

## Co- Scholastic Syllabus for Class 1 Session 2025-26

Month	Public Speaking	Theatre	Performing Art Dance / Vocal Music / Instrumental Music	Clay Modelling	Art	GK/ Computers	Physical Education
April /May  Sunshine of Positivity	Introducing the club/ purpose of forming the club  All about me (Tell me something interesting about yourself) (I speak activity)  Interview session Familiarizing students with voice modulation, maintaining eye contact while speaking.  Ted talks (I speak	Name game with action Introduction and applause  Each child has to introduce himself/herself by saying, "My name is [Name]!" and then perform an action (e.g., jumping, spinning, clapping). The whole group	> Will start with 'Pranam'.: (Prepare physically & emotionally for dancing.) > 'Tatkar' of tin taal.: (Neatness in footwork.) > Basic movements of kathak a) 'Urdha kon suchi', b) 'Madhya kon suchi', c) 'Tala kon suchi', d) 'Samatal': (Proper lining of movements.) > One dance of Tagore song: (jhoom jhoom).: (Facial	> Basic understanding of Organic and Geometric Shapes and forms, practice in Clay.	Introduction of line, shapes and primary Colours through the paintings of Dutch artist-Piet Mondrian	G.K.  1. Who are you? 2. Stories 3. Rhymes 4. Current affairs 5. Quiz (Who's who)  Computers  Mouse Handling  MS Paint  Initiating MS Paint  How to open MS Paint  Introduction to Tools of MS Paint  Pencil	BUILDING THE FOUNDATION Introduction to basic safety rules during physical activities. Boundary and different commands. a)Line formation Instructions about levels (low, medium, high) b)Personal space (with spot marker or without spot markers) c)Different ways of making partners. (Thumb to Thumb) (Toe To Toe) d)Exploring

activity)	repeats:	expressions,			,Eraser, Text,	different types of
https://youtu.b	"Your name is	proper body			Brush, color	movements
<u>e/2KoVNQz2Ba</u>	[Name]!" while	posture.)			palette, Fill	(running,
<u>M?si=29U6mZ</u>	copying the action.				with color,	jumping,hopping,
khZZJ8AowN					Line,	skipping).
	Funny Faces				Rectangle,	= .
	(Ice breaker	<b>VOCAL MUSIC:</b>			ellipse	speed(slow,
	activity)				Features of MS	medium, fast).
	60606	<ul><li>Introductio</li></ul>			paint window	track
	6 9 20 6 9	n of			panie milaon	d)running(flat
		Seven Musical			<ul><li>File tab</li></ul>	race) 50 metres
	64 60 60	Notes: S R G			<ul> <li>Save</li> </ul>	e)Bunch start
		M P D			o open	f)obstacle
		N S/S N D P M			Home tab	course(zig zag
		GR			Line tool	
	Students stand in a	SDET	TTTDN	MOITA	Brush tool	running,jumping
अस्या	circle and make a	• Sargam	ILKI	ATTOM	<ul><li>Other shapes</li></ul>	over
अहम्	funny face	:song: Sa	II ACII N	JEW DE		hurdles,crawling
याञ्यः	/expression turn by	Se A	ILASH, I	TEW DE	o Triangle	through diggers)
अधिम	turn. Each child	Sagar Ki			o Stars	
	has to mimic the	Leherein			<ul> <li>Callouts</li> </ul>	
	previous	# Recognition				
	expression and make a new one	of				
	(observation skills)	musical notes		4-2/2/41		
	(ODSELVALION SKIIIS)	Hindi     Draveri				
	Hot seat	Prayer: Shanti				
	Hot scut	Do Hey				
		Prabhu				
		#Memorize the				
		lyrics				
	MANA - IN	191103				
	立之	INSTRUMENTAL				
	Interview accessor	MUSIC:				
	Interview session					
	by students	<ul><li>Introduction of</li></ul>				
	(introduce					

	themselves) One student sits in the Hot Seat. The rest of the class (or the teacher) takes turns asking questions. (speaking skills and logical thinking)	Musical Instruments along with Percussion instruments namely keyboard, guitar, congo, maracus and tambourine -Knowledge		
अहम् योग्यः अस्मि		•Familiarization of musical instruments Identificati on of various instruments •Learning & playing Sargams	ATIONA NEW DE	IOOL
	Children take turns picking a random prop (like a toy phone, crown,	SRGMPDN SNDPMGR		
	scarf, or spoon) from a box. They use their imagination to	CDEFGAB BAGFEDC		
	become a character or create a short scene using that prop —	-Finger Positioning  •Learning western		
	like pretending to be a chef, a magician, or a	notes -Identification of		

		superhero.	notes				
July Growing into greatness	Let's Talk  Familiarizing students with the correct pronunciation of words and help them to overcome stage fright  Growing into greatness  Spot and identify  (music & melodies)  Share your	Growing into Greatness  My joyful Holidays! (Summer Vacation) Children would share how they spent their summer vacations  I Am Becoming Children would choose something great they aspire to be (e.g., a kind friend, a brave firefighter, a helpful doctor, a teacher). They would use a	DANCE:  > Revision of previous lessons.: (clarity of body posture.)  > 'Tatkar' of tin taal.: (Clarity and speed of footwork.)  > New movements of kathak – "Pushpak".: (Proper lining of movements.)  > One semi	Vegetable in round  TERNA ILASH, N	Composition-How I spent time with my grandparents using geometrical shapes	G.K.  1.Parts of the body 2. The five senses 3. How many? 4.Current affairs 5. Mind quest  Computers  Mouse Handling  MS Paint  Initiating MS Paint  Toolbox Color Palette Rectangle	PE ( JULY)  Coordination and Balance 1)Bean bag balancing on different parts of the body 2)Balancing Beam 3)Fun games with bean bags  2)Practising bilateral coordination (using both sides of the body) through fun challenges.
	melodies)	firefighter, a helpful doctor, a teacher).	(Projection of			<ul><li>Toolbox</li><li>Color Palette</li></ul>	of the body) through fun

	अहम् राज्यः अस्मि	Act It Out: Greatness Moments Children would be divided into small groups and they have to act out short scenes where they show greatness in everyday life - like helping a friend, trying again after failing, standing up for someone, admitting a mistake etc.	INSTRUMENTAL MUSIC - JULY:  Introductio n of Musical Instruments along with Percussion instruments Knowledge • Learning & playing Sargams S R G M P D N S/S N D P M G R S. • SS RR GG MM PP DD NN SS/SS NN DD PP MM GG RR SS. • SRG RGM GMP MPD PDN DNS/ SND NDP DPM PMG MGR GRS • Finger Positioning	NTERNA ILASH, N	ATIONA NEW DE		IOOL
August Lead by Example, Inspire by	Story  https://youtu.b e/JnUB74Nxge	Lead by Example, Inspire by Action  Emotion Charades: Students would	> Revision of previous lessons. : (clarity of body	Hand Impression in clay study different doll	Continued with the composition	G.K. 1.School 2.National symbols 3.My India	BALL HANDLING DRILL SELECTION FOR JAM 1) Correct ball-

Action	Go around in a circle (game)  (Speaking, Listening and observation skills)  Lead by Example, Inspire by Action -Show and tell How can you be a good leader?	Excited Happy Jealous Joyful Lov Proud Sad Scared Shy Sil	VOCAL MUSIC:  School Song Patriotic Song: Hind Desh Ke Nivasi  #Singing together with others	NTERNA ILASH, N			throwing stance. 2) Target practice 3) Underarm and upper arm throw. 4) Correct technique of catching the ball ( plastic ball, tennis ball or any softball) 5) Bounce and trap 6) Dribbling & Fun games (crazy cones, four flags) Obstacle course 7) Track running (start)
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	अहम् राज्यः अस्मि	mimicking a sound and matching action (like "Buzz!" with flapping arms). The sound and action are passed from one child to the next.  Follow the leader—Reaction game Teacher will perform various reactions—like fear, yawning, excitement, shock etc and the children would quickly copy them.	INSTRUMENTAL MUSIC:  • Learning Rhythm through tapping of feet & clapping of hands - Applying rhythm • Learning nursery rhymes "Twinkle Twinkle Twinkle & London Bridge" - Application	NTERNA ILASH, N	ATIONA NEW DE	LHI	IOOL
September Tree of Change	Tree of Change  Role play- Show empathy to other children and	Tree of Change	DANCE:  > Revision of previous lessons. : (clarity of body posture.)	Fruits in round	An introduction to printmaking-Story illustration	G.K. 1.Lovely flowers 2.Leaves and plants 3.Animal planet 4.Unique animals	BALL HANDLING DRILL SELECTION FOR JAM 1) Correct ball-

la alua a fui:		> F atama (abaldon)			C.Cat affaire	the necessity of a second
help a frie		> 5 steps 'chakkar'		using block	5.Current affairs	throwing stance.
Recital	Super Skills	with 'tihai' no. 1. :		printing		2)Target practice
Necital	<u>Showcase</u>	(Stamina &			Computers	3)Underarm and
You can l	Students choose a	techniques.)			MS Paint	upper arm throw.
anything	Super Skill triey	> Last part of semi			Б	4)Correct
want	poodood of Would	classical dance:			Brush –	technique of
want	like to develop	"story of a peaceful			different sizes	catching the ball (
(Poems o	(e.g., singing,	day".: (Projection			<ul> <li>Selection</li> </ul>	plastic ball,
self-	acting, minning,	of style.)			<ul> <li>Copy and</li> </ul>	tennis ball or any
confiden	narrating a joke).	> Classical			Paste	softball)
Comident	' I mey prepare a	composition			<ul> <li>Cut and</li> </ul>	5)Bounce and
Story	short performance	"Durge Durge".:			Paste	trap
<u> </u>	showcasing this	(Projection of style			Curve Line	6)Dribbling &Fun
https://yo	outu.b skill.	with expression.)			• Curve Line	games (crazy
e/CCZY	ΓlwhD	,				cones, four flags)
U?si=8r3	Gratitude circle	VOCAL MUSIC:	TOTAL STREET	TTONI	AT COT	Obstacle course
qBIVd1r0	Children will sit in a	GOKE II	NIEKNA	ATION	AL SCI	7)Track running
3160	circle and each	<ul><li>Bhajan:</li></ul>	TT A COTT T			(start)
https://yo	outu.b child will share	Raghupati	ILASH, N	NEW DE	LHI	
e/IKKouR	leasV something he/she	Raghav	, , , , ,			
o?si=8Dr	1	<ul> <li>One song</li> </ul>				
CmGtdQd	TRf	for				
Let's talk	<b>Emotion Walk</b>	Samanjasy				
	Each child is	a				
Familiariz	•					
students	about different emotion	# Singing				
speak flu		together				
without	angry, scared).					
stammeri		INSTRUMENTAL				
and repet	tition walk across the	MUSIC -:				
of words.	room as if they are					
	feeling that	<ul> <li>Learning</li> </ul>				
Usage of		Rhythm				
expression	ons/b rest of the students	Single Beat,				
ody	have to guess the	Double Beat.				
language	/style) emotion.	1234 1234 123				
		4 1234				

	(Speaking and observation skills)	Use these emotion words to describe how you feel today.  **Today   FEEL    **Today    **Today	1 2  1234 1 2  1234  - Comprehe nding beats • Learning English song "We shall overcome"				
Footsteps to a Better Me	Footsteps to a Better Me  Talk and Spread  (Find out different ways of being positive)  (Students to talk to their friends about the ways of being positive)  (Speaking and observation skills)  Practice for	Freeze and Act!  Freeze and Act!  Teacher will call out a situation ("It's raining!" or "There's a dragon!"), and students have to act according to the situation. When the teacher will shout "Freeze!", everyone would have to hold their pose.  What's in the	> Revision of previous lessons.: (clarity of body posture.) > Last part of classical composition "Durge Durge".: (Projection of style with expression.) > Folk dance of Kashmir: (Boomro Boomro).: (Projection of style with expression.)  VOCAL MUSIC:  Introduction to Vocal Personalities.	flower in round	Continued with the story illustration	G.K.  1. Things we use 2. Hand in hand 3. Famous personalities 4. Current affairs  Computers MS Paint  Brush – different sizes Selection Copy and Paste Cut and Paste Curve Line Gradient coloring	PARACHUTE AND TRACK RUNNING  1)Boundary and different commands. 2)Line formation 3)Different shapes using parachutes (dome, mushroom, clubhouse, good night, good morning and popcorn.) 4)Personal space (with spot marker or without spot markers) 5)Obstacle race

	Conversations  Enactment and recitation/ narration of the poem/ story by the students.  (Memorization of the poem, loudness and clarity of voice, voice modulation, actions and expressions and eye contact)  Speaking and observation, thinking skills)	Teacher will place a box on a table. Students will come one by one and pick up slips from the box. They have to mime what's written on the slip and the rest of the class has to guess what each student is pretending to do. (e.g., holding a balloon, petting a puppy, lifting a heavy object). (Observation and thinking skills)	Unity     Song-     Ham     Honge     Kamyaab.  # Working together in team.  INSTRUMENTAL MUSIC:      Keyboard     playing     practices     CCEC CECE      CEFC CEEC     SRGM RGMP      GMPD MPDN      PDNS  etc.     Learning     English song     "Doe a Deer a     Female Deer"     Comprehe     nding notes     Samanjasya     Practice	NTERNA ILASH, N	ATIONA NEW DE		IOOL
November Footsteps to a Better	Shining Stars of Change Hip Hip	NOVEMBER  Footsteps to a Better Me	DANCE: > Revision of previous lessons. :	bird in round	Water resist painting an underwater scene	G.K.  1.Safe and sound  2.Reading signs  3.Houses of	PARACHUTE AND TRACK RUNNING(contd) 1)Boundary and different

		1				1	1
Me	<u>Hurrah!</u>	<u>Compliment</u>	(clarity of body			prayer	commands.
		<u>Circle</u>	posture.)			4.Current Affairs	2)Line formation
	Annual	<b>6 6 4</b>	> "Pranami Tukra"			in our one, and in o	3)Different
	presentation		(Kathak). :			Computers	shapes using
			(Projection of style)			MS Paint	parachutes
	Coordinate the		> Last part of			MO I allit	(dome,
	poem/convers	A A SA	Kashmiri folk			Brush –	mushroom,
	ations with the		dance. : (Projection			different	clubhouse, good
	play for annual	,3,	of style with			sizes	night, good
	presentation.	Students sit in a	expression.)				morning and
		circle. One child	expression.)			Selection	popcorn.)
	(Speaking and	starts by giving a	VOCAL MUSIC:			<ul> <li>Copy and</li> </ul>	4)Personal space
	<u>observation</u>	compliment to the	VOOAL MOOIO.			Paste	(with spot marker
	<u>skills)</u>	person next to	<ul> <li>Patriotic</li> </ul>			<ul> <li>Cut and</li> </ul>	or without spot
	(	them. That person	Song-			Paste	markers)
		then gives a	Saare			<ul> <li>Curve Line</li> </ul>	5)Obstacle race
	4	compliment to the	Jahan Se	JTERN	ATION	<ul> <li>Gradient</li> </ul>	TOOT.
	अहम	next person, and	Accha.		1110111	coloring	IOOL
	योग्यः	so on, until 📝 🗘 🧲	<ul><li>Song for A</li></ul>	ILASH, N	JEW DE	Coloning	
	अश्चिम	everyone has	Samanjasy	ILLIZADILI9 I			
	011-201	received and given	a				
		a compliment.					
			# Working				
		Mindful Listening	together in team.				
		INHALE OF	-				
		7-2 6	<ul><li>Taal</li></ul>				
		CALL.					
			INSTRUMENTAL				
		Teacher will play	MUSIC :				
		different kinds of					
		sounds. Children	<ul> <li>Keyboard</li> </ul>				
		will listen	playing				
		attentively. Later	practices				
		_	CCEC CECE				
		they will discuss	CEFC CEEC				
		what they heard	SRGM RGMP				
		and how it made	GMPD MPDN				
		them feel.	PDNS  etc.				

		(Listening, speaking and thinking skills)  Magic Prop Box	Learning Hindi song "Raghupati Raghav" - Comprehe nding notes Samanjasya Practice				
	अहम् राग्यः अस्मि	Children take turns picking a random prop (like a toy phone, crown, scarf, or spoon) from a box. They use their imagination to become a character or create a short scene using that prop — like pretending to be a chef, a magician, or a superhero.	GORE IN				IOOL
		Practice for the annual presentation					
December Shining Stars of	Growing into greatness Spot and	DECEMBER  Shining Stars of Change	DANCE:  > Revision of previous lessons. : (clarity of body	Composition- How I spent time with my grandparents using geometrical shapes	Continued with the water resist painting	G.K. 1.Famous monuments 2.Games	FUN GAMES AND OBSTACLE RACES

	T	T			T		T
Change	identify	Mirror Mirror	posture.)			<u>Computers</u>	
	1,	DRAMA GAME	> Preparation for "Samaniasva" (at			Paint 3D	Modified Tag
	(music &	OF THE WEEK	"Samanjasya". : (at			_	Games:
	melodies)	·	least 2/3 dances			<ul><li>Paint 3d</li></ul>	
			students will			Interface	"Freeze Tag":
	Share your		perform according			Tour.	When tagged,
	thoughts	25	to the theme>			<ul><li>Working with</li></ul>	kids freeze until
			Projection of style).			3D models	another player
	https://www.yo					02 11100010	unfreezes them.
	utube.com/wat	In this activity,	VOCAL MUSIC:				
	<u>ch?v=70j3xyu7</u>	students will break	100/12 11100101				"Animal Tag" with
	<u>OGw</u>	into pairs. One will	<ul> <li>Practice</li> </ul>				specific
		be A, and other will	for				movement rules:
		be B. On the	Samanjasy				Kids must move
		teacher's signal,	a				like the animal
	,	student A begins to	u				they are
		move very slowly.	INSTRUMENTAL	TTEDN	MOITA	AT CCL	imitating.
	अस्या	Student B has to	MUSIC :		ATTOM	AL SCI	IOOL
	अहम्	copy the	TOFIA	ILASH, N	JEW DE	TITT	Ball Games:
	योग्यः अस्मि	movement exactly	Finger	ILASII, I	TEW DE		
	311541	as if they are the	positions on				"Target Practice":
		reflection Student	Keyboard.				Set up targets
		A sees in a mirror.	Beats of				(cones, buckets)
			Indian National		91500		for kids to throw
		<b>Big Voice, Small</b>	Anthem,				or roll balls into.
		<u>Voice</u>	Vande				
			Matram, we	7,17,1			"Simple
			shall				Volleyball/Keep-
			overcome/Hum				Up": Use a
			Honge				lightweight ball
		1 1	Kamyab &				and have kids try
			school song.				to keep it in the
		Students would	Learning				air.
		speak a sentence	Christmas				
		in different ways:	carol "Jingle				
		"I found a puppy!"	Bells"				
		— in a whisper, a	Samanjasya				
		shout, a singing	Practice				
		3.1044, 4 311191119	riactice				

	अहम् रागिरा: अस्मि	famous	GORE IN TOF KA				IOOL
January  Dream big,	Shining Stars of Change	Dream Big, Change Bigger	> Preparation for	modelling lin clay modelling landscape study	Composition- What I want to	1.Festivals 2.Famous	Relay Races:  1) Beanbag

Change	Uin Uin		"Comoniosyo" : /st		be when I	nlacos	Polov: Tooms
<u>Change</u>	Hip Hip Hurrah!	Annual	"Samanjasya". : (at			places 3.Current affairs	Relay: Teams race to transfer
<u>Bigger</u>	Hullall:	Presentation	least 2/3 dances		grow up	3.Current analis	beanbags from
	Annual	Samanjasya	students will				one point to
	presentation	Coordinate the	perform according			Computers	another.
	procontation	scenes along with	to the theme>			Paint 3D	anouner.
	Coordinate the	dialogues for the	Projection of style).			Failit 3D	2)Object
	poem/convers	annual				<ul> <li>Painting on</li> </ul>	transport relays:
	ations with the	presentation.	<b>VOCAL MUSIC:</b>			3D objects.	where children
	play for annual	procontation:				1	must transport a
	presentation.		<ul><li>Alankar:2/</li></ul>			<ul> <li>2D Drawing Tools</li> </ul>	object, like a
			2			10015	stuffed animal, or
	(Speaking and		<ul><li>Unity</li></ul>				small block, from
	<u>observation</u>	A	Song:				one location to
	skills)		Bharat ke				another.
		- m	kone kone			~ ~ -	0) 01 (0)
		TA	se Kone Kone	NTERNA	ATION	AL SCI	3)Obstacle
	अहम्	TI 4 0	~ ~				Races
	योग्यः 📉	EAS	#Pronunciation	ILASH, N	NEW DE	LHI	4)Cone Courses
	अश्चिम		#1 TOTALICIATION	,			4)00116 0001363
			INSTRUMENTAL				
			MUSIC :				
			<ul> <li>Learning</li> </ul>				
			beats in the				
			style of ¾ i.e.,				
			triple beats				
			- Sensing				
			the types of				
			beats				
			Learning				
			English song				
			"Holi Holiday of				
			Boney M"				
			<ul> <li>Application</li> </ul>				

February / March	Dream big, Change Bigger	Dream Big, Change Bigger  Comedy Circus Presenting a comical scene (Speaking and observation skills)  Favourite cartoon character enactment Each student enacts his/her favourite cartoon character and delivers dialogues accordingly.  Puppet Theatre	DANCE:  > Revision of previous lessons.: (clarity of body posture.) > Free style dance: "Bandhan khula panchhi uda".: (Projection of style.) > Introduction of a few "Hasta Mudras".: (Oral communication skills with knowledge.)  VOCAL MUSIC:  • Revision of songs INSTRUMENT AL MUSIC:  • Playing English song "Make me a Channel of your Peace" - Application	Continued with the composition	Continued with the composition	G.K.  1.Revision of all previous concepts  2.Current affairs  Computers Lightbot Programming  Walk Forward  Turn 90° to right  Turn 90° to left  Jump Execute the programme by clicking on RUN	1)Hoop Challenges  .  2)Tunnel and Crawl  3)Balance Beam/Line Walking  .  4)Hurdle Hops  5)Combined Obstacle Courses  6)Running to cones, then jumping through hoops, and crawling through a tunnel.

div of cre de	udents will be vided into groups 4-5. They will eate puppets and evelop a story volving their		
inv	volving their		
pu	oup will perform		
the	eir puppet show.		



## उत्तर है। TAGORE INTERNATIONAL S EAST OF KAILASH, NEW DELHI TAGORE INTERNATIONAL SCHOOL