

Army Public School Wellington

Split-Up Syllabus (2025-26)

Subject name – ENGLISH

Class - VII

Prescribed books: Poorvi, English Grammar and Composition

Month	Chapter name	Experiment/ project/ activity
JUNE	UNIT- 1 Learning Together Chapter- 1 The Day the River Spoke(Prose) Chapter- 2 Try Again(Poem) Grammar- Nouns(Countable and Uncountable, Gender),Reading Comprehension	Creative Writing: - "If I were a river, I would say..." – Ask students to write a short paragraph or poem from the river's perspective. Group Discussion: - Why is it important to try again? What happens when we give up too soon?
JULY	Chapter- 3 Three Days to See(Prose) UNIT- 2 Wit and Humour Chapter-4 Animals, Birds, and Dr. Dolittle(Prose) Grammar- Pronouns, Adjectives, Diary Writing, Story Writing	Research Activity: Learn more about Helen Keller's life. What made her so inspiring? Animal Dialogue Writing: Choose an animal and write a funny dialogue between Dr. Dolittle and the animal.

<p>AUGUST</p>	<p>Chapter- 5 A Funny Man(Poem)</p> <p>Chapter- 6 Say the Right Thing(Play)</p> <p>Grammar- Determiners, Modals, Leave Applications</p>	<p>Character Sketch:</p> <p>Describe the “funny man” in your own words and draw what he might look like.</p> <p>“What Would You Say?” Game:</p> <p>Present tricky situations and ask students how they would respond kindly.</p>
<p>SEPTEMBER</p>	<p>UNIT- 3 Dreams and Discoveries</p> <p>Chapter- 7 My Brother’s Great Invention(Prose)</p> <p>Chapter- 8 Paper Boat(Poem)</p> <p>Grammar- Verbs(Present, Past, Future), Email Writing</p>	<p>Show and Tell:</p> <p>Bring a homemade toy or tool and explain how it works, like the brother in the story.</p> <p>Imagination Writing:</p> <p>“Where will your paper boat go?” – Students write or draw the journey of their paper boat.</p>
<p>OCTOBER</p>	<p>Chapter- 9 North, South, East, West(Postcards)</p> <p>UNIT- 4 Travel and Adventure</p> <p>Chapter- 10 The Tunnel(Poem)</p> <p>Grammar- Active and Passive Voice, Subject- Verb Agreement, Biographical Sketch</p>	<p>Cultural Talk:</p> <p>Discuss what’s special about different parts of the world or country in each direction.</p> <p>Fear Talk Circle:</p> <p>Share stories about something you were once afraid of but overcame—just like the character in the story.</p>
<p>NOVEMBER</p>	<p>Chapter- 11 Travel(Poem)</p> <p>Chapter- 12 Conquering the Summit(Prose)</p> <p>Grammar- Adverbs, Prepositions, Conjunctions</p>	<p>Travel Journal:</p> <p>Imagine you’re on a dream vacation—write a short diary entry about your day.</p> <p>Discussion:</p> <p>What are some “summits” we all try to conquer in daily life (fears, tests, challenges)?</p>

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OCTOBER	<p>□□□-6 □□□□□□ □□□□□□ □□ □□□□□□□□ (□□□□□)</p> <p>□□□□□□□- □□□□ □□□□□, □□□□□-□□□□□, □□□-□□□□□, □□□□□□□□□-□□□□□</p>	<p>6. □□□□□ □□□ □□ □□□□□-□□□□□ □□ □□□□ □□□ □□ □□□□□ □□□ □□ □□□□□□ □□□□□ □□ □□□ □□□□□ □□ □□□□□□ □□□□□</p>
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Prescribed books: Ganita Prakash NCERT Textbook Volume1

Month	Chapter name	Sub topics	Experiment/ project/ activity
JUNE	1.Large Numbers Around Us	Understanding Large Numbers Indian vs. International Number System Reading & Writing Large Numbers Estimations & Approximations Applications in Real Life	Place-value games Real-life estimation tasks
JULY	2.Arithmetic Expressions	Understanding Arithmetic Expressions Using Brackets in Expressions Comparing Expressions Evaluating Complex Expressions Real-Life Applications	Forming expressions with cards Identifying the largest/smallest value among given expressions
AUGUST	3. A Peek Beyond the Point 4. Expressions using Letter-Numbers	The Need for Smaller Units Decimal Representation Comparing Decimals Operations with Decimals Measurement & Conversions Understanding Letter-Numbers Forming Expressions Simplifying Expressions	Identifying decimals in currency, measurements, and data
SEPTEMBER	4. Expressions using Letter-Numbers (CONT)	Using Expressions in Real Life Patterns & Formulas	Matchstick Patterns: Using algebra to predict the number of matchsticks needed for different shapes
OCTOBER	5.Parallel and Intersecting Lines	Understanding Parallel Lines Intersecting Lines Perpendicular Lines Angles Formed by Intersecting Lines Transversals & Angle Relationships	Paper Folding Activity: Identifying parallel and intersecting lines Angle Measurement Challenge: Using a protractor to

			measure angles formed by intersecting lines
NOVEMBER	6.Number Play	Understanding Number Patterns Types of Numbers Operations on Numbers Number Sequences & Logical Thinking Real-Life Applications of Numbers	Pattern Recognition Game: Students arrange numbers in a sequence based on a given rule Math Art with Numbers: Creating visual patterns using number sequences.
DECEMBER	7.A Tale of Three Intersecting Lines	Understanding Triangles Intersection of Lines Triangle Construction	Triangle Construction Challenge: Students use a ruler and compass to construct different types of triangles.
JANUARY	7.A Tale of Three Intersecting Lines (CONT) 8.Working with Fractions	Collinear Points & Triangle Formation Real-Life Applications Introduction to Fractions Operations on Fractions	Geometric Art with Triangles: Creating patterns using different types of triangles. Paper Folding Experiment: Understanding fractions through origami.
FEBRUARY	8.Working with Fractions (CONT)	Equivalent Fractions Real-Life Applications Word Problems & Logical Thinking	Fraction Art: Creating designs using different fractions
MARCH	Revision		

Split-Up Syllabus (2025-26)

Subject name: Science

Class: VII

Prescribed books: Curiosity

Month	Chapter name	Sub topics	Experiment/ project/ activity
June	Chapter 1 The ever-evolving world of science Chapter 2 2 Exploring substances: Acidic, basic, and neutral	Chapter 1 The Changing World Important Scientific Discoveries The Development of Scientific Instruments How Science Changes the Way We Live Chapter 2 1.What are Acids? What are Base? What are Neutral? 2. Testing for Acidity and Basicity: Litmus Paper 3.pH Scale: Measurement of Acidity and Basicity 4.Common Acids and Bases in Daily Life 5.Neutralization Reaction 6.Importance of Acidity and Basicity in Nature 7.Everyday Applications of Acids and Bases	Chapter 1 Hands on experiment Observing things around Chapter 2 Acid base experiment charts
July	Chapter 3: 3 Electricity: Circuits and their components Chapter 4 4 The world of metals and non-metals	3.1 A torchlight 3.2 A simple Electrical circuit 3.3 Circuit Diagrams 3.4 Electrical conductors and insulators Chapter 4 4.1 Properties of materials 4.2 Effect of air and water on metals: iron 4.3 effect of air and water on other metals	Chapter 3 1 Circuit building 2 Real world applications Chapter 4 1. Metal identification 2. Nonmetal exploration:

		<p>4.4 Substances that behave differently from metals in air and water</p> <p>4.5 Are non-metals essential in everyday life?</p>	<p>Student to research and present on the properties of metals</p>
Aug	<p>Chapter 5</p> <p>5 Changes around us</p>	<p>5.2 A substance may change in appearance and not remain the same</p> <p>5.3 Some other processes involving chemical changes</p> <p>5.4 Can physical and chemical changes occur in the same process?</p> <p>5.5 Are changes permanent?</p> <p>5.6 Are all changes desirable?</p> <p>5.7 Some slow natural changes</p> <p>5.5 Are changes permanent?</p> <p>5.6 Are all changes desirable?</p> <p>5.7 Some slow natural changes</p>	<p>Nature walks</p> <p>Weather journal</p> <p>Physical changes</p>
Sep	<p>Chapter 6</p> <p>Adolescence: A stage of growth and change</p>	<p>Chapter 6</p> <p>6.1 Growing with age: The Teenage years</p> <p>6.2 Changes that indicate the reproductive capability</p> <p>6.3 Emotional and behavioural changes in adolescents</p> <p>6.4 Making Adolescence a joyful experience</p> <p>6.5 The why question for adolescence</p>	<p>1 Group discussions</p> <p>2 Social relationships</p> <p>3 Mental health</p>
Oct	<p>Chapter 7</p> <p>7 Heat transfer in nature</p>	<p>Chapter 7</p> <p>7.1 Conduction of heat</p> <p>7.2 Convection</p> <p>7.3 Radiation</p> <p>7.4 Water cycle</p>	<p>1 Conduct experiment students can conduct an experiment to demonstrate conduction by heating a metal rod and measuring the temperature.</p>
Nov	<p>8 Measurement of time and motion</p>	<p>8.1 Measurement of time</p> <p>8.2 Slow or fast</p> <p>8.3 Speed</p> <p>8.4 Uniform and non-uniform linear motion</p>	<p>1 Stopwatch challenge</p> <p>2 Calculating speed and velocity using speed and time measurements</p> <p>3 Real world analysis like sports</p>

			analysis and traffic flow
Dec	Chapter 9 life processes in Animals Chapter 10 10 Life processes in plants	9.1 Nutrition in animals 9.2 respiration in animals Chapter 10 10.1 how do plants grow? 10.2 how do plants get food for their growth?	1 Comparing diets 3 Nutrient investigation 3 Diagrams and charts Chapter 10 1 Plant experiment 2 Photosynthesis diagrams 3 Leaf structure
Jan	10 Life processes in plants Continuation Chapter 11 Light: Shadows and reflections	10.3 Transport in plants 10.4 Do plants Respire? Chapter 11 11.1 Sources of light 11.2 Does light travels in a straight line? 11.3 Light through transparent, Translucent and opaque materials 11.4 Shadow formation	Chapter 11 1 Shadow observation 2 Light exploration (students investigate how light behaves) observing shadows
Feb	Chapter 11 Light: Shadows and reflections Continuation 12 Earth, Moon and the Sun	Chapter 11 11.5 Reflection of light 11.6 Images formed in a plane mirror 11.7 pinhole camera 11.8 Making some useful items Chapter 12 12.1 Rotation of the earth 12.2 Revolution of the earth 12.3 Eclipses	1 Earth layers: students research and present on the different layers of the earth 2 Environmental impact

Army Public School Wellington
Split-Up Syllabus TERMWISE (2025-26)
Subject: SOCIAL SCIENCE (078)

Class: Vii

Prescribed book: Ncert

1.EXPLORING SOCIETY: INDIA AND BEYOND PART I

MONTH	CHAPTER NAME	SUB TOPICS	EXPERIMENT/ PROJECT/ ACTIVITY
TERM-1			
JUNE	<ul style="list-style-type: none">❖ Geographical Diversity of India. ❖ New Beginnings: cities and states	<p>The Himalayas The cold desert of India, The Gangetic Plains, The Great Indian Desert, The Aravalli Hills, The peninsular Plateau, Indias coastlines, Indian Islands, Delta in West Bengal and the Sundarbans and The hills of the Northeast</p> <p>Janapadas and Mahajanapadas</p> <p>Early Democratic Traditions</p>	<p>Map skill: On a blank map of India students to label major landforms of India (Himalayas, Thar Desert, Deccan Plateau, etc.).</p>

<p>JULY</p>	<ul style="list-style-type: none"> ❖ New Beginnings: cities and states (Cont.....) ❖ Understanding the Weather ❖ The Rise of Empires 	<p>More Innovations</p> <p>The Varna-jati system</p> <p>Development Elsewhere in India</p> <p>Weather and its Elements</p> <p>Weather Instruments</p> <p>Weather Stations</p> <p>Predicting the Weather.</p> <p>What is an empire?</p> <p>The Rise of Magadha</p>	<p>Weather Instrument</p> <p>DIY: Students make simple models of a rain gauge or wind vane.</p>
<p>AUGUST</p>	<ul style="list-style-type: none"> ❖ The Rise of Empires (Cont....) ❖ From the Rulers to the Ruled: Types of Governments 	<p>The arrival of the Greeks</p> <p>The Mighty Mauryas</p> <p>The King Who Chose Peace</p> <p>Life in the Mauryan period</p> <p>The fragile Nature of empires</p> <p>What is Government?</p> <p>What are its Functions?</p>	<p>Empire Timeline: Students create a timeline showing the rise of Magadha and other powerful kingdoms.</p> <p>Mini Research Poster: Choose a ruler (like Bimbisara or Ajatashatru) and make a mini-poster about their contributions.</p>

<p>SEPTEMBER</p>	<ul style="list-style-type: none"> ❖ From the Rulers to the Ruled: Types of Governments (Cont.....) ❖ Climates of India 	<p>What is Democracy?</p> <p>Functions of Government</p> <p>What Makes Governments Different?</p> <p>Democratic Governments around the World</p> <p>Other forms of Government</p> <p>Why Democracy Matters?</p> <p>Weather, Seasons and the Climate</p> <p>Types of Climates in India.</p> <p>Factors Determining the Climate</p> <p>The Monsoons</p> <p>Climate and our Life</p> <p>Climate and Disasters</p> <p>Climate Change</p>	<p>Government Chart: Create a chart comparing monarchy, democracy, oligarchy, etc., with examples.</p> <p>Climate Impact Discussion: Small groups discuss how climate affects clothing, housing, and crops.</p> <p>Assignment</p>
<p>TERM -II</p>			
<p>OCTOBER</p>	<ul style="list-style-type: none"> ❖ The age of reorganisation 	<p>Surge of the Shungas</p> <p>The Satavahanas</p> <p>Coming of the Chedis</p> <p>Kingdoms and Life in the South</p>	<p>Kingdom Profile Cards: Create information cards about Shungas, Satavahanas, Kushanas, etc.</p> <p>Role Play: Act as rulers from the South or Indo-</p>

		<p>Invasion of the Indo-Greek</p> <p>The Emergence of the Kushanas</p>	<p>Greek invaders explaining your goals to your people.</p>
NOVEMBER	<ul style="list-style-type: none"> ❖ From Barter to Money. ❖ The Gupta Era: An Age of Tireless Creativity 	<p>Why do we need Money?</p> <p>Basic Functions of Money</p> <p>The journey of Money</p> <p>New Forms of Money</p> <p>A New Power Emerges</p> <p>The Travellers Account of Indian Society in the Gupta Age.</p> <p>New Ideas and Wonders: The Classic Age.</p> <p>The Quest for Beauty</p> <p>The Decline of the Guptas</p>	<p>Currency Timeline: Make a timeline showing the evolution of money from barter to digital.</p> <p>Creative Showcase: Students draw or model Gupta-era inventions (iron pillar, decimal system, etc.).</p>
DECEMBER	<ul style="list-style-type: none"> ❖ How the Land Becomes Sacred 	<p>What is "Sacredness"?</p> <p>Pilgrimages</p> <p>Becoming Aware of Sacred Geography</p> <p>Sacred ecology</p> <p>Mountains and Forest</p> <p>Sacred Geography beyond India.</p>	<p>Nature and Belief Collage: Create a collage showing sacred animals, trees, rivers, and mountains.</p> <p>Sacred Map: Map key pilgrimage sites and sacred</p>

			geographies in India.
JANUARY	The Constitution of India – An Introduction	<p>What is a constitution?</p> <p>What shaped and Influenced the Indian constitution?</p> <p>Key Features of the constitution of India</p> <p>The Constitution is a Living Document</p> <p>Understanding the Preamble</p>	<p>Preamble Jigsaw: Cut the Preamble into phrases and have students assemble it in order.</p>
FEBRUARY	<p>❖ Understanding Markets</p> <p>Revision for Annual Examination</p>	<p>What is a Market?</p> <p>Markets Around Us</p> <p>The Role of Markets in People’s Lives.</p> <p>Governments Role in the Market.</p>	Discussion / Assignment
MARCH	Annual Examination		

Army Public School Wellington

Split-Up Syllabus (2025-26)

CLASS VII

SUBJECT: COMPUTER SCIENCE

Prescribed Books: Live Wire – Interactive Computer Science

Month	Chapter Name	Sub Topics	Experiment/ project/ activity
JUN	Number System	<ul style="list-style-type: none">➤ Concept of Number System➤ Decimal and Binary➤ Octal and Hexadecimal➤ Computer Arithmetic	Solving the problems for each type of Number System
JUL	Charts in MS Excel	<ul style="list-style-type: none">➤ Introduction to Charts➤ Components and types of Charts➤ Creating a Chart➤ Chart Elements➤ Formatting a Chart➤ Combo Chart➤ Sparklines➤ Grouping Worksheets➤ Consolidating Data	Working with MS Excel and insert Charts
AUG	Layers in GIMP	<ul style="list-style-type: none">➤ Working with Layers➤ Adding a Layer➤ Changing Stacking Order➤ Changing the Opacity➤ Renaming a Layer➤ Saving Images with Layers➤ Hiding and Showing and Filter	Create a Image using GNU

SEP	Robots and Robotics	<ul style="list-style-type: none"> ➤ Understanding Robotics ➤ History of Robots ➤ Robots vs Automatic Machine ➤ Components of Robots ➤ Types and Classification of Robots ➤ Some famous Indian Robots ➤ Introduction to Robotics ➤ Robotics vs Artificial Intelligence ➤ Artificially Intelligent Books 	Group Discussion and Chart work
OCT	Animation with Synfig	<ul style="list-style-type: none"> ➤ About Synfig ➤ Starting Synfig ➤ Components of Synfig Window ➤ Toolbox ➤ Creating a New File ➤ Using Tools ➤ Creating Animation ➤ Timebar ➤ Keyframe ➤ Animate Editing Mode ➤ Time Loop Layer 	Elaborate the significance of FPS in an animation
NOV	Conditional Coding In Python	<ul style="list-style-type: none"> ➤ Control Statements in Coding ➤ Types of Control Statements ➤ Conditional Statements ➤ If Statement ➤ If...else Statement ➤ If...elif...else Statement 	Basic Program using Python
DEC	Computer Languages	<ul style="list-style-type: none"> ➤ Types of Computer Language ➤ Low-Level and High-Level language ➤ Translators 	Group Discussion

		<ul style="list-style-type: none"> ➤ Working of a Translator 	
JAN	<p>Web Development: Html & CSS</p>	<ul style="list-style-type: none"> ➤ Understanding Web Development ➤ Introduction to HTML ➤ Rules of Writing HTML Code ➤ Elements of HTML ➤ Working with Tags ➤ HTML Editor and Web Browser ➤ Creating Webpages ➤ Understanding CSS ➤ Methods of Applying CSS ➤ Background Properties ➤ Text Properties ➤ Font Properties ➤ Margin and Border Properties 	Seminar
FEB	<p>Artificial Intelligence (AI) in Real Life</p> <p>App Development</p>	<ul style="list-style-type: none"> ➤ Smart Phones and Voice Assistants ➤ Face Recognition ➤ Photos and AI ➤ Communication Through Emails ➤ Social Networking ➤ Web Searching ➤ E-commerce ➤ Travel and Hospitality Industry ➤ Agriculture and Health Care ➤ Automotive Industry ➤ Finance and Banking ➤ Introduction to Apps ➤ Types and uses of Apps ➤ Downloading and Installing an App ➤ Working and Developing of Apps 	<p>Benefit of using AI in the E-commerce industry</p> <p>Quiz on app icon</p>

MAR		Annual Exam Revision	
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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"> ● INTRODUCTION - WHAT IS YOGA ● IMPORTANCE OF YOGA ● GENERAL GUIDELINES FOR YOGIC PRACTICES 	<ul style="list-style-type: none"> ● Develop physical, mental, and spiritual awareness, reduce stress, and improve overall well-being through regular yoga practice.
JULY	<ul style="list-style-type: none"> ● SURYA NAMASKAR ● MEDITATION 	<ul style="list-style-type: none"> ● Master Surya Namaskar sequence and develop meditation skills to reduce stress, improve focus, and enhance overall physical and mental well-being.
AUGUST	<ul style="list-style-type: none"> ● PASCHIMOTTANASANA ● DHANURASANA ● VAKRASANA ● VRIKSHASANA 	<ul style="list-style-type: none"> ● Improved flexibility, balance, strength, posture, reduced stress, and enhanced overall physical and mental well-being through regular practice.
SEPTEMBER	<ul style="list-style-type: none"> ● YOGA - REVISION TEST ● COMPETITIVE ASANAS ● CHAKRASANA ● SHALABHASANA 	<ul style="list-style-type: none"> ● Chakrasana and Shalabhasana improve flexibility, strength, posture, and balance, reducing stress, and enhancing

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

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

ARMY PUBLIC SCHOOL WELLINGTON

SPLIT-UP SYLLABUS (2025-26)

PHYSICAL EDUCATION

CLASSES 6 TO 9

MONTHS	EXPERIMENT/PROJECT / ACTIVITY
JUNE	WE ARE GROWING KNOWING YOUR BODY KNOWING MENTAL CHANGES
JULY	TRACK AND FIELD EVENTS FUNDAMENTAL SKILLS BONES ARE IMPORTANT
AUGUST	VOLLEYBALL SKILLS BASKETBALL SKILLS
SEPTEMBER	MASS FITNESS FOOD AND NUTRITION
OCTOBER	SPORTS SCHOLARSHIP AND AWARDS LEADERS AND FOLLOWERS
NOVEMBER	COMMON INJURIES GAMES AND SPORTS ARE IMPORTANT
DECEMBER	SAFETY OUTSIDE SCHOOL RECREATIONAL AND OUTDOOR ACTIVITIES
JANUARY	NUTRITION FOR HEALTHY LIVING ENVIRONMENTAL POLLUTION
FEBRUARY	SOCIAL HEALTH HOW TO REMAIN PHYSICALLY FIT
MARCH	CONSUMER HEALTH SERVICE GENDER SENSITIVITY
APRIL	SAFETY SECURITY AND FIRST AID

SPLIT-UP SYLLABUS (2025-26)

SUBJECT NAME: MUSIC

CLASS: III TO X STD

Month	Chapter name	Experiment/ project/ activity
June	SEVEN KEYS, NAMES AND OCTAVE sound of music, indian music swaras	IDENTIFICATION OF KEY NAMES AND OCTAVES Do re mi fa so la ti Or Sa re gha ma pha dha nee sa
July	RYTHMS	MEASURING SOUND AND COUNTING METHOD
august	Stave, hand signature (triple and bass clefs)	Write the musical line with proper measurement
September	scales	C major scale right and left hand separate and hands together
October	Notes values, rests, bar, bar lines, time signature, vocal warming up, music scale	Notes values, rests, bar, bar lines, time signature writing practice
November	Tones and semitones, accidentals, singing vocal practice	Difference between tone and semitone, accidental practice
December	Tonic triad in c major, other major keys g and f	Playing the different scales in instruments
January	Key signature, intervals, the circle of 5ths	Practice the sound two different pitches
February	Arpeggios, grouping notes and beaming quavers, grouping rests, short piano sheet reading practice	Arpeggios, grouping notes and beaming quavers, grouping rests writing practice
march	Short piano sheet music sight reading practice, Musical words and symbols	Meaning of Musical words and symbols

Army Public School Wellington

Split-Up Syllabus (2025-26)

Subject name: ART

Class: VII

Prescribed books:

Month	Chapter name	Sub topics	Experiment/ project/ activity
JUNE	Drawing: Freehand Sketching & Drawing Figures	Developing ability to draw basic human figures	Sketching basic human figures
JULY	Drawing: Proportions & Colouring Best out of waste – collage with newspaper	Understanding use of colours Collage making with theme journaling	Colouring simple sketches. Journaling book or bookmark with collage theme
AUGUST	Facial Shading with Pencil Colours Life skills	Learning shading techniques on human face Learning how to give First aid	Shading face with coloured pencils Demo through visual aid.
SEPTEMBER	Coloured Pencil Shading Recycling vs Upcycling	Ability to shade with pencil colours Upcycling old things to make new	Shading an object (fruit, bottle etc.) Making desk organisers through waste cardboaed boxes
OCTOBER	Perspective Drawing Poster making	Introduction to perspective and depth Swatch Bharat(school cleanliness drive)	Drawing 1-point perspective object Creating Poster with 'Swatch Bharat' theme

NOVEMBER	Simple Craft / Paper Craft Origami	Cutting and folding practice Learning how to make different animal and bird shapes with origami	Making a paper craft model (fan, basket, etc.) Making origami mode
DECEMBER	Shapes & Composition Paper weaving	Making shapes and arranging composition Learning weaving techniques	Colour composition with shapes Paper craft using weaving techniques
JANUARY	3D Craft Works	Understanding 3D art concept	Creating 3D art using paper/cardboard
FEBRUARY	Creative Work (Nature Art & Mixed Media)	Nature-based work, mixed medium art	Collage with dried leaves or nature objects
MARCH	REVISION	Recap drawing, colouring, shading and craft	

