

# Army Public School Wellington

## Split-Up Syllabus (2025-26)

Subject name - ENGLISH

Class : VI

Prescribed books : Poorvi, English Grammar and Composition

Month	Chapter name	Experiment/ project/ activity
JUNE	<b>Unit 1- Fables and Folk tales</b> Chapter – 1 A Bottle of Dew, Chapter – 2 The Raven and the Fox <b>Grammar-</b> Sentences, Reading Comprehension	<b>Story Retelling (Oral or Written)</b> <ul style="list-style-type: none"><li>- Have students retell the story in their own words.</li><li>- Use comic strips or storyboard templates to visualize the story.</li></ul> <b>Art Activity</b> <ul style="list-style-type: none"><li>- Draw the scene where the raven is sitting on the tree with cheese in its beak and the fox is praising it.</li></ul>
JULY	Chapter – 3 Rama to the Rescue <b>Unit 2- Friendship</b> Chapter-4 The Unlikely Best Friend's <b>Grammar-</b> Nouns, Nouns- Number, Pronouns, Paragraph Writing	<b>Drama/Role Play</b> <ul style="list-style-type: none"><li>- Act out a short scene where Hanuman meets Sita or brings the message from Rama.</li></ul> <b>Debate / Discussion</b> <ul style="list-style-type: none"><li>- Can animals really be friends? Can we be friends with people who are very different from</li></ul>
AUGUST	Chapter- 5 A Friend's Prayer  Chapter- 6 The Chair <b>Grammar-</b> Articles, Adjectives, Notice Writing	<b>Class Wall of Kind Words</b> <ul style="list-style-type: none"><li>- Each student writes one kind sentence about a classmate and it's</li></ul>

		<p>posted on a friendship board.</p> <p><b>Group Storytelling Game</b></p> <ul style="list-style-type: none"> <li>- Each student adds one line to a story that begins with: “One day, I sat on an old chair and suddenly...”</li> </ul>
SEPTEMBER	<p><b>Unit- 3 Nurturing Nature</b></p> <p>Chapter- 7 Neem Baba</p> <p>Chapter- 8 What a Bird Thought</p> <p><b>Grammar-</b> Verbs, Tenses, Modals, Message Writing</p>	<p><b>My Friend the Tree – Writing Activity</b></p> <ul style="list-style-type: none"> <li>- Students write a short paragraph or poem about a tree they love or imagine being friends with.</li> </ul> <p><b>Poem Dramatization</b></p> <ul style="list-style-type: none"> <li>- Students act out the bird’s journey of discovering new places (from the egg, to the nest, to the world outside).</li> </ul>
OCTOBER	<p>Chapter- 9 Spices that Heal Us</p> <p><b>Unit- 4 Sports and Wellness</b></p> <p>Chapter- 10 Change of Heart</p> <p><b>Grammar-</b> Active and Passive Voice, Subject Verb Agreement, Poster Making, Informal Letters</p>	<p><b>Spice Riddles (Group Activity)</b></p> <ul style="list-style-type: none"> <li>- Example: “I’m golden and good for cuts, find me in curry — guess who I am?” (Answer: Turmeric)</li> </ul> <p><b>Sports Values Poster</b></p> <ul style="list-style-type: none"> <li>- Create a colorful poster with words like: Teamwork, Kindness, Sharing, Respect</li> <li>- Add drawings of players helping each other.</li> </ul>

<p>NOVEMBER</p>	<p>Chapter- 11 The Winner</p> <p>Chapter- 12 Yoga- A Way of Life</p> <p><b>Grammar-</b> Adverbs, Prepositions, Conjunctions</p>	<p><b>Creative Writing Prompt</b></p> <ul style="list-style-type: none"> <li>- "I helped someone and felt like a real winner when..." (short paragraph)</li> </ul> <p><b>Yoga Word Search or Crossword</b></p> <ul style="list-style-type: none"> <li>- Include words like: Peace, Breath, Posture, Focus, Calm, Flexibility</li> </ul>
<p>DECEMBER</p>	<p><b>Unit- 5 Culture and Tradition</b></p> <p>Chapter -13 Hamara Bharat- Incredible India!</p> <p><b>Grammar-</b> Direct and Indirect Speech, Punctuation and Capital Letters</p>	<p><b>State-by-State Discovery (Group Project)</b></p> <ul style="list-style-type: none"> <li>- Divide the class into small groups.</li> <li>- Assign each group a state or region of India.</li> <li>- Students find and present: <ul style="list-style-type: none"> <li>- Traditional dress</li> <li>- Famous food</li> <li>- A festival or dance</li> <li>- A famous monument or place</li> </ul> </li> <li>- Display findings on mini posters or charts around the classroom.</li> </ul>
<p>JANUARY</p>	<p>Chapter- 14 The Kites</p> <p>Chapter- 15 Ila Sachani: Embroidering Dreams with her Feet</p> <p><b>Grammar-</b> Phrases</p>	<p><b>Poem Recitation with Actions</b></p> <ul style="list-style-type: none"> <li>- Read the poem aloud using voice modulation and gestures (e.g., hand motions for kites flying, swaying in the breeze).</li> </ul> <p><b>Value Tree: What We Learn from Ila</b></p> <ul style="list-style-type: none"> <li>- Make a tree on a chart. Each leaf contains a word/phrase students write:</li> <li>- Courage, Creativity, Determination, Hard Work, Hope, No Excuses</li> </ul>

FEBRUARY	Chapter- 15 National War Memorial  <b>Grammar- Vocabulary</b>	<b>Group Presentation</b> <ul style="list-style-type: none"><li>- In groups, prepare a small presentation on one of the wars commemorated by the memorial (like Kargil War or 1971 Indo-Pak War).</li><li>- Share what they learned about the soldiers' sacrifices.</li></ul>
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ARMY PUBLIC SCHOOL, WELLINGTON

SPLIT-UP SYLLABUS (2025-26)

HINDI

CLASS: VI

PRESCRIBED BOOKS: (1) मल्हार पाठ्यपुस्तक (2) हिंदी व्याकरण सुधा

महीना	अध्याय / व्याकरण	उपविषय	गतिविधि / प्रोजेक्ट
जून	<p>पाठ 1: मातृभूमि (कविता)</p> <p>व्याकरण:</p> <ul style="list-style-type: none"><li>* भाषा, लिपि और व्याकरण</li><li>* वर्ण और वर्णमाला</li><li>* शब्द- विचार</li><li>* संज्ञा</li></ul>	<ul style="list-style-type: none"><li>* पुष्प की अभिलाषा (अतिरिक्तपाठ) - पढ़ने के लिए।</li><li>* भाषा के रूप, लिपि राजभाषा, राष्ट्रभाषा, व्याकरण, हमने सीखा, अभ्यास।</li><li>* हिंदी वर्णमाला, स्वर, व्यंजन, स्वरो की मात्राएँ, संयुक्त व्यंजन, द्वितव व्यंजन, विशेषक चिन्ह, आगत ध्वनियाँ, वर्ण - विच्छेद।</li><li>* शब्दों के भेद, स्रोत, रचना, प्रयोग एवं अर्थ</li></ul>	<p>“मातृभूमि” पर कोलाज बनाएं (राष्ट्रीय प्रतीकों और स्थानों के चित्र लगाकर)।</p> <p>🏠 पाँच वाक्य लिखें जिनमें विभिन्न प्रकार की संज्ञा हो।</p>

		<p>के आधार पर शब्दों के भेद</p> <p>* संज्ञा के भेद, जातिवाचक संज्ञा, भाववाचक संज्ञा</p>	
जुलाई	<p>पाठ 2: गोल (संस्मरण)</p> <p>पाठ 3: पहली बूंद (कविता)</p> <p>व्याकरण: सर्वनाम, लिंग, वचन, कारक, विशेषण</p>	<p>एक दौड़ ऐसी भी (अतिरिक्त पाठ)</p> <p>* सर्वनाम के भेद</p> <p>* लिंग के भेद, सदैव पुल्लिंग एवं स्त्रीलिंग शब्द, लिंग बदलने के कुछ नियम,</p> <p>* वचन के भेद, वचन की पहचान, वचन बदलने के नियम</p> <p>* कारक के भेद</p> <p>* विशेषण के भेद - संख्यावाचक विशेषण और परिमाणवाचक विशेषण, सर्वनाम और सार्वनामिक विशेषण, प्रविशेषण</p>	<p>😊 दादी/नानी से बातचीत कर 5 पंक्तियाँ लिखें (गोल से संबंधित) 🌧️ ।</p> <p>पहली बारिश के अनुभव पर चित्र बनाएं और उसका वर्णन करें ।</p>

अगस्त	<p>पाठ 4: हार की जीत (कहानी)</p> <p>पाठ 5: रहीम के दोहे</p> <p>व्याकरण: क्रिया, काल , वाक्य- रचना</p>	<p>क्रिया के भेद, सकर्मक और अकर्मक क्रिया , प्रेरणार्थक क्रिया ।</p> <p>काल के भेद, वाक्य के अंग, अशुद्ध वाक्यों को शुद्ध करना</p>	<p> रहीम के दोहे पर पोस्टर बनाएं और चित्रों द्वारा समझाएं ।</p>
सितंबर	<p>पाठ 6: मेरी माँ (आत्मकथा)</p> <p>दोहराव एवं परीक्षा:</p> <p>पाठ 1-3 + व्याकरण Term 1 Exam</p>	<p>पुनर्हावृत्ति</p> <p>पाठ्यपुस्तक और व्याकरण में किये गए विषयों को दोहराना ।</p>	<p> “मेरी माँ” पर अनुच्छेद लिखें जिसमें विभिन्न काल की क्रियाओं का प्रयोग हो ।</p> <p> पाठ 1-3 पर समूह क्विज़  ।</p> <p>सर्वनाम और विशेषण का प्रयोग करते हुए लघु नाट्य मंचन ।</p>

<p>अक्टूबर</p>	<p>पाठ 7: जलाते चलो (कविता)</p> <p>पाठ 8: सत्रिया और बिहू नृत्य (निबंध)</p> <p>व्याकरण: संधि, शब्द रचना</p>	<p>संधि- विच्छेद, संधि के प्रकार, दीर्घ संधि और गुण संधि।</p> <p>उपसर्ग ,उपसर्गयुक्त शब्द</p>	<p> अपने राज्य के किसी लोकनृत्य पर 3-4 पंक्तियाँ लिखें और चित्र जोड़ें।</p> <p> उपसर्ग/प्रत्यय वाले 10 शब्दों की छोटी शब्द-पुस्तिका बनाएं।</p>
<p>नवंबर</p>	<p>9: मैया मैं नहीं माखन खायो (पद) पाठ 10: परीक्षा (कहानी)</p> <p>व्याकरण: शब्द भंडार</p>	<p>पर्यायवाची शब्द, विलोम शब्द, अनेकार्थक शब्द, वाक्यांशों के लिए एक शब्द, समश्रुत भिन्नार्थक शब्द</p>	<p> व्याकरण पर आधारित सरल बोर्ड गेम बनाएं  ।</p> <p>“मुहावरा मेला”: एक- एक छात्र एक मुहावरा समझाए रोचक ढंग से।</p>
<p>दिसंबर</p>	<p>पाठ 11: चेतक की वीरता (कविता) वृत्तांत)</p> <p>पाठ 12: हिंद महासागर में छोटा-सा हिंदुस्तान (यात्रा )</p> <p>व्याकरण: मुहावरे, अपगठित गद्यांश</p>	<p>मुहावरे के अर्थ और उनका वाक्य - प्रयोग</p> <p>अपगठित गद्यांश</p> <p>उदाहरण</p>	<p> चेतक की वीरता पर चित्र बनाएं या कहानी का चित्रात्मक वर्णन करें।</p> <p> “छोटा-सा हिंदुस्तान” (प्रवासी भारतीय) का नक्शा बनाएं।</p>

जनवरी	<p>पाठ 13: "पेड़ की बात"(निबंध)</p> <p>आओ बच्चों तुम्हें दिखाएँ झाँकी हिंदुस्तान की (पढ़ने के लिए)</p>	रचनात्मक कार्य	<p>पेड़ों के महत्व पर बच्चों के बीच वाद-विवाद प्रतियोगिता आयोजित ।</p> <p>🎲 व्याकरण पर आधारित सरल बोर्ड गेम बनाएं 🗣️ "मुहावरा मेला": एक-एक छात्र एक मुहावरा समझाए रोचक ढंग से ।</p>
फ़रवरी	<p>पुनरावृत्ति एवं Term 2 परीक्षापाठ 4-12 + व्याकरण</p>		



**Army Public School Wellington**

**Split-Up Syllabus (2025-26)**

**Subject name : Mathematics**

**Class : VI Prescribed books : NCERT Maths Textbook**

<b>Month</b>	<b>Chapter name</b>	<b>Sub topics</b>	<b>Experiment/ project/ activity</b>
<b>JUNE</b>	1. Patterns in Mathematics	<ul style="list-style-type: none"><li>• Patterns in numbers.</li><li>• Visualising number sequences.</li><li>• Relations among number sequences.</li><li>• Patterns in shapes.</li></ul> Relation to Number Sequences	Prepare a 3 D Model of a Number Pattern.
<b>JULY</b>	2. Lines and Angles	<ul style="list-style-type: none"><li>• Point</li><li>• Line Segment</li><li>• Line</li><li>• Ray</li><li>• Angle</li><li>• Comparing Angles</li><li>• Making Rotating Arms</li><li>• Special Types of angles.</li><li>• Measuring Angles</li><li>• Drawing Angles</li><li>• Types of Angles and their measures.</li></ul>	Making a Protractor by Paper cutting and Folding Method.





<b>DECEMBER</b>	8. Playing with Constructions	<ul style="list-style-type: none"> <li>• Constructing Squares and Rectangles</li> <li>• An Exploration in Rectangles</li> </ul>	Compass Art – Spiral & Patterns: (Use compass to draw different patterns)
<b>JANUARY</b>	8. Playing with Constructions  9. Symmetry	<ul style="list-style-type: none"> <li>• Exploring Diagonals of Rectangles and Squares</li> <li>• Points Equidistant from Two Given Points</li> <li>• Line of Symmetry</li> <li>• Rotational Symmetry</li> </ul>	Symmetry Snowflakes (Paper folding and cutting method)
<b>FEBRUARY</b>	10. The Other Side of Zero	<ul style="list-style-type: none"> <li>• Integers</li> <li>• Bela's Building of Fun</li> <li>• The Token Model</li> <li>• Integers in Other Places</li> <li>• Explorations with Integers</li> </ul>	Prepare a model to visualise integers
<b>MARCH</b>	ANNUAL EXAMINATION	REVISION	

**Army Public School Wellington**

**Split-Up Syllabus (2025-26)**

**CLASS VI**

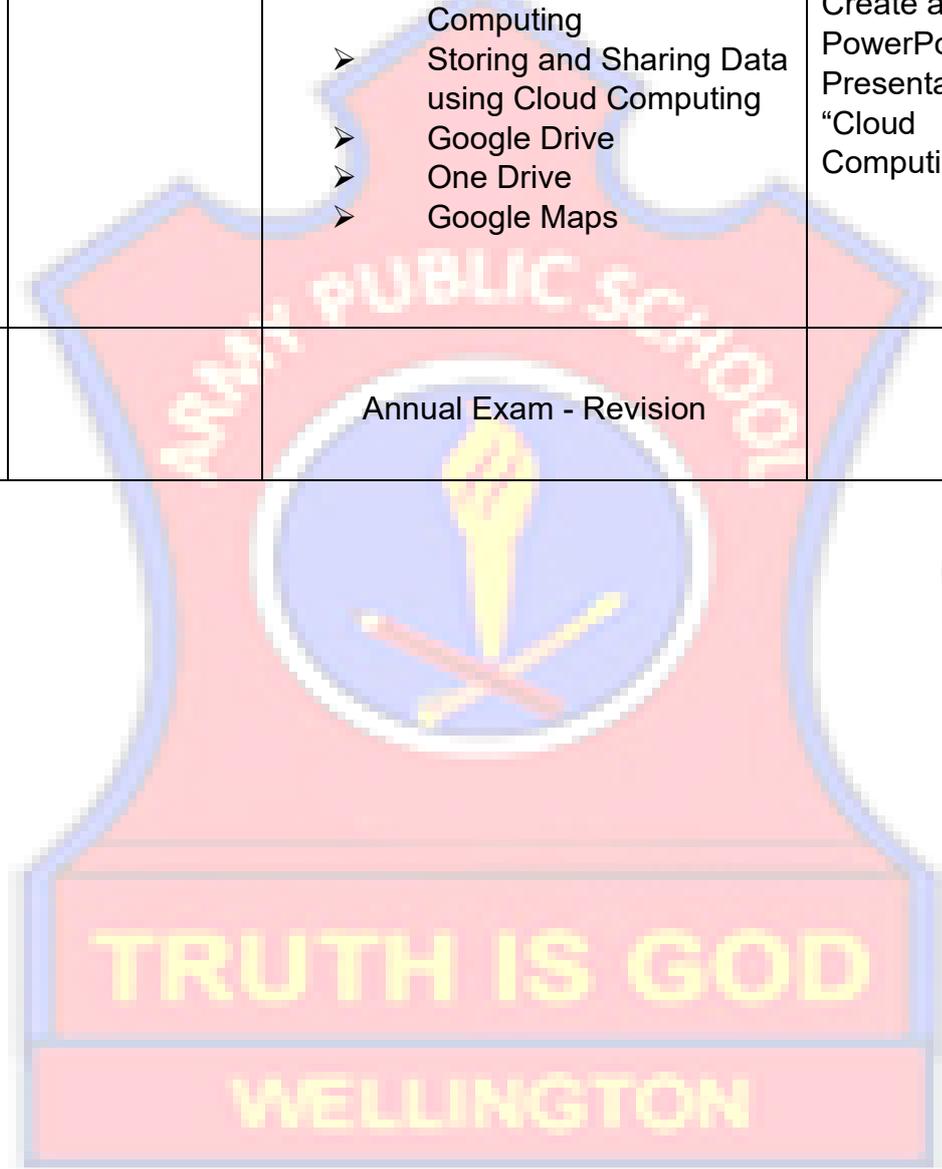
**SUBJECT: COMPUTER SCIENCE**

**Prescribed Books : Live Wire – Interactive Computer Science**

Month	Chapter Name	Sub Topics	Experiment/ project/ activity
JUN	Advance Features in PowerPoint	<ul style="list-style-type: none"><li>➤ Animation Effects</li><li>➤ Transition Effects</li><li>➤ Action Buttons</li><li>➤ Views in a Presentation</li><li>➤ Importing Data</li></ul>	Lab – Apply the Effects on PowerPoint on topic “Benefits of Online Learning”
JUL	Understanding Artificial Intelligence	<ul style="list-style-type: none"><li>➤ What is AI?</li><li>➤ History of AI</li><li>➤ Need for AI</li><li>➤ Importance of AI</li><li>➤ Domains of AI</li><li>➤ Uses of AI</li></ul>	Debate on “Merits and Demerits in AI”
AUG	Excel: An Introduction	<ul style="list-style-type: none"><li>➤ Starting Excel</li><li>➤ Components of Excel Window</li><li>➤ Sheet Tab</li><li>➤ Entering Data in Excel</li><li>➤ Selecting Cells</li><li>➤ Editing Content</li><li>➤ Formatting in Excel</li><li>➤ Alignment and Orientation</li><li>➤ Saving and Creating a Workbook</li><li>➤ Exiting form Excel</li></ul>	Create a Worksheet for Students Detail using MS Excel
SEP	Formatting in Excel	<ul style="list-style-type: none"><li>➤ Undo &amp; Redo Feature</li><li>➤ Inserting Cells, Columns, and Rows</li><li>➤ Deleting Cells, Columns, and Rows</li></ul>	Create and Edit the marks of Student

		<ul style="list-style-type: none"> <li>➤ Changing Row Height and Column Width</li> <li>➤ Auto Fill and Flash Fill</li> </ul>	
OCT	Formulas and Functions in Excel	<ul style="list-style-type: none"> <li>➤ Sorting and Filtering</li> <li>➤ Conditional Formatting</li> <li>➤ Formula in Excel</li> <li>➤ Functions in Excel</li> <li>➤ Cell Referencing</li> <li>➤ Cell Reference of Another Worksheet</li> <li>➤ Formula Errors</li> </ul>	Add the numbers using Formula in MS Excel
NOV	Image Editing with GIMP	<ul style="list-style-type: none"> <li>➤ About GIMP</li> <li>➤ Starting GIMP</li> <li>➤ Interface and its Components</li> <li>➤ Opening a File</li> <li>➤ Toolbox and Selection Tools</li> <li>➤ Paint Tools</li> <li>➤ Retouching and Transform Tools</li> <li>➤ Flipping and Rotating a Image</li> <li>➤ Saving and Closing a File</li> </ul>	Open an image with the help of Bucket Fill Tool and Change the Colour
DEC	Coding in C++, Python, and Java	<ul style="list-style-type: none"> <li>➤ Introduction to C++, Python, and Java</li> <li>➤ Similarities between C++, Python, and Java</li> <li>➤ Differences between C++, Python, and Java</li> <li>➤ Practice Code</li> </ul>	Write a Code to enter the marks
JAN	Coding with Python	<ul style="list-style-type: none"> <li>➤ Introduction to Python</li> <li>➤ Applications of Python Programming</li> <li>➤ Installing Python</li> <li>➤ Components of Python Window</li> <li>➤ Interactive Mode</li> <li>➤ Variables in Python</li> <li>➤ Script Mode</li> <li>➤ Creating a Program File</li> <li>➤ Data Types</li> <li>➤ Using input() Function</li> </ul>	Create a Code to Convert Temperature from Fahrenheit to Celsius

		<ul style="list-style-type: none"> <li>➤ Operation and types in Python</li> <li>➤ Operator Precedence</li> </ul>	
FEB	Cloud Computing	<ul style="list-style-type: none"> <li>➤ Introduction to Cloud Computing</li> <li>➤ Characteristics of Cloud Computing</li> <li>➤ Advantages of Cloud Computing</li> <li>➤ Storing and Sharing Data using Cloud Computing</li> <li>➤ Google Drive</li> <li>➤ One Drive</li> <li>➤ Google Maps</li> </ul>	Create a PowerPoint Presentation on "Cloud Computing"
MAR		Annual Exam - Revision	



**ARMY PUBLIC SCHOOL WELLINGTON**  
**SPLIT-UP SYLLABUS (2025-26)**  
**SOCIAL SCIENCE - (2025 -2026)**  
**CLASS VI**

**PRESCRIBED BOOKS: EXPLORING SOCIETY INDIA AND BEYOND**

Month	Chapter name	Sub topics	Experiment/ project/ activity
June	Theme A : I. Locating Places on the Earth	A Map and its components  Mapping the Earth Coordinates Latitudes Longitudes  Understanding Time Zones	Project: On a Political Map of India mark all the States.  Draw and Label Important Latitudes and Longitudes.
June	Theme B: 4. History Timeline and Sources of History	Learning about the Past  Measurement of Time in History.  Sources of History  The Beginning of Human  History The First Crops	Project Title: Sources of History ( Types of Sources :Archaeological Sources & Literary Sources
July	7. Theme C: India's Cultural Roots	The Vedas and Vedic Culture  Vedic society Vedic schools of thought  Buddhism Jainism  Folk and Tribal Roots	Project Title: " <i>Four Noble Truths Wheel</i> " - <i>Buddhism</i>
July	Theme D:	Family  Roles and Responsibilities Community	Activity : My Role in the Community " <b>Responsibility Tree</b> "

	9. Governance And Democracy		(Stick the notes on the class Board)
August	Theme E: 13. The Value of Work	Economic activities and Non-economic activities  Types of Economic Activities  The Importance of Non-Economic Activities  Seva: selfless service  The strength of community participation	Project Title: "Types of Economic Activities"  Divide the Page into 3 Sections – Primary Activities, Secondary Activities Tertiary Activities.
August	Theme A : 2. Oceans and Continents	Oceans and Continents  The Distribution of Land and water on Earth  Oceans a)Oceans and Disaster b)Continents Islands  Oceans and Life	Activity: Oceans and Continents – Map Work  (To help students identify and locate the <b>seven continents</b> and <b>five oceans</b> on a world map.)
September	Theme D 10. Governance And Democracy	Government and Laws  Three Organs of Government Three Levels of Government  Democracy	Activity: "Government Pyramid"  Draw a 3-layer pyramid or staircase: ( Top, Middle, Bottom)
September	<b>HALF YEARLY EXAMINATION</b>		

**TERM II**

October	<p>Theme A:</p> <p>3. Landforms and Life</p>	<p>Landforms</p> <p>Mountains a) Mountain environment b) Life in the mountains</p> <p>Plateaus Plains Life in the plains</p>	<p>Activity: Study about “Life in Mountain and Life in Plains”</p>
October	<p>Theme B:</p> <p>5. India, That Is Bharat</p>	<p>How Indians Named India</p> <p>How Foreigners Named India</p>	<p>Project Title: How Indians Named India</p> <p>Chart or poster presentation or Digital slide</p> <p>(Question to explore: <i>Where did these names come from?</i>)</p>
November	<p>Theme C:</p> <p>8. Unity in Diversity, or 'Many in the One'</p>	<p>Diversity</p> <p>Food for All</p> <p>Textiles and Clothing</p> <p>Festivals Galore</p> <p>An Epic Spread - Literature and languages</p>	<p>Project Title: An Epic Spread – Literature and Languages in Ancient India</p> <p>(Create a table or chart : Language   Region   Script   Famous Works)</p> <p>Eg : Sanskrit – North India – Devanagari - Vedas</p>
November	<p>Theme D</p> <p>11. Grassroots Democracy — Part 2: Local Government in Rural Areas</p>	<p>Panchayati Raj System</p> <p>Gram Panchayat</p> <p>Panchayat Samiti</p> <p>Zila Parishad</p>	<p>Activity: Mock Gram Panchayat Meeting</p> <p>Students role-play a village meeting deciding on a community problem (e.g., repairing a road, planting trees)</p>

			<p>Assign roles: Sarpanch, Panch members, villagers</p> <p>Write down decisions and outcomes</p>
January	<p>Theme E: 14. Economic Activities Around Us</p>	<p>The Classification of Economic Activities into Economic Sectors</p> <p>Interdependence Among Sectors</p>	<p><b>Activity: Classification Table</b></p> <p>Make a table to categorize the activities in your area.</p> <p>Eg : Economic Activity   Example   Sector</p> <p>Farming , Weaving School teaching</p>
January	<p>Theme B: 6. The Beginnings of Indian Civilisation</p>	<p>What Is a Civilisation</p> <p>From Village to City</p> <p>Town-Planning</p> <p>Water Management</p> <p>Harappan's Ancient Life</p> <p>The End or a New Beginning</p>	<p>Project Title: The Beginnings of Indian Civilisation.</p> <p>Any 3 Civilizations ( Location , Time, Life style, Reason for decline)</p>
February	<p>Theme D 12. Part 3: Local Government in Urban Areas</p>	<p>Participatory democracy.</p> <p>Urban Local Bodies</p>	<p>Activity : Role Play: City Council Meeting (Assign roles to students: Mayor, council members, citizens</p>

			Discuss a local issue (e.g., building a park or fixing streetlights)  Make decisions as a council
MARCH	<b>ANNUAL EXAMINATION</b>		



# Army Public School Wellington

## Split-Up Syllabus (2025-26)

Subject name : Science

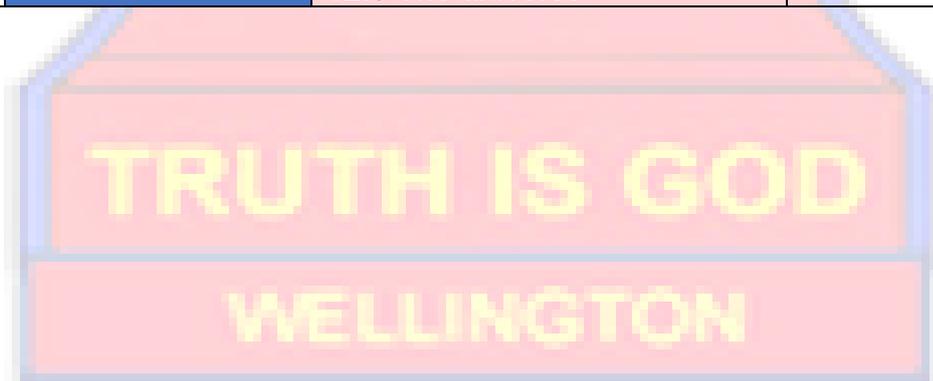
Class 6

Prescribed books : Curiosity

Month	Chapter name	Sub topics	Experiment/ project/ activity
June	<ol style="list-style-type: none"> <li>1. The wonderful world of science</li> <li>2. Diversity in the living world</li> </ol>	<p>Chapter 1</p> <ol style="list-style-type: none"> <li>1. Introduction to Science</li> <li>2. Exploring Our Home, Planet Earth</li> <li>3. The Importance of Food and Water</li> <li>4. Materials Around Us</li> <li>5. The Scientific Method</li> <li>6. Examples of Science in Daily Life</li> </ol> <p>Chapter 2</p> <ol style="list-style-type: none"> <li>2.1 Diversity in plants and animals Around us</li> <li>2.2 How to group plants and animals</li> <li>2.3 Plants and animals in different Surroundings</li> </ol>	<p><b>Chapter 1 Shadow Play</b> – Observe how shadows change throughout the day to understand the movement of the sun.</p> <p><b>Chapter 2 Leaf &amp; Root Comparison</b> – Collect leaves from different plants and compare their shapes, textures, and vein patterns.</p> <p><b>Animal Habitat Study</b> – Identify animals in different environments (land, water, air) and analyze their adaptations.</p>
July	<p><b>3 .Mindful Eating: A path to a healthy body</b></p>	<ol style="list-style-type: none"> <li>3.1 What do we eat</li> <li>3.2 What are the components of food</li> <li>3.3 How to test Different components of food</li> </ol>	<p><b>Community Mindful Eating Events</b> Host community events where participants practice mindful eating together, share experiences,</p>

	4 Exploring Magnets	3.4 Balanced Diet 3.5 Millets: Nutrition rich cereals 3.6 Food millets <b>Chapter 4</b> 4.1 Magnetic and non magnetic Materials 4.2 Poles of magnet	and discuss the benefits of mindful eating.  <b>Chapter 4</b> 1 Magnetic Maze 2 Magnetic Fishing Game
Aug	4 Exploring Magnets Continuation  5 Measurements of Length and Motion	4.3 Finding Directions 4.4 Attraction and Repulsion between magnets 4.5 Fun with magnets  Chapter 5 5.1 How do we Measure 5.2 Standard units 5.3 Correct way of measuring length 5.4 Measuring the length of a curved line 5.5 Describing position 5.6 Moving things 5.7 Types of motion	<b>Chapter 5</b> 1 Measuring with Non-Standard Units 2 Shadow Measurement
September	6 Materials Around us	6.1 Observing Objects around us 6.2 How to Group materials 6.3 What are the different properties of materials 6.4 What is matter	"1What Is It Made Of?" Sorting Activity
October	7 Temperature and its measurement 8 A journey through states of water	Chapter 7 7.1 Hot or cold 7.2 Temperature 7.3 Measuring temperature Chapter 8 8.1 Investing water's Disappearing act 8.2 Another mystery 8.3 What are the different states of water 8.4 How can we change the states of water 8.5 How can water be evaporated faster or slower 8.6 Cooling effect 8.7 How do clouds give us Rain	<b>Temperature Diary Project</b> Salt and Ice Temperature Experiment <b>Chapter 8</b> Ice Cube Painting Water Cycle in a Bag

Nov	9 Methods of separation in everyday life	<ol style="list-style-type: none"> <li>1. Handpicking</li> <li>2. Threshing</li> <li>3. Winnowing</li> <li>4. Sieving</li> <li>5. Magnetic Separation</li> <li>6. Evaporation</li> <li>7. Sedimentation &amp; Decantation</li> <li>8. Filtration</li> </ol>	Handpicking Magnet separation
Dec	10. Living creatures: Exploring their characteristics	<ol style="list-style-type: none"> <li>10.1 What sets the living apart from the non living</li> <li>10.2 Essential conditions for germination of a seed</li> <li>10.3 Growth and movement in plants</li> <li>10.4 Life cycle of a plant</li> <li>10.5 Life cycle of animals</li> </ol>	<ol style="list-style-type: none"> <li>1. Living vs. Non-Living</li> <li>Sorting Game</li> <li>Nature Walk and Observation</li> </ol>
Jan	11. Nature's Treasures	<ol style="list-style-type: none"> <li>11.1 Air</li> <li>11.2 Water</li> <li>11.3 Energy from the sun</li> <li>11.4 Forests</li> <li>11.5 Soil, Rocks and minerals</li> <li>11.6 Fossil Fuels</li> <li>11.7 Natural resources</li> <li>11.8 Resources we use</li> </ol>	<ol style="list-style-type: none"> <li>1. Nature Treasure Box</li> <li>2. Nature Art Creations</li> </ol>
Feb	12 Beyond Earth	<ol style="list-style-type: none"> <li>12.1 Stars and constellations</li> <li>12.2 Night sky watching</li> <li>12.3 Our solar system</li> <li>12.4 The milky way galaxy</li> <li>12.5 The universe</li> </ol>	<ol style="list-style-type: none"> <li>1 Design a Mars Colony</li> <li>2 Space-Themed Art Projects</li> </ol>



# Army Public School Wellington

## Split-Up Syllabus (2025-26)

### YOGA

### CLASSES 4 TO 8

Prescribed book : NCERT - YOGA A HEALTHY WAY OF LIVING

MONTH	YOGIC PRACTICES	LEARNING OUTCOMES
JUNE	<ul style="list-style-type: none"><li>● INTRODUCTION - WHAT IS YOGA</li><li>● IMPORTANCE OF YOGA</li><li>● GENERAL GUIDELINES FOR YOGIC PRACTICES</li></ul>	<ul style="list-style-type: none"><li>● Develop physical, mental, and spiritual awareness, reduce stress, and improve overall well-being through regular yoga practice.</li></ul>
JULY	<ul style="list-style-type: none"><li>● SURYA NAMASKAR</li><li>● MEDITATION</li></ul>	<ul style="list-style-type: none"><li>● Master Surya Namaskar sequence and develop meditation skills to reduce stress, improve focus, and enhance overall physical and mental well-being.</li></ul>
AUGUST	<ul style="list-style-type: none"><li>● PASCHIMOTTANASANA</li><li>● DHANURASANA</li><li>● VAKRASANA</li><li>● VRIKSHASANA</li></ul>	<ul style="list-style-type: none"><li>● Improved flexibility, balance, strength, posture, reduced stress, and enhanced overall physical and mental well-being through regular practice.</li></ul>
SEPTEMBER	<ul style="list-style-type: none"><li>● YOGA - REVISION TEST</li><li>● COMPETITIVE ASANAS</li><li>● CHAKRASANA</li><li>● SHALABHASANA</li></ul>	<ul style="list-style-type: none"><li>● Chakrasana and Shalabhasana improve flexibility, strength, posture, and balance, reducing stress, and enhancing overall physical and mental well-being together.</li></ul>
OCTOBER	<ul style="list-style-type: none"><li>● KAPALABHATI</li><li>● ADVANCED ASANAS</li><li>● SHASHANKASANA</li><li>● USHTRASANA</li></ul>	<ul style="list-style-type: none"><li>● It improves respiratory health, flexibility, and balance, reducing stress, and enhancing overall physical and mental well-being.</li></ul>

NOVEMBER	<ul style="list-style-type: none"> <li>● BHUJANGASANA</li> <li>● SARVANGASANA</li> <li>● MATSYASANA</li> <li>● BHRAMARI PRANAYAMA</li> </ul>	<ul style="list-style-type: none"> <li>● These practices improve flexibility, strength, posture, and respiratory health, reduce stress, and enhance overall physical, mental, and spiritual well-being together.</li> </ul>
DECEMBER	<ul style="list-style-type: none"> <li>● PARIVRTTA PARSVAKONASANA</li> <li>● VIRABHADRASANA</li> <li>● SUPINE POSTURES</li> <li>● HALF YEARLY EXAMINATION</li> </ul>	<ul style="list-style-type: none"> <li>● These practices improve flexibility, balance, strength, posture, and overall physical fitness, enhancing mental focus and well-being together effectively.</li> </ul>
JANUARY	<ul style="list-style-type: none"> <li>● EKA PADA SIRASASANA</li> <li>● PARIVRTTA TRIKONASANA</li> <li>● AKARNA DHANURASANA</li> <li>● BHASTRIKA PRANAYAMA</li> </ul>	<ul style="list-style-type: none"> <li>● These practices improve flexibility, balance, strength, focus, and respiratory health, enhancing overall physical, mental, and energetic well-being together effectively.</li> </ul>
FEBRUARY	<ul style="list-style-type: none"> <li>● BADDHA KONASANA</li> <li>● PADMA YOGA MUDRASANA</li> <li>● GOMUKHASANA</li> <li>● UTTANA MANDUKASANA</li> </ul>	<ul style="list-style-type: none"> <li>● These practices open hips, stretch thighs and knees, improve flexibility and balance, and promote spinal alignment and overall physical and mental well-being.</li> </ul>
MARCH	<ul style="list-style-type: none"> <li>● YOGA - REVISION TEST</li> <li>● ANNUAL EXAMINATION</li> </ul>	<ul style="list-style-type: none"> <li>● Reflective Practice and Self-Evaluation.</li> </ul>

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## Army Public School Wellington

### Split-Up Syllabus (2025-26)

#### YOGA

#### CLASSES 9 TO 12

Prescribed book : NCERT - YOGA A HEALTHY WAY OF LIVING

MONTH	YOGIC PRACTICES	LEARNING OUTCOMES
JUNE	<ul style="list-style-type: none"><li>● PADAHASTASANA</li><li>● TRIKONASANA</li><li>● PARSVAKONASANA</li><li>● VAJRASANA</li></ul>	<ul style="list-style-type: none"><li>● These practices improve flexibility, balance, strength, and posture, enhancing spinal alignment, stretching muscles, and promoting overall physical and mental well-being.</li></ul>
JULY	<ul style="list-style-type: none"><li>● SURYA NAMASKAR</li><li>● TADASANA</li><li>● HALASANA</li><li>● PADMASANA</li></ul>	<ul style="list-style-type: none"><li>● These practices improve flexibility, balance, strength, and posture, enhancing spinal alignment, stretching muscles, and promoting overall physical, mental, and energetic well-being.</li></ul>
AUGUST	<ul style="list-style-type: none"><li>● PASCHIMOTTANASANA</li><li>● DHANURASANA</li><li>● VAKRASANA</li><li>● VRIKSHASANA</li></ul>	<ul style="list-style-type: none"><li>● These practices stretch and strengthen the spine, improve flexibility, balance, and posture, enhancing overall physical and mental well-being and focus.</li></ul>
SEPTEMBER	<ul style="list-style-type: none"><li>● ADVANCED ASANAS</li><li>● CHAKRASANA</li><li>● SHALABHASANA</li><li>● YOGA FOR CONCENTRATION</li></ul>	<ul style="list-style-type: none"><li>● These practices strengthen the back, improve flexibility, balance, and posture, while enhancing focus, concentration, and overall physical and mental well-being.</li></ul>
OCTOBER	<ul style="list-style-type: none"><li>● KAPALABHATI</li><li>● HALASANA</li><li>● SHASHANKASANA</li><li>● USHTRASANA</li></ul>	<ul style="list-style-type: none"><li>● These practices detoxify and energize the body, stretch and strengthen the spine, improve flexibility, and promote relaxation, balance, and overall well-being.</li></ul>

NOVEMBER	<ul style="list-style-type: none"> <li>● BHUJANGASANA</li> <li>● SARVANGASANA</li> <li>● MATSYASANA</li> <li>● BHRAMARI PRANAYAMA</li> </ul>	<ul style="list-style-type: none"> <li>● These practices strengthen the back, improve flexibility, balance, and posture, while enhancing respiratory health, relaxation, and overall physical and mental well-being.</li> </ul>
DECEMBER	<ul style="list-style-type: none"> <li>● MEDITATION</li> <li>● VIRABHADRASANA</li> <li>● SHANTI ASANA</li> <li>● HALF YEARLY EXAMINATION</li> </ul>	<ul style="list-style-type: none"> <li>● These practices enhance focus, strength, flexibility, and balance, promoting relaxation, calmness, and overall physical, mental, and spiritual well-being.</li> </ul>
JANUARY	<ul style="list-style-type: none"> <li>● EKA PADA SIRASASANA</li> <li>● PARIVRTTA TRIKONASANA</li> <li>● AKARNA DHANURASANA</li> <li>● BHASTRIKA PRANAYAMA</li> </ul>	<ul style="list-style-type: none"> <li>● These practices improve flexibility, balance, strength, and focus, while enhancing respiratory health, energizing the body, and promoting overall physical and mental well-being.</li> </ul>
FEBRUARY	<ul style="list-style-type: none"> <li>● BADDHA KONASANA</li> <li>● PADMA YOGA MUDRASANA</li> <li>● GOMUKHASANA</li> <li>● UTTANA MANDUKASANA</li> </ul>	<ul style="list-style-type: none"> <li>● These asanas open hips, stretch thighs and knees, improve flexibility, balance, and posture, promoting overall physical and mental well-being.</li> </ul>
MARCH	<ul style="list-style-type: none"> <li>● YOGA - REVISION TEST</li> <li>● ANNUAL EXAMINATION</li> </ul>	<ul style="list-style-type: none"> <li>● Reflective Practice and Self-Evaluation.</li> </ul>

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## Army Public School Wellington

### Split-Up Syllabus (2025-26)

#### YOGA

#### CLASSES NURSERY TO 3

Prescribed book : NCERT - YOGA A HEALTHY WAY OF LIVING

MONTH	YOGIC PRACTICES	LEARNING OUTCOMES
JUNE	<ul style="list-style-type: none"><li>● TREE POSE</li><li>● CHAIR POSE</li><li>● BUTTERFLY POSE</li><li>● SNAKE POSE</li></ul>	<ul style="list-style-type: none"><li>● These poses enhance flexibility, balance, strength, and overall physical and mental well-being</li></ul>
JULY	<ul style="list-style-type: none"><li>● SURYA NAMASKAR</li><li>● MOUNTAIN POSE</li><li>● PLOUGH POSE</li><li>● LOTUS POSE</li></ul>	<ul style="list-style-type: none"><li>● These yoga poses enhance flexibility, balance, strength, and focus, promoting physical, mental, and spiritual well-being through mindful practice and breath.</li></ul>
AUGUST	<ul style="list-style-type: none"><li>● PASCHIMOTTANASANA</li><li>● DHANURASANA</li><li>● VAKRASANA</li></ul>	<ul style="list-style-type: none"><li>● Yoga enhances physical flexibility, mental clarity, balance, strength, focus, and relaxation, promoting overall well-being and self-awareness through mindful practice.</li></ul>
SEPTEMBER	<ul style="list-style-type: none"><li>● YOGA - REVISION TEST</li><li>● WHEEL POSE</li><li>● MOUNTAIN POSE</li></ul>	<ul style="list-style-type: none"><li>● It enhances physical strength, flexibility, and mental focus.</li></ul>
OCTOBER	<ul style="list-style-type: none"><li>● HALASANA</li><li>● SHASHANKASANA</li><li>● USHTRASANA</li></ul>	<ul style="list-style-type: none"><li>● Enhances physical flexibility, mental clarity, balance, strength, and relaxation, promoting overall well-being and self-awareness.</li></ul>
NOVEMBER	<ul style="list-style-type: none"><li>● BHUJANGASANA</li><li>● SARVANGASANA</li><li>● MATSYASANA</li><li>● BHRAMARI PRANAYAMA</li></ul>	<ul style="list-style-type: none"><li>● Yoga enhances flexibility, strength, balance, focus, and relaxation, promoting physical, mental, and emotional well-being and self-awareness together harmoniously.</li></ul>

DECEMBER	<ul style="list-style-type: none"> <li>• YOGA - REVISION TEST</li> <li>• HALF YEARLY EXAMINATION</li> </ul>	<ul style="list-style-type: none"> <li>• Reflective Practice and Self-Evaluation.</li> </ul>
JANUARY	<ul style="list-style-type: none"> <li>• EKA PADA SIRASASANA</li> <li>• PARIVRTTA TRIKONASANA</li> <li>• AKARNA DHANURASANA</li> <li>• BHASTRIKA PRANAYAMA</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga promotes physical flexibility, mental clarity, balance, strength, and relaxation, fostering overall well-being and self-awareness together.</li> </ul>
FEBRUARY	<ul style="list-style-type: none"> <li>• BADDHA KONASANA</li> <li>• PADMA YOGA MUDRASANA</li> <li>• GOMUKHASANA</li> <li>• UTTANA MANDUKASANA</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga enhances physical flexibility, mental clarity, balance, strength, and relaxation, promoting overall well-being and self-awareness harmoniously.</li> </ul>
MARCH	<ul style="list-style-type: none"> <li>• YOGA - REVISION TEST</li> <li>• ANNUAL EXAMINATION</li> </ul>	<ul style="list-style-type: none"> <li>• Reflective Practice and Self-Evaluation.</li> </ul>



**ARMY PUBLIC SCHOOL WELLINGTON  
SPLIT UP SYLLABUS (2025-2026)**

**KARATE**

**CLASSES: 6 to 8**

Month	Topic	Sub-Topics	Activities
June	Warm-Up & Basics Review	Full-body conditioning Review stances & punches	Group circuit warm-up Power stance holding
July	Advanced Punching Techniques	Elbow strikes Hook punches Speed drills	Elbow strike accuracy with targets Speed punching drill
August	Kick Variations	Axe kick Hook kick Kick combos	Kick against pads Combo kick sequences
September	Blocks with Movement	Advance blocking Block + move drills	Moving blocks with cones Pair drills
October	Self-Defense & Counter	Redirect force Counter moves Confidence building	Role play drills One-step counter training
November	Sparring Techniques	Distance control Timing and defense Partner strategy	Controlled sparring matches Feedback rounds
December	Strength & Conditioning	Core strength Flexibility Reaction work	Bodyweight challenges Karate circuit training
January	Katas	Intermediate forms Flow and control	Kata demo with teams Peer feedback rounds
February	Competition skills	Presentation skills Judging criteria Etiquette	Karate mock tournament Partner performance rounds
March	Final Test & Showcase	Full syllabus review Skills evaluation Reflection	Belt-level demo Final assessment + showcase for parents

