



# Delhi Public School Indirapuram

## Syllabus of Class – I (2019-2020)

### Western Music

#### April – May

- **Song** : “We are Happy! We are Happy!” We are full of joy today...
- **Song** : Fish Alive

#### July – August

- **Song** : Round the clock the hours go. Sometimes fast and sometimes slow

#### September

- Song for Teacher’s Day

#### October

- Patriotic Song
- Practice of the songs taught
- Grading

#### November

- Song for Children’s Day”
- Song with dance and actions

#### December

- Song for Christmas

#### January

- Song : The Farmer’s song

#### February

- Sing-Along session of all songs
- Grading

### Indian Music

#### April – May

- Introduction of Music
- Alankaars
- sa, re, ga, ma
- sasa, rere, gaga
- Stuti Aradhana (Prayer Song)

#### July – August

- Chanda mama Chanda Mama
- Ek do ek do badhte kadam (Patriotic Song)
- Phoolon ka taron ka (Rakshabandhan song)

#### Sept. – Oct.

- Hey Ram, Hey Ram (Prayer song)

- Suno sunaye ek kahani (Deepawali song)
- Grading

#### Nov. – Dec.

- Re mama Re mama Re
- Hamara Bachpan Hai Kitna Pyara
- Christmas song

#### Jan – Feb.

- Bhalu wala aaya
- Hum honge kamyab (Patriotic song)
- Hey Sharde maa (Basant Panchmi Song)

#### March

- Revision & Grading

### Dance

#### April – May

- Bhoomi Pranam
- Motivational thematic dance
- Basic warm up with stretches

#### July

- Folk Dance (Dandiya)

#### August

- Dance based on patriotic theme

#### September & October

- Practice of previous dances
- Grading

#### November

- Dance on Diwali
- Free style Dance

#### December & January

- Theme based dance on Christmas
- Celebration Dance
- Introduction of new Folk Dance (Bhangra)

#### February

- Aerobics

#### March

- Practice of previous dances
- Grading

P. E.

**April - May**

- Flexibility
- Zig-Zag Running
- Bending the neck on all four sides
- Rotating the arms on either side symmetrically
- Rotating the wrist with fists closed
- Trunk Rotation
- Twisting / turning the trunk in standing position
- Bending on all four sides
- Bending forward and touching the ground
- Touching palms and elbows to the ground by taking distance between the legs
- Touching head to the ground by taking distance between the legs

**July**

- Lung Power Stamina
- Running 25 Mts
- Running walking Running
- Sideways Running
- Backward Running

**August**

- Strength Power
- Long jump in standing position
- Frog jump

**September**

- Speed
- Running short distance
- Running short distance, stopping, running by changing direction, relay race and hurdle race

**October**

- Balance
- Balance on one leg
- Sitting on toes
- Walking with balancing an object on the head

**November**

- Walking in a straight line with soles touching each other
- Walking on toes

- Walking on heels
- Walking on a narrow board

**December**

- Agility
- Running Zigzag
- Shuttle run

**January**

- Motor fitness
- Coordination
- Throwing a ball
- Catching a ball

**February**

- Assessment

**March**

- Exams

*Fine Art & Craft*

**April** : COLOR CONCEPT – Introduction of Primary & Secondary colours

**May** : Subject : Introduction of forms

**July** : Subject : FREE HAND DRAWING - Cartoon making & Mask Designing

**Aug.** : Subject : STUDY WORK – Drawing of Fruits & Vegetables

**Sept.** : Subject : STUDY WORK – Drawing of Birds and Animals

**Oct.** : Subject : LANDSCAPE STUDY – Festivals; Rainy & Summer season

**Nov.** : Subject : STILL LIFE – Composition : Fruit basket

**Dec.** : Subject : SCULPTURE – Clay modelling

**Jan.** : Subject : CALLIGRAPHY  
CRAFT - Collage

**Feb.** : Subject : CRAFT - Origami (Paper folding), Rangoli design

**Mar.** : Subject : CRAFT - Thumb Painting, Scribbling

**Note** : Introduction of various mediums – Oil pastel/Crayon/Pencil colours

  
**Headmistress**

  
**Principal**