NAVY CHILDREN SCHOOL
SPLIT-UP OF SYLLABUS 2024 – 2025
SUBJECT – ENGLISH CORE (301)
CLASS XI

MONTH	HORNBILL	SNAPSHOTS	WRITING SKILLS & GRAMMAR	SUBJECT ENRICHMENT ACTIVITIES
JULY	The Portrait of a Lady	The Summer of the Beautiful White Horse	Poster Making	**The Portrait of a Lady:** Present a pen picture of your grandparents describing their qualities, you admire and appreciate the most? **Poster-** Rapid Sketching: Ask students to sketch as many quick ideas for their poster as possible within the time frame**.** **The Summer of the Beautiful White Horse** Classroom discussion on- Various aspects of Armenian Culture.
	A Photograph	The Address	Note Making	**A Photograph:** Read out a poem on a similar theme/ discuss an incident/ describe an old mounted photograph. **The Address- https://youtu.be/ZPs8hbksOg8?si=3-afyLipi5k6sCvF** Watch a clip on- **Evacuating the Children (1940)**

			Tenses	**Speed Notetaking Challenge:** **-** Provide students with a short, engaging video or audio clip (3-5 minutes). - Ask students to take notes as quickly as possible during the video or audio, capturing key points.
			Practice of listening skills	
AUGUST	We're not Afraid to Die…	-	Speech Writing	Share a video on **Parts of Sailboat**- https://youtu.be/6pM96WzoY48?si=HuoNCBw7X-6gyJv9
	The Laburnum Top		Transformation of Sentences	**The Laburnum Top -** Discussion on birds and their habitats
			Practice of speaking skills	Two minutes impromptu **speech activity** with peer reflection.
SEPTEMBER	**ASSESSMENT OF SPEAKING AND LISTENING SKILLS (ALS) / HALF YEARLY EXAMINATION**			
OCTOBER	Discovering Tut	-	Advertisement (Classified) **PROJECT FOR TERM 2**	**Discovering Tut** Know about Egyptian belief of mummification https://youtu.be/1yv_MXNYbAo?si=gyHt-qdCNh8qAoZb
	The Adventure			**The Adventure** - Parallel world- 'Narnia-The Wardrobe' https://youtu.be/gwuqA1Ys9Zo?si=PHfc49GTMqQGU5l9 **Advertisement-** Impromptu- Students will be asked to advertise a product (anything present handy in the classroom).
NOVERMBER	The Voice of the Rain	Mother's Day	Clauses	**The Voice of the Rain** Discussion on Idioms related to Rain, Write the poetic verses in the water Cycle chart.

	Silk Road		Debate Writing	Watch videos on famous **debates** (University of Oxford) Display **Silk route** on map https://youtu.be/vn3e37VWc0k?si=3vkpZkeLqmWsh0_b Play the song **'Mother of Mine'**. Speak for 1 minute about your mother.
DECEMBER	Childhood	The Tale of Melon City	Re-ordering/ Transformation of Sentences (Revision)	**Childhood-** Poetic Devices Trivia https://quizizz.com/admin/quiz/58add3c74be65a7f706b108c **The Tale of Melon City** Reference to class IX lesson 'Kingdom of Fools' and how we see a transition of a Story into a Narrative poem, in this work. **Scramble Sentences:** Prepare a set of sentence cards, each containing a scrambled sentence for teaching re-ordering of sentences.
JANUARY	Father to Son	Birth	**SUBMISSION OF PROJECT**	**Birth-** Classroom discussion- Knowledge of the great medical professionals, who fought against all odds to save lives. **Father to Son**- classroom Discussion- Is Generation Gap a universal problem? On what issues or matters do you have different views from your parents?
FEBRUARY	**REVISION**			

Question Paper Design

English CORE XI (Code No. 301)

2023-24

Section	Competencies	Total marks
Reading Skills	Conceptual understanding, decoding, Analyzing, inferring, interpreting, appreciating, literary, conventions and vocabulary, summarizing and using appropriate format/s.	26
Grammar and Creative Writing Skills	Conceptual Understanding, application of rules, Analysis, Reasoning, appropriacy of style and tone, using appropriate format and fluency, inference, analysis, evaluation and creativity.	23
Literature Text Book and Supplementary Reading Text	Recalling, reasoning, appreciating literary convention, inference, analysis, creativity with fluency, Critical Thinking.	31
	TOTAL	**80**
Internal Assessment	Assessment of Listening and Speaking Skills • Listening • Speaking	**10** 5+5
	• Project Work	**10**
	GRAND TOTAL	**100**

NAVY CHILDREN SCHOOL (KOCHI)

SPLITUP SYLLABUS

SESSION 2024-25

CLASS XI

SUBJECT: MATHEMATICS (041)

S.NO.	MONTH	NAME OF CHAPTERS	NO. OF PERIODS REQUIRED	LAB ACTIVITIES
1	JUNE	1. Sets 2. Relation & Function	20 20	1. To represent set theoretic operations using Venn diagrams. 2. To distinguish between a relation and function.
2	JULY	3.Trigonometric Functions. 4.Complex numbers	20 10	3.To find the values of sine and cosine functions in second, third and fourth quadrants using their given values in first quadrant. 4. To interpret geometrically the meaning of $i = \sqrt{-1}$ and its integral powers.
3	AUGUST	5. Linear Inequalities 5. Permutations & Combinations. 6. Binomial Theorem	10 10 10	5. To find the number of ways in which three cards can be selected from given five cards.
4	SEPTEMBER	7. Sequence & Series Revision	10	
Mid-term Examination				
5	OCTOBER	7. Sequence & Series Contd. 8. Straight Line	15	6. To demonstrate that the Arithmetic mean of two different positive numbers is always greater than the Geometric mean.

6	NOVEMBER	9. Conic Section 10. Introduction to Three-Dimensional Geometry. 11. Limits and Derivatives	25 10 40	7. To construct as ellipse when two fixed points are given. 8. To explain the concepts of octants by three mutually perpendicular planes in space.
7	DECEMBER	11. Limits and Derivatives Contd.		9. Verification of the geometrical significance of derivative.
8	JANUARY	12. Statistics 13. Probability	20 20	10. To write the sample space, when a coin is tossed once, two times, three times, four times.
9	FEBRUARY	Revision		

Note: Teachers have to arrange Periods as per the availability of time.

NAVY CHILDREN SCHOOL

SPLIT-UP SYLLABUS

SESSION 2024-25

CLASS XI

SUBJECT-PHYSICS (042)

CHAPTER	TOPIC	TENTATIVE NO OF PERIODS	MONTH	LIST OF EXPERIMENTS	WEIGHTAGE
1 **2** **3** **3** **4**	**PHYSICAL WORLD** **UNITS** **MEASUREMENT** **ONE DIMENSION MOTION** **AND** **MOTION IN PLANE** **LAWS OF MOTION**	**2** **4** **8** **8**	**JUN** **JULY** **JULY** **AUG** **AUG**	**SECTION A** 1.Vernier calipers 2.Screw gauge 3 Law of vector addition 4 Friction	**23**
5 **6** **7**	**WORK, ENERGY AND POWER** **MOTION OF SYSTEM OF PARTICLES AND RIGID BODIES** **GRAVITATION**	**7** **9** **7**	**SEP** **SEP/OCT** **OCT/NOV**	ACTIVITIES FROM SEC A 5 Simple pendulum	**17**
8 **9** **11** **12** **13**	**PROPERTIES OF SOLIDS** **PROPERTIES OF FLUIDS** **THERMAL PROPERTIES** **THERMODYNAMICS& KINETIC THEORY OF GASES** **OSCILLATIONS**	**4** **10** **3** **6** **3** **9**	**NOV/DEC** **DEC** **JAN** **JAN**	**SECTION B** 1.Young’s modulus 2.Terminal velocity 3.Surface tension of water 4. Resonance apparatus – Speed of sound 5.Sonometer – laws of vibrating strings	**20** **10**
14	**WAVES**	**8**		ACTIVITIES FROM SEC B	

SPLIT UP SYLLABUS CHEMISTRY 2024-25				
CHEMISTRY (043)- CLASS XI				
MONTH	**UNIT NO**	**UNIT NAME**	**NO.OF PERIODS**	**PRACTICALS**
JUNE	**1**	**SOME BASIC CONCEPTS OF CHEMISTRY**	**18**	**QUALITATIVE ANALYSIS**
JULY	**2**	**STRUCTURE OF ATOM**	**20**	**QUALITATIVE ANALYSIS**
AUG	**3** **4**	**CLASSIFICATION OF ELEMENTS AND PERIODICITY IN PROPERTIES** **CHEMICAL BONDING AND MOLECULAR STRUCTURE**	**12** **20**	**QUALITATIVE ANALYSIS**
SEP		**CHEMICAL BONDING AND MOLECULAR STRUCTURE (contd)**		**QUALITATIVE ANALYSIS**
OCT	**6** **7**	**CHEMICAL THERMODYNAMICS** **EQUILIBRIUM**	**23** **20**	**ACID – BASE TITRATIONS**
NOV	 **8**	**EQUILIBRIUM (contd)** **REDOX REACTIONS**	 **9**	**ACID – BASE TITRATIONS**
DEC	**12**	**ORGANIC CHEMISTRY: SOME BASIC PRINCIPLES AND TECHNIQUES**	**20**	**ACID – BASE TITRATIONS**
JAN	**13**	**HYDROCARBONS**	**18**	**CONTENT BASED EXPERIMENTS**

NAVY CHILDREN SCHOOLS

SPLIT-UP OF SYLLABUS (2024-25)

SUBJECT:BIOLOGY THEORY CLASS:XI

SNO	MONTH	CHAPTERS
1	June/July	1. Living world 2. Biological Classification 17. Breathing & exchange of gases 5. Morphology of flowering plants
2	August/September	18. Body fluids & circulation 6. Anatomy of flowering plants 3. Plant Kingdom 13. Photosynthesis in higher plants
3	September	**Revision and Half-yearly exam**
4	October	4. Animal Kingdom 8. Cell: Unit of life 19. Excretory products & their elimination
5	November/December	10. Cell cycle 14. Respiration in plants 9. Biomolecules 7. Structural Organisation of animals
6	December/January	20. Locomotion & movement 21. Neural control & coordination 15. Plant growth and development
8	February	**Revision and annual exam**

NAVY CHILDREN SCHOOL

SPLIT-UP OF SYLLABUS (2024-25)

SUBJECT:BIOLOGY PRACTICAL CLASS:XI

SNO	MONTH	EXPERIMENTS/SPOTTERS
1	June/July	1 .Parts of a compound microscope 2. Specimens/models: Bacteria, Oscillatoria, Siprogyra,Rhizopus,Mushroom,Yeast,Liverwort,moss,fern,pinus,a monocot plant, a dicot plant , Lichen etc 3. Specimens/slides/model: Amoeba, Hydra, Liver fluke, Ascaris, Leech, Earth worm, Prawn, Silk worm, Honey bee, Snail, Starfish, Shark, Rohu, Frog, Lizard, Pigeon, Rabbit etc
2	August	4. To study rate of respiration in germinating seeds 5. To study distribution of stomata in the upper and lower surface of leaves. 6. Separation of pigments by paper chromatography 7. Study of transpiration
3	September	**Revision and Half-yearly exam**
4	October	8. Study Mitosis through permanent slides 9. Osmosis by potato Osmometer. 11. To study Plasmolysis
5	November	12. 10. Tests for- Sugar, starch, proteins & fats in plant and animal materials 13. Tests for – Urea, sugar, albumin & bile salts in Urine 14. Human skeleton and types of joints
6	December	15.To study types of inflorescences 16.Study of locally available flowering plants, each from Solanaceae including the dissection and display of floral whorls, to write their floral formula & draw their floral diagram. 17. To study TS of dicot & monocot stem & root

NAVY CHILDREN SCHOOLS
SPLIT UP SYLLABUS
COMPUTER SCIENCE – CLASS XI

YEAR -2024-25

1. Distribution of Marks:

Unit No.	Unit Name	Marks	Periods	
			Theory	Practical
I	Computer Systems and Organisation	10	10	10
II	Computational Thinking and Programming - 1	45	80	60
III	Society, Law and Ethics	15	20	----
	Total	70	110	70

2. Monthly Split up syllabus:

Month	Chapter	Content/Practical/Assignment	Practical / Projects
June/ July	1. Computer Systems and Organisation 2. Boolean Logic	• Basic Computer Organisation: Introduction to computer system, hardware, software, input device, output device, CPU, memory (primary, cache and secondary), units of memory (bit, Byte, KB, MB, GB, TB,PB) • Types of software: system software (operating systems, system utilities, device drivers), programming tools and language translators (assembler, compiler & interpreter), application software • Operating system (OS): functions of operating system, OS user interface • Boolean logic: NOT, AND, OR, NAND, NOR, XOR, truth table, De Morgan's laws and logic circuits	Identifying various components of Computer Making logical gates and proving theorems
	3. Number System 4. Encoding Schemes	• Number system: Binary, Octal, Decimal and Hexadecimal number system; conversion between number systems. • Encoding schemes: ASCII, ISCII and UNICODE (UTF8, UTF32)	Number System Conversion
August	5. Introduction to problem solving	• Steps for problem solving (analysing the problem, developing an algorithm, coding, testing and debugging). Representation of algorithms using flow chart and pseudo code, decomposition.	Writing Algorithms and preparing flowcharts for simple

	6. Getting Started with Python	• Familiarization with the basics of Python programming: Introduction to Python, features of Python, executing a simple "hello world" program, execution modes: interactive mode and script mode, Python character set, Python tokens (keyword, identifier, literal, operator, punctuator), variables, concept of l-value and r-value, use of comments.	problems Launching and working with python IDLE.
	7. Python Fundamentals & Data Handling	• Knowledge of data types: number (integer, floating point, complex), boolean, sequence (string, list, tuple), none, mapping (dictionary), mutable and immutable data types • Operators: arithmetic operators, relational operators, logical operators, assignment operator, augmented assignment operators, identity operators(is, is not), membership operators(in, not in)	Working in Interactive and script modes
	8. Python Expressions & Statements	• Expressions, statement, type conversion & input/output: precedence of operators, expression, evaluation of expression, python statement, type conversion (explicit & implicit conversion), accepting data as input from the console and displaying Output	Use of operators, framing &evaluating expressions, type conversions, etc in Interactive mode
	9. Errors & Debugging	• Errors: syntax errors, logical errors, runtime errors	
	10. Flow of control: sequential & conditional flow, Loops	• Flow of control: introduction, use of indentation, sequential flow, conditional and iterative flow control • Conditional statements: if, if-else, if-elif-else, flowcharts, simple programs: e.g.: absolute value, sort 3 numbers and divisibility of a number • Iterative statements: for loop, range function, while loop, flowcharts, break and continue statements, nested loops, suggested programs: generating pattern, summation of series, finding the factorial of a positive number etc	Basic Programs, Programs that require decision making. Programs based on loops
Sept	11. Strings in Python	• Strings: introduction, indexing, string operations (concatenation, repetition, membership & slicing), traversing a string using loops, built-in functions: len(), capitalize(), title(), lower(), upper(), count(), find(), index(), endswith(), startswith(), isalnum(), isalpha(), isdigit(), islower(), isupper(), isspace(), lstrip(), rstrip(), strip(), replace(), join(), partition(), split()	Programs based on string manipulations

Oct/Nov	12.Lists 13.Tuples 14. Dictionary	• Lists: introduction, indexing, list operations (concatenation, repetition, membership & slicing), traversing a list using loops, built-in functions: len(), list(), append(), extend(), insert(), count(), index(), remove(), pop(), reverse(), sort(), sorted(), min(), max(), sum(); nested lists, suggested programs: finding the maximum, minimum, mean of numeric values stored in a list; linear search on list of numbers and counting the frequency of elements in a list. • Tuples: introduction, indexing, tuple operations(concatenation, repetition, membership & slicing), built-in functions: len(), tuple(), count(), index(), sorted(), min(), max(), sum(); tuple assignment, nested tuple, suggested programs: finding the minimum, maximum, mean of values stored in a tuple; linear search on a tuple of numbers, counting the frequency of elements in a tuple. • Dictionary: introduction, accessing items in a dictionary using keys, mutability of dictionary (adding a new item, modifying an existing item), traversing a dictionary, built-in functions: len(), dict(), keys(), values(), items(), get(), update(), del(), clear(), fromkeys(), copy(), pop(), popitem(), setdefault(), max(), min(), count(), sorted(), copy(); suggested programs : count the number of times a character appears in a given string using a dictionary, create a dictionary with names of employees, their salary and access them	Programs based on list operations Programs based on tuples Programs based on dictionaries

Dec/Jan	15. Introduction to Python Modules	• Introduction to Python modules: Importing module using 'import <module>' and using from statement, importing math module (pi, e, sqrt(), ceil(), floor(), pow(), fabs(), sin(), cos(), tan()); random module (random(), randint(), randrange()),statistics module (mean(), median(), mode()).	Programs importing and using modules.
	16. Society, Laws and Ethics	• Digital Footprints • Digital society and Netizen: net etiquettes, communication etiquettes, social media etiquettes. • Data protection: Intellectual Property Right (copyright, patent, trademark), violation of IPR (plagiarism, copyright infringement, trademark infringement), open source softwares and licensing (Creative Commons, GPL and Apache) • Cyber-crime: definition, hacking, eavesdropping, phishing and fraud emails, ransomware, preventing cyber crime • Cyber safety: safely browsing the web, identity protection, confidentiality, cyber trolls and bullying. • Safely accessing web sites: malware, viruses, Trojans, adware • E-waste management: proper disposal of used electronic gadgets • Indian Information Technology Act (IT Act) • Technology & Society: Gender and disability issues while teaching and using computers.	Understandi ng of Cyber laws and online ethics including safety measures to protect data and information available online
Jan/Feb		Revision for NES Common Final Exam	

NAVY CHILDREN SCHOOL, MUMBAI
SPLIT OF SYLLABUS- PSYCHOLOGY 2024-2025

CLASS XI

Months	Days	Chapters	Topic/subtopic	Practical/ Projects
June/ July		1. What is Psychology? 2. Methods of Enquiry in Psychology	Understand Evolution of Psychology as science and as art, branches of psychology, application of understanding of psychology in everyday life. Its relation to other disciplines, study of seven school of Psychology Goals and important methods of enquiry in Psychology. Analysis of data using Quantitative or Qualitative Method.	Presentation on branches of psychology List various professions in the field of psychology. Presentation on various methods of enquiry.
August		2. Methods of enquiry in Psychology (cont'd)	Limitations and ethical issues of Psychological enquiry.	A case study using interview method
August/ September		4. Human Development	Life span perspective on development, factors influencing it, study important aspects each stage of development. Piaget's Cognitive development stages, gender roles, major concerns of adolescent stage: substance abuse and eating disorders.	Detail study of adolescent stage using questionnaire method.
September		**CH1, CH2 & CH4**	**HALF YEARLY EXAMS**	
October		5. Sensory, Attentional and Perceptual Processes	Nature and varieties of stimulus. Processes and type of attention, form and space perception, Illusions, role of socio-cultural factors in perception.	Make a checklist of symptoms of Attention Deficit Hyperactivity Disorder (ADHD) To measure the extent of Muller Iyer illusion

November		6. Learning	Nature of learning, classical and operant conditioning, observational learning, transfer of learning, factor facilitating learning, learning styles and principles, Learning Disabilities (LD).	Making checklist of symptoms of Learning Disabilities. Models of operant and classical conditioning
December		7. Human memory	Nature of memory, different types of memory, representation and organisation of memory, Nature and causes of forgetting, Different types of amnesia.	To study the effect of non-sense and meaningful syllables on learning.
January		7.Human memory (cont'd) 8.Thinking	Learn strategies for improving memory Nature of thinking and reasoning, cognitive processes involved in problem solving and decision making, Nature and process of creative thinking, development of language and its uses, relationship between language and thought	Activity of creative thinking and problem solving in the classroom.
February		9. Motivation and Emotion	Nature of human motivation, types and the nature of motives, Maslow's hierarchy of needs, nature of emotional expression, relationship between culture and emotions, Emotional intelligence and anger management.	Discussion and role play in the class to overcome conflicts and frustration using various strategies.
February March	**REVISION AND FINAL EXAMS**			

NAVY CHILDREN SCHOOL VISAKHAPATNAM
PHYSICAL EDUCATION (048)
CLASSS XI(2024-25)
SPLIT 0F SYLLABUS

Theory **Max. Marks 70**

Month of June **Unit 1- Changing Trends and Careers in Physical Education**	*Concept, Aims & Objectives of Physical Education *Development of Physical Education in India – Post Independence *Changing Trends in Sports- playing surface, wearable gear and sports equipment, technological advancements *Career options in Physical Education *Khelo-India Program and Fit – India Program
Month of July **Unit-II Olympism Value Education**	*Olympism – Concept and Olympics Values (Excellence, Friendship & Respect) *Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind *Ancient and Modern Olympics *Olympics - Symbols, Motto, Flag, Oath, and Anthem *Olympic Movement Structure - IOC, NOC, IFS, Other members
Month of August **Unit III - Yoga**	*Meaning and importance of Yoga *Introduction to Astanga Yoga *Yogic Kriyas (Shat Karma) *Pranayama and its types. *Active Lifestyle and stress management through Yoga
Month of September **Unit IV- Physical Education & Sports for CWSN (Children with Special Needs - *Divyang*)**	*Concept of Disability and Disorder .*Types of Disability, its causes & nature (Intellectual disability, Physical disability). *Disability Etiquette *Aim and objectives of Adaptive Physical Education. *Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special Educator)

Month of October **Unit V- Physical Fitness, Wellness, and Lifestyle**	*Meaning & importance of Wellness, Health, and Physical Fitness *Components/Dimensions of Wellness, Health, and Physical Fitness *Traditional Sports & Regional Games for promoting wellness *Leadership through Physical Activity and Sports . *Introduction to First Aid – PRICE
Month of November **Unit VI -Test & Measurement and Evaluation**	*Define Test, Measurements and Evaluation. *Importance of Test, Measurements and Evaluation in Sports. *Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) *Somato Types (Endomorphy, Mesomorphy & Ectomorphy) *Measurements of health-related fitness
Month of December **Unit VII- Fundamentals of Anatomy, Physiology in Sports**	*Definition and importance of Anatomy and Physiology in Exercise and Sports. *Functions of Skeletal System, Classification of Bones, and Types of Joints. *Properties and Functions of Muscles. *Structure and Functions of Circulatory System and Heart. *Structure and Functions of Respiratory System .
Month of January **Unit VIII- Fundamentals of Kinesiology and Biomechanics in Sports**	*Definition and Importance of Kinesiology and Biomechanics in Sports. *Principles of Biomechanics *Kinetics and Kinematics in Sports *Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation *Axis and Planes – Concept and its application in body movements
Month of January **Unit IX- Psychology & Sports**	*Definition & Importance of Psychology in Physical Education & Sports; *Developmental Characteristics at Different Stages of Development; *Adolescent Problems & their Management; *Team Cohesion and Sports;

	*Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness
Month of February **Unit X -Training & Doping in Sports**	*Concept and Principles of Sports Training *Training Load: Over Load, Adaptation, and Recovery *Warming-up & Limbering Down – Types, Method & Importance *Concept of Skill, Technique, Tactics & Strategies .* Concept of Doping and its disadvantages

Practical **Max. Marks 30**

01. Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)* 6 Marks
02. Proficiency in Games and Sports
(Skill of any one IOA recognised Sport/Game of Choice)** 7 Marks

03. Yogic Practices 7 Marks
04. Record File *** 5 Marks
05. Viva Voce (Health/ Games & Sports/ Yoga) 5 Marks

* Test for CWSN (any 4 items out of 27 items. One item from each component: Aerobic Function, Body Composition, Muscular strength & Endurance, Range of Motion or Flexibility)

**CWSN (Children With Special Needs – Divyang): Bocce/Boccia , Sitting Volleyball, Wheel Chair Basketball, Unified Badminton, Unified Basketball, Unified Football, Blind Cricket, Goalball, Floorball,Wheel Chair Races and Throws, or any other Sport/Game of choice.

**Children With Special Needs can also opt any one Sport/Game from the list as alternative to Yogic Practices. However, the Sport/Game must be different from Test - 'Proficiency in Games and Sports'

***Record File shall include:**

- Practical-1: Labelled diagram of 400m Track and Field with computations
- Practical-2: Describe changing trends in sports and Games in terms of changes in playing surface, wearable gears,Equipment,Technological advancements,
- Practical-3: Anyone one IOA recognised Sport/Game of choice. Labelled diagram of Field & Equipment. Also mention its Rules, Terminologies

NAVY CHILDREN SCHOOL
VISAKHAPATNAM

YOGA (841) - MONTH WISE SPLIT UP SYLLABUS (2024-2025)
CLASS-XI

MONTH	UNIT No.	TOPIC NAME	Practical / Project	Subject enrichment activity
April	1	**Introduction to Yoga and Yogic Practices – I** • Yoga Etymology, definition, Aim, objective and misconception text • Yoga origin, History and development • Rules and regulations to be followed by yoga practitioners • Introduction to major schools of Yoga (Jnana, Bhakti)	**Sukshma Vyayama** **Asanas**	Discuss about civilizations (Sindhu, Harappa, etc.,)
May & June	1 & ES-1	**Introduction to Yoga and Yogic Practices – I** • Introduction to major schools of Yoga (Karma, Patanjali, Hatha) • Introductions to yogic practices **Communication Skills-III**	**International Yoga Day** **Meditation**	Introducing Patanjali Yoga Sutras Discuss about different types of Karmas. (Sanchita, Agami, Prarabdha, Nishiddha, Nishkama)
July	2 & ES-1	**Introduction to Yoga Text-I** • Introduction and study of Patanjali Yoga Sutras • Introduction and study of Bhagavad Gita **Communication Skills-III**	**Asanas** **Suryanamaskaras**	Practicing Important verses (slokas) from Bhagavad Gita and Sutras from Patanjali yoga sutras.
August	2 & ES-2	**Introduction to Yoga Text-I** • Introduction of Hata Pradipika **Self -Management Skills-III**	**Kriyas (Jalaneti/ Sutraneti)**	Creating awareness on yogic kriyas Chart making on different kriyas

September	2 & ES-3	**Introduction to Yoga Text-I** • Introduction and study of Gheranda Samhita **ICT Skills-III**	**Pranayamas**	Discuss about steps in pranayama, different types of breathing (abdominal , chest, throat, Yogic breath)
October	3	**Yoga for Health Promotion-I** • Brief introduction to human body	**Kriyas (Jalaneti/ Sutraneti)**	Chart making on endocrine system
November	2 & ES-4	**Yoga for Health Promotion-I** • Role of yoga for health promotion • Yogic attitudes and practices • Holistic approach of yoga towards the health and diseases **Entrepreneurial Skills-III**	**Asanas** **Pranayama**	Creating awareness on types of diseases (Somatic, psychosomatic, psychic)
December	3 & ES-5	**Yoga for Health Promotion-I** • Introduction to the diet and its relevance and importance of yoga sadhana • Dincharya and Ritucharya with respect of yogic lifestyle **Green Skills-III**	**Asanas** **Pranayama** **Meditation**	Making chart on sattvic, rajasic, tamasic food. Making To do list (Dinacharya)
January	ES-5	**Green Skills-III**		
February	All	**Revision**		