विशेषण की परिभाषा, चीजों की विशेषता	3	PD 3
10	Chapter 10	आओ करें कुछ काम (क्रिया)	काम अथवा क्रिया के बारे में जानकार	3	PD 3
11	Chapter 11	समान अर्थ वाले शब्द	समानार्थी या पर्यायवाची शब्दों का ज्ञान	3	AT
12	Chapter 12	विलोम शब्द	उल्टी अर्थ वाले शब्दों का ज्ञान	3	AT

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SYLLABUS FOR THE SESSION 2025- '26

CLASS: I

SUB: General Knowledge

NAME OF THE TEACHER: Siddhi Saraf and Piyali Banik

SL NO	CHAPTER NO.	CHAPTER NAME or TOPIC	SUB TOPIC	NO. OF PERIODS	NAME OF EXAMINATION
1	1	All About Me	Let us introduce, body basics, time table, sensors	4	Midterm
2	2	The world around me	Our neighbourhood, my work place, people who help us, Sensors, plant a tree, world of colours	5	Midterm
3	3	Sports and entertainment	Playing indoors, famous sports person, channel panel, playing outdoor, Sa re ga ma pa, sports equipment, India's medalists at Tokyo Olympics	7	Midterm
4	4	Natural world	Fruity crosswords, animals and their babies, animal game, lovely flowers, homes of animals ,under the water ,Bird sanctuary, favourite foods, our Earth, animal sounds	10	Midterm
5	5	Science and technology	Means of transport ,up in the sky, computers, machine recognition	4	Annual Term
6	6	Life skills	Healthy habits for you and me, manners in action, road sense, do	7	Annual Term

			not forget to recycle, body safety, corona safety rituals		
7	7	My country	Our motherland, worship time, different religions, different festivals, Great Indians	5	Annual Term
8	8	Language and literature	Two to Tango, tingle mingle crossword, rhyme time, one word for group	4	Annual Term
9	9	Funology	Things that come in twos, basic shapes, 30's : odd one out, number fun	4	Annual Term

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SYLLABUS FOR THE SESSION 2025- '26

CLASS: I

SUB: computer

NAME OF THE TEACHER: Siddhi Saraf and Piyali Banik

SL NO	CHAPTER NO.	CHAPTER NAME or TOPIC	SUB TOPIC	NO. OF PERIODS	NAME OF EXAMINATION
1	Chapter 1	Computer -A machine	Machines ,man made things, natural things, machines' work	4	MIDTERM
2	Chapter 2	Let's get familiar with computer	Types, uses	4	MIDTERM
3	Chapter 3	Parts of computer	Monitor, CPU, keyboard, mouse, additional devices connected to computer, storage devices	4	MIDTERM

4	Chapter 5	Computer lab manners	Rules of the lab	4	MIDTERM
5	Chapter 5	Know your keyboard	Alphabet keys, number keys , arrow keys ,space bar, enter keys, backspace, caps lock key	5	Annual Term
6	Chapter 6	How to use a mouse?	Mouse buttons, uses of mouse, how to use	5	Annual Term
7	Chapter 7	Drawing with paint	How to open, fun with paint tools, drawing shapes and colouring	5	Annual Term
8	Chapter 8	Fun with Tux paint	Open Tux paint, Tux paint window, starting drawing in tux paint, lines tool, colouring the picture, paint brush tool.	5	Annual Term

ST. NICHOLAS PUBLIC SCHOOL, GARHBETA

SYLLABUS FOR THE SESSION 2025- '26

CLASS: I

SUB: Hindi Text

NAME OF THE TEACHER: Siddhi Saraf and Piyali Banik

SL NO	CHAPTER NO.	CHAPTER NAME or TOPIC	SUB TOPIC	NO. OF PERIODS	NAME OF EXAMINATION
1	मेरा परिचय	स्वयं का ज्ञान	अपना परिचय देना	1	PD I + MT
2	आओ विद्यालय चले	विद्यालय का ज्ञान	चित्र देखकर होने वाली क्रियाएं बताना	1	PD I + MT
3	मेरा घर	घर का ज्ञान	घर के समान के बारे में बताना	1	PD I + MT

4	हमारे पशु	पशुओं का ज्ञान	विभिन्न जानवरों के बारे में बताना	2	PD 1+ MT
5	हमारे पक्षी	पक्षियों के ज्ञान	विभिन्न प्रकार के पक्षियों को पहचानना	2	PD 1+ MT
6	वर्णमाला	अक्षर ज्ञान	वर्ण की पहचान और उच्चारण	2	PD 1 + MT
7	अ (कोई मात्रा नहीं)	शब्द ज्ञान	बिना मात्रा वाले शब्दों को सही लिखना, उच्चारण करना, वाक्य पढ़ना	3	PD 1 + MT
8	आ की मात्रा	मात्रा ज्ञान	आ की मात्रा समझना, शब्दों की उच्चारण करना ,लिखना और वाक्य पढ़ना	3	PD 1 + MT
9	अ आ का मिला-जुला अभ्यास	मात्रा ज्ञान	बिना बिना मात्रा वाले शब्द और आ की मात्रा वाले शब्द सही से उच्चारण करना	2	PD 1+ MT
10	इ की मात्रा	मात्रा ज्ञान	इ की मात्रा को समझना, मात्रा से बने शब्दों का उच्चारण करना तथा लिखना ,वाक्य पढ़ना	3	PD 1 + MT
11	ई की मात्रा	मात्रा ज्ञान	ई की मात्रा को समझना, लिखना, पढ़ना	3	PD 1 + MT
12	इ-ई का मिला जुला अभ्यास	मात्रा ज्ञान	इ ई की मात्राओं को पहचानना इनमें अंतर स्पष्ट करना	2	PD 1 + MT
13	उ की मात्रा	मात्रा ज्ञान	उ की मात्रा को पहचानना, इससे बने शब्दों का उच्चारण	3	MT
14	ऊ की मात्रा	मात्रा ज्ञान	ऊ की मात्रा	3	MT

			पहचानना, मात्रा से बने शब्दों का पठन एवं लेखन		
15	उ -ऊ का मिला जुला अभ्यास	मात्रा ज्ञान	उ-ऊ की मात्रा की पहचान करना तथा मात्राओं के अंतर के रूप स्पष्ट करना	3	MT
16	ऋ की मात्रा	मात्रा ज्ञान	ऋ की मात्रा पहचानना ,शब्दों का उच्चारण	3	MT
17	ए की मात्रा	मात्रा ज्ञान	ए की मात्रा पहचानना, शब्दों का उच्चारण लिखना	3	MT
18	ऐ की मात्रा	मात्रा ज्ञान	ऐ की मात्रा पहचानना ,शब्दों का उच्चारण लिखना	3	MT
19	ए-ऐ की मात्रा	मात्रा ज्ञान	ए ऐ की मात्रा से बने शब्दों का उच्चारण करना मात्र लगाना	3	MT
20	ओ की मात्रा	मात्रा ज्ञान	मात्रा को पहचानना, शब्दों का उच्चारण	3	MT
21	औ की मात्रा	मात्रा ज्ञान	मात्रा को पहचानना, शब्दों का उच्चारण	3	MT
22	ओ औ का मिला जुला अभ्यास	मात्रा ज्ञान	मात्राओं को पहचानना और अंतर स्पष्ट करना	3	MT
23	बिनती	कविता	कविता पाठ, वचन, पर्यायवाची शब्द	5	MT
24	गुठली	लेख	लेख पाठ करना, वाक्य बनाना, आगत शब्द	5	MT
25	अं की मात्रा		अं की मात्रा पहचानना लिखना ,उच्चारण	2	PD 2 + AT

26	अँ की मात्रा	अनुनासिक	अँ की मात्रा पहचानना, उच्चारण, लिखना	2	PD 2 + AT
27	अः की मात्रा	बिसर्ग	अः की मात्रा पहचानना, उच्चारण, लिखना	2	PD 2 + AT
28	जादुई पार्सल	कहानी	कहानी पढना, लिंग बदलना, एक अनेक ,वाक्य बनाना	5	PD 2 + A T
29	बिल्ली का जुकाम	कविता	कविता पाठ, एक अनेक, लिंग बदलना, वाक्य बदलना	5	PD 2 + AT
30	संयुक्त अक्षर	अक्षर ज्ञान	वर्णों का उच्चारण करना, लिखना, आधे अक्षर वाले संयुक्ताक्षर अन्य संयुक्त अक्षर ,रेफ़ की मात्रा	4	PD 3 + AT
31	गुड़िया का ब्याह	लेख	लेख की पाठ, वर्तनी सुधार ,एक अनेक ,संज्ञा शब्द	5	P D 3 + AT
32	सब करते हैं अपना काम	प्रेरक प्रसंग	पाठ का भाव बोध, वर्तनी सुधार, क्रिया, वाक्य बनाना	5	AT
33	घमंडी बारह सिंघा	कहानी	कहानी का भाव समझना, विलोम शब्द, वाक्य बनाना	5	AT

ST. NICHOLAS PUBLIC SCHOOL, GARHBETA

SYLLABUS FOR THE SESSION 2025- '26

CLASS: I

SUB: Mathematics

NAME OF THE TEACHER: Siddhi Saraf and Piyali Banik

SL NO	CHAPTER NO.	CHAPTER NAME or TOPIC	SUB TOPIC	NO. OF PERIODS	NAME OF EXAMINATION
1	1	Pre- number concepts	Comparing positions, comparing Qualities	7	Pd 1 + midterm
2		Numbers up to 9	Matching and pairing, counting, matching numbers name, before , after and between, greater than and less than, ascending and descending numbers	12	Pd 1 + midterm
3	3	Addition and subtraction up to 9	Addition and subtraction number, combination	10	Pd 1 + midterm
4	4	Numbers up to 50	Numbers name, Tens and ones, comparing numbers, ascending and descending numbers	7	Midterm
5	5	Addition and subtraction up to 50	Addition and subtraction of 1 and 2 digit number	10	Midterm
6	6	Numbers up to 100	Numbers name, missing numbers, before after and between numbers, expanded form, comparing and ordering numbers	10	Pd 2+ Annual Term
7	7	Addition and subtraction up to 100	Addition without carrying over, regrouping edition with carrying over, subtraction with and without borrowing	13	Pd 2 + Annual Term
8	8	Multiplication	Skip counting, multiplication as	12	Pd 2 + Annual Term

			repeated addition, Tables(1-10).		
9	9	Measurement	Measuring length, weight and capacity	6	Pd 3 + Annual Term
10	10	Time	Telling the time, days and months name	7	Pd 3 + Annual Term
11	11	Money	Coins and notes, Money Exchange	4	Pd 3 + Annual Term
12	12	Geometrical shapes and patterns	Lines, Flat shapes, solid shapes, Rolling and sliding	6	Annual Term
13	13	Data handling	Counting and Writing	6	Annual Term

ST. NICHOLAS PUBLIC SCHOOL, GARHBETA

SYLLABUS FOR THE SESSION 2025- '26

CLASS: I

SUB: Science

NAME OF THE TEACHER: Siddhi Saraf and Piyali Banik

SL NO	CHAPTER NO.	CHAPTER NAME or TOPIC	SUB TOPIC	NO. OF PERIODS	NAME OF EXAMINATION
1	1	Our Surroundings	Clean and Green Surroundings	7	Pd 1+ Midterm
2	2	Living and Nonliving Things	Living things, Non living things, Natural Things, Man made things	8	Pd 1 + Midterm
3	3	Meet the Plants	Big plants, Weak plants, small plants, use of plants	8	Pd 1 + midterm

4	4	Meet the Animals	Birds, insect, reptiles and home of animals	8	Midterm
5	5	My Body	Hands, legs and sense organs	7	Midterm
6	6	The Food We Eat	Food from plants and animals	8	Midterm
7	7	Staying Healthy	Eating habits, staying fit, some more good habits	8	Midterm
8	8	Our Clothes	Need of Clothes, Different types of Clothes, care of clothes	7	Pd 2+ Annual Term
9	9	House We live in	Why we need the house, rooms in a house	8	Pd 2 + Annual Term
10	10	Keeping Safe	Safety at home, school, road, Traffic light	8	Pd 3+ Annual Term
11	11	Air Around Us	Air, we can fill air, Air fills space, Air has weight, Uses of air	8	Pd 3 + Annual Term
12	12	Water	Water, Sources of water, uses of water, How to save water	8	Annual Term
13	13	Weather	Hot and sunny Day, cold, Rainy, Windy,	8	Annual Term
14	14	The Sun, Moon, and Stars	The sun, the moon and the stars	8	Annual Term

ST. NICHOLAS PUBLIC SCHOOL, GARHBETA

SYLLABUS FOR THE SESSION 2025- '26

CLASS: I

SUB: English

NAME OF THE TEACHER: Siddhi Saraf and Piyali Banik

SL NO	CHAPTER NO.	CHAPTER NAME OR TOPIC	SUB TOPIC	NO. OF PERIODS	NAME OF EXAMINATION
1	1	The Morning Rush	Recitation, Recognise, letters	3	Pd 1+ midterm
2	2	What's Ameena Up To?	Names of familiar objects, Self introduction	5	Pd 1 + midterm
3	3	The Sweet Smell	Naming words, identify sense organs	5	Pd 1 + midterm
4	4	No- No Bird	Recitation, animals and their characteristics, names of familiar objects	5	Midterm
5	5	The Greedy Dog	About dog, this and that, feelings	5	Midterm
6	6	We are going to the Zoo	Recitation, vowel and consonant sound words, concept of zoo	5	Midterm
7	7	The New Shawl	Greetings, polite form of expressions, opposite words, pronouns	6	Pd II + Annual Term
8	8	Book Cover	Names of objects around him or her, articles, picture comprehension	5	Pd II+ Annual Term
9	9	Bed Time	Recitation, Rhyming words	5	Pd III + Annual Term
10	10	Baby lion learns to Roar	Cartoons name, Prepositions	5	Pd III + Annual Term
11	11	No Pencil	Name of familiar objects seen in picture, prefix, sound words	5	Annual Term
12	12	Elves and The shoemaker	Polite words, Action words, Suffix, Be verb	5	Annual Term

ENGLISH GRAMMAR

1	1	The Alphabet and	Capital and small	3	Pd 1 + midterm
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		Alphabetical order	letters, alphabetical order		
2	2	Naming words	Names of person, animals, places and things etc.	4	Pd 1 + midterm
3	3	Common and Special names	Use of capital letters, days, months, festivals name	3	Pd 1+ midterm
4	4	One and more than one	Differentiation between Singular and Plural nouns	3	Pd 1 + midterm
5	5	He or She	Naming words for males and females	4	Pd 1 + midterm
6	6	Naming words for belongings	Use of apostrophe s	2	Midterm
7	7	Describing words	Describing pictures, colours, numbers, shapes, size etc.	4	Midterm
8	8	I, he, she, you, it	Use of pronouns	3	Midterm
9	9	You, we, they	Use of pronouns	3	Midterm
10	10	A, An, The	Vowels and Consonants	4	Midterm
11	11	This, That, These, Those	Concept of near- far	3	Pd 2+ Annual Term
12	12	Doing words	Use of doing words, adding S/ES	4	Pd 2+ Annual Term
13	13 and 14	Am, is ,are and Doing words	Use of am, is , are with doing words	6	Pd 2 + Annual Term
14	15	Have/Has	Use of Have/Has	3	Pd 3+ Annual Term
15	16	Was, were, and had	Concept of had	3	Pd 3 + Annual Term
16	17	Will	Concept of Future	2	Pd 3 + Annual Term
17	18	Capital letters, comma and Full stop	Use of Punctuation marks	3	Pd 3+ Annual Term
18	19	Sentences and Questions	How to write questions, full stop and questions	2	Annual Term

			mark		
19	20	In, On, Under, Behind, Near	Use of Position words	2	Annual Term
20	21	And, Or	Join the sentences or words by using and, or	4	Annual Term
21	22	Thank you, Sorry	Use of Polite Words	2	Annual Term
22	23	Opposites	Vocabulary	3	Annual Term

SNPS SYLLABUS 2025-'26

ST. NICHOLAS PUBLIC SCHOOL, GARHBETA

SYLLABUS FOR THE SESSION 2025- '26

CLASS: I

SUB: Art and Craft

NAME OF THE TEACHER: Avijit Patra

SL NO	CHAPTER NO.	CHAPTER NAME or TOPIC	SUB TOPIC	NO. OF PERIODS	NAME OF EXAMINATION
1	1	Basic shapes	Primary colour	1	Midterm
2	2	Umbrella	Pastel colour	1	Midterm
3	3	Flowers	Trace and colour	1	Midterm
4	4	Stripes	Pattern making	1	Midterm
5	5	Tree	Pattern making	1	Midterm
6	6	Fence	Pattern making	1	Midterm
7	7	House	Pattern making	1	Midterm
8	8	Rabbit	Step by step drawing	1	Midterm
9	9	Cactus	Trace and colour	1	Midterm
10	10	Brinjal	Thumb impression	1	Midterm
11	11	Watermelon	Trace and colour	1	Midterm
12	12	Elephant	Hand impression	1	Midterm
13	13	Fish	Step by step drawing	1	Midterm
14	14	Rainbow	Paper model	1	Midterm
15	15	Duck	Trace and colour	1	Midterm
16	16	Autumn	Pencil shaving pasting	1	Midterm
17	17	Rat	Trace and colour	1	Midterm
18	18	Pineapple	Trace and colour	1	Midterm
19	19	Vegetables	Trace and colour	1	Midterm
20	20	Owl	Paper model	1	Midterm
21	21	Cat	Trace and colour	1	Midterm
23	23	Leaf	Step by step drawing	1	Midterm
24	24	Coconut tree	Crayon waste pasting	1	Annual term
25	25	Penguins	Trace and colour	1	Annual term
26	26	Grapes	Draw colour and	1	Annual term

			thumb impression		
27	27	Bus	Paper model	1	Annual term
28	28	Toy car	Step by step drawing	1	Annual term
29	29	Lotus	Trace and colour	1	Annual term
30	30	Hen	Trace and colour	1	Annual term
31	31	Rose	Trace and colour	1	Annual term
32	32	Snake	Step by step drawing	1	Annual term
33	33	Shoes	Project work	1	Annual term
34	34	Neighbourhood	Dot to dot technique	1	Annual term
35	35	Panda	Step by step drawing	1	Annual term
36	36	Santa	Cotton pasting	1	Annual term
37	37	Helicopter	Trace and drawing	1	Annual term
38	38	Ladybird	Bindi pasting	1	Annual term
39	39	Tortoise	Drawing enlargement technique	1	Annual term
40	40	Pears	Trace and colour	1	Annual term
41	41	Elephant	Paper model	1	Annual term
42	42	Ice cream	Pattern making	1	Annual term
43	43	Flower	Paper ball pasting	1	Annual term
44	44	Ship	Crush paper impression	1	Annual term
45	45	Numerals	Colour codes	1	Annual term
46	46	Rangoli	Mirror pasting	1	Annual term
47	47	Wall hanging	Ice cream stick and googly eyes pasting	1	Annual term

ST. NICHOLAS PUBLIC SCHOOL, GARHBETA

SYLLABUS FOR THE SESSION 2025- '26

CLASS: I

SUB: H.P.E

NAME OF THE TEACHER: SN , SR , SW

➤ Practical

SL No	Name of Asanas/Games/Marching	Skill Learning	Months
1	<ul style="list-style-type: none">• Padmasana• Tadasana• Vrikshasana/ Tree pose• Trikonasana• Bhujangasana	Step by step Practice	April
2	Meditation + Pranayama	Practice	April
3	Suryanamaskar/Sun Salutation	12 steps practice	April
4	<ul style="list-style-type: none">• Kho-Kho• Badminton	Skill Practice	May + June
5	Free Hand Exercise		July+ Aug
6	<ul style="list-style-type: none">• Running• Free Hand Exercise• Annual Sports Practice	100m Sprint, 200m sprint	Sep + Oct
7	Annual Sports related Practice	Individual Practice, Sports event Related Practice	Nov+ Dec
8	<ul style="list-style-type: none">• Kho-Kho• Badminton	Match Practice	Jan+Feb+March