

GRADE 3 CURRICULUM (ACADEMIC SESSION: 2021-22)

SUBJECT: ENGLISH

BOOK: ENRICHING ENGLISH READER (COLLINS)

MONTH	CONTENT	LEARNING OUTCOMES	ACTIVITIES
TERM I			
APRIL	Enriching English Reader The Wind (Poem) The Golden Swan (Chapter) Grammar <ul style="list-style-type: none"> • Sentence Framing • Nouns- Common, Proper, Collective • Adjectives 	<ul style="list-style-type: none"> • Identifying the different parts of a sentence- subject and predicate • Understanding the different types of nouns and their correct usage in sentences • Identification and usage of adjectives in sentences 	Popcorn Adjectives- Make a popcorn box on paper and pop out at least 10 adjectives to describe the hot, crispy, buttery popcorn. You are my Buddy- Learners will write names of their 3 friends in 3 hearts and for each friend, they will write that one quality that makes them their buddy.
MAY	Enriching English Reader Drip, Drip (Chapter) Grammar <ul style="list-style-type: none"> • Synonyms • Antonyms 	<ul style="list-style-type: none"> • Understanding the difference between synonyms and antonyms • Identifying words that can be used as synonyms and antonyms • Usage of synonyms and antonyms effectively in writing 	Synonyms-Antonyms Flowers- Learners will choose any 2 words of their choice and write them in 2 flowers. Thereafter, search for at least 3 antonyms and synonyms for these words and write in the flowers' petals.
JULY	Enriching English Reader A Butterfly Smile (Chapter) My Magic Hat is Marvelous (Poem) Grammar <ul style="list-style-type: none"> • Pronouns • Verbs • Articles 	<ul style="list-style-type: none"> • Understanding the correct usage of definite and indefinite articles • Recognition of words that can be used as pronouns and their usage • Enhancing of writing skills by adding the usage of verbs in it • Identifying various action words and comprehending their use at appropriate places 	Dumb Charades- show actions as hints for others to recognize the verb Differentiation between masculine, feminine, you and me pronouns and showcasing the understanding of the different pronouns through their correct usage in sentences Each learner to share a word which is used with an article under the exception rule to demonstrate their understanding- an hour, an

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			honest man, the unicorn pencil
AUGUST	Enriching English Reader Paplu, the Giant (Comic) Grammar <ul style="list-style-type: none"> Punctuation Adverbs 	<ul style="list-style-type: none"> Recognizing the different types of adverbs and the usage of each Understanding the difference between adjectives and adverbs Comprehending the usage of correct punctuation marks at correct places to create meaningful sentences Understanding the importance of adding punctuation marks 	Adverbs Ice-Cream Cone- explaining the different types of adverbs Learners to read a story without punctuation marks and understand the importance of these marks. They will then frame their own stories with and without punctuation marks and recognize the difference they create.
SEPTEMBER	Enriching English Reader The Lion and the Mouse (Poem) Sam and the Dragon (Chapter) Grammar <ul style="list-style-type: none"> Prepositions 	<ul style="list-style-type: none"> Defining, identifying and using appropriate prepositions Understanding their importance in the structure of a sentence 	Where can I find.....??? - Learners to select any one object and share different places where they can find the same using prepositions Research on different wildlife sanctuaries of India and their importance in conservation of wildlife Creating a mythical creature , giving it a unique name and writing about its strengths and weaknesses
TERM II			
OCTOBER	Enriching English Reader The Messie Genie (Chapter) Litterbug (Poem) Grammar <ul style="list-style-type: none"> Singular- Plural Paragraph Writing 	<ul style="list-style-type: none"> Differentiating the singular and the plural forms of nouns Understanding the rules to convert singular into plural forms Recognizing the structure of a good paragraph and its various elements Enhancing creative thinking and writing skills by framing effective paragraphs 	Writing paragraphs using the Hamburger Technique Creative Writing on a. If I were a tree... b. If I were God... c. If I could talk to an animal, we shall talk about... My Pocket Full of Plural Fries- Learners to make paper pockets on sheets and write one rule on each for

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			<p>conversion from singular to plural. They will then write the plural form of the various words announced by the mentor and put it in the correct pocket as per the conversion rule.</p> <p>Poster Making on 'Swachh Bharat'</p>
NOVEMBER	<p>Enriching English Reader Heidi Meets Grandfather (Chapter) Grammar</p> <ul style="list-style-type: none"> • Homophones • Letter Writing 	<ul style="list-style-type: none"> • Recognizing words and their spellings that form homophone sets • Assigning of correct meaning to each word of the homophone sets • Understanding the difference between formal and informal letters • Learning the format of an informal letter 	<p>Homophone Pair-Pear Tree-Writing as many homophones as possible (introductory activity)</p> <p>Homophone Comic Strip- Conversation between two friends using homophones</p> <p>Informal Letter Writing checklist- understanding the elements of an informal letter</p> <p>Writing a letter to their grandparents telling them how special they are</p> <p>Writing a gratitude letter to God</p> <p>Writing a letter to their future self</p>
DECEMBER	<p>Enriching English Reader True Friends (Chapter) Grammar Tenses- Past, Present and Future</p>	<ul style="list-style-type: none"> • Identifying verbs in their different forms- past, present and future • Converting verbs from one form to another • Differentiating between regular and irregular verbs • Creating meaningful sentences using different forms of tenses 	<p>Learners will create a timeline of their lives using Past, Present and Future Tenses</p> <p>Writing about their experience of virtual learning during the pandemic</p> <p>Tenses Crossword Group Work- Learners to choose a verb of their</p>

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			choice. All 3 members of the group to work on framing a story, each member using that verb in one tense – past, present and future
JANUARY	Enriching English Reader Foolish Jack (Chapter) Grammar Contractions Conjunctions	<ul style="list-style-type: none"> • Comprehending the meaning and usage of contractions • Understanding the contracted and the expanded form of words that form contractions • Understanding the correct usage of apostrophe while forming contractions • Identifying and creating compound sentences using conjunctions 	Contraction Cup Cakes- write various contractions, the words that are contracted to form the contraction and the correct usage of apostrophe FANBOYS- learn the most commonly used conjunctions through a mnemonic and frame sentences
FEBRUARY	Enriching English Reader Star Tales (Chapter) The Pyramids of Egypt (Chapter- Leisure Reading) Grammar Use of question marks and exclamation marks <ul style="list-style-type: none"> • Changing statements into questions 	<ul style="list-style-type: none"> • Correctly using question marks and exclamation marks and identifying the difference between their usage • Framing appropriate questions based on the given statements • Converting questions into meaningful statements 	Design and write about your own constellation Learners will frame a conversation with sentences ending only with question marks and exclamation marks
MARCH	Enriching English Reader The Star (Poem) (Leisure Reading) Grammar Revision	<ul style="list-style-type: none"> • Recapitulation of all grammatical concepts covered throughout the year 	Revising the various PARTS OF SPEECH through activity sheets

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SUBJECT: ENVIRONMENTAL SCIENCE
BOOK: EMPOWERING SCIENCE

MONTH	CONTENT	LEARNING OUTCOMES	ACTIVITIES
TERM I			
APRIL	General awareness Ch-1 People who help us Ch-2 These flyers <u>Concepts covered-</u> <ul style="list-style-type: none"> • Our emotions, self-esteem, safety circle • Different occupations • Community helpers • Beaks, feathers and claws of birds Nest of birds	<ul style="list-style-type: none"> • Learn about safe and unsafe situations • Learn the importance of having a positive self-esteem • Learn to identify helpers with different occupations • Learn to identify birds based on their beaks, feathers and claws Understand the process of migration in birds 	Learners will trace and make a cut out of their hands and use these cut-outs to write five ways in which they can extend help in school as well as at home. Learners to see videos on birds after which their respective sections are named. Thereafter, they will write 5 interesting facts about the particular bird, related to its habitat, feathers, flight, vision and beak.
MAY	Ch- 3 We need water Ch- 4 Boond- The raindrop! <u>Concepts covered-</u> <ul style="list-style-type: none"> • Forms of water • Water cycle Conservation of water	<ul style="list-style-type: none"> • Learn about the various sources and forms of water • Understand the importance of conservation of water • Learn about the process of the water cycle • Learn about the reasons for water shortage 	Learners will walk around their homes and find 3 places where water is used. Make a chart using the given points to show how water can be used judiciously. Discuss the chart with their family members and see how much water they can save!
JULY	Ch-5 Creepy and Crawly Ch-6 Where do we live? Ch-15 My lovely family <u>Concepts covered-</u> <ul style="list-style-type: none"> • Different types of insects • Types of houses • Different types of families Family tree	<ul style="list-style-type: none"> • Learn about the body parts of insects along with harmful and useful insects • Learn about the different types of houses found in different geographical regions • Understand the various relationships and dynamics that exist in a family • Learn about the family tree 	Bug bites - Learners will draw and write about life cycles of different insects
AUGUST	Ch- 17 Let us communicate	<ul style="list-style-type: none"> • Learn about different means of communication 	Let Us Design Newspapers Learners will design their

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	<p>Ch- 18 Some people are special</p> <p><u>Concepts covered-</u></p> <ul style="list-style-type: none"> Different means of communication <p>Sign language</p>	<ul style="list-style-type: none"> Learn the importance of mass communication Learn about Braille script and sign language <p>Develop an appreciation for achievers who are specially-abled</p>	<p>own newspapers with sections on National and International News, Sports, Education, Weather, Puzzles etc.</p>
SEPTEMBER	<p>Ch- 10 The world of animals</p> <p>Ch- 11 Animals in our homes</p> <p><u>Concepts covered-</u></p> <ul style="list-style-type: none"> Feeding habit of animal <p>Different types of shelters for pets and domestic animals</p>	<ul style="list-style-type: none"> Learn to classify animals based on their size, eating habits and habitats. Learn the importance of taking good care of pets Understand the usefulness of various animals Understand ways to maintain pest-free homes 	<p>Vertebrates on my fingertips – learners to note down five different vertebrates found in the animal kingdom</p> <p>Energy pyramid – Learners to depict food pyramid to understand how energy flows through our ecosystem</p>
TERM II			
OCTOBER	<p>Ch- 12 The Kingdom of plants</p> <p>Ch- 13 Leaves in our lives</p> <p>Ch- 14 Pottery</p> <p><u>Concepts covered-</u></p> <ul style="list-style-type: none"> Classification and uses of plants Parts of plant and leaf with their functions Discovery of potter’s wheel Types of pots and Indian pottery 	<ul style="list-style-type: none"> Learn to classify plants based on their size and habitats Learn about the usefulness of plants Discover newly developed plant varieties Learn about parts and functions of leaves Learn about pottery from different regions of the country Understand the techniques of pottery making 	<p>Learners to understand the importance of compost and write steps for creating compost</p> <p>Research on non-edible and edible leaves/plants</p> <p>Visit a pottery factory</p>
NOVEMBER	<p>Ch-7. Textiles</p> <p>Ch-16 Maps and directions</p> <p><u>Concepts covered-</u></p> <ul style="list-style-type: none"> Sources, types of fibres and fabrics 	<ul style="list-style-type: none"> Acquire knowledge about natural and man-made fibres Textiles famous in different states. Learn about cardinal and inter-cardinal directions Learn the usage of symbols on a map 	<p>Organizing a textile exhibition wherein learners will get different fabrics from different regions of India</p> <p>Map Work – Learners will mark India’s neighbouring</p>

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	<ul style="list-style-type: none"> Knitting and weaving <ul style="list-style-type: none"> Directions 		countries, Haryana and New Delhi along with three water bodies surrounding India
DECEMBER	Ch- 8 Playtime Ch-9 Travel Time <u>Concepts covered-</u> <ul style="list-style-type: none"> Types of games Importance of games History of transport Means of transport 	<ul style="list-style-type: none"> Understand the importance of games and learn about Olympics and the latest adventure sports Learn about the games played in olden times like Gilli-Danda etc. Learn about the evolution of transport and the three modes of transport Learn about some special means of transport like fire engine etc. 	Designing of travel brochures of their favourite travel destination JAM session on ‘My favourite Sport/ Sportsperson’
JANUARY	Ch- 19 Food we eat <u>Concepts covered-</u> <ul style="list-style-type: none"> Sources of food-plants and animals Nutrients of food Balanced diet	<ul style="list-style-type: none"> Learn about the importance of a balanced diet Understand the food pyramid and various food groups Learn about the sources of food (plants and animals) 	My Salad Bar – Learners will bring healthy ingredients and prepare their own salad in the class
FEBRUARY	Ch- 20 Cooking time <u>Concepts covered-</u> Different types of cooking processes and the fuel used	<ul style="list-style-type: none"> Learn about different methods of cooking Learn to differentiate between healthy and unhealthy methods of cooking Learn about different vessels, fuels and stoves used for cooking 	From Kitchen to Platter – Learners will bring a nutritious tiffin and share the nutritional value of the same along with the method applied for cooking
MARCH	Heavenly Bodies <u>Concepts covered-</u> <ul style="list-style-type: none"> solar system constellations satellites	<ul style="list-style-type: none"> Enhance knowledge about our solar system Understand about constellations Learn about natural and artificial satellites 	Designing their own spacesuit Revision of Concepts covered through quizzes and games

GRADE 3 CURRICULUM (ACADEMIC SESSION: 2021-22)
SUBJECT: MATHEMATICS
BOOK: MATHS XPRESS (MACMILLAN EDUCATION)

MONTH	CONTENT	LEARNING OUTCOMES	ACTIVITIES
TERM I			
APRIL	Ch: Large Numbers <u>Concepts Covered-</u> <ul style="list-style-type: none"> Expanded Form and Short Form of 4- Digit Numbers Place Value and Face Value of 4 Digit Numbers Comparing and Ordering of 4 Digit Numbers Rounding Off to the Nearest 10 Formation of Numbers Odd and Even Numbers Simple Word Problems	<ul style="list-style-type: none"> Understand place value and face value up to 4-digit numbers Round off numbers to nearest 10 Compare 4-digit numbers and arrange them in ascending and descending order. Understand odd and even numbers 	<u>My Birthday Cake</u> Based on the understanding of the concepts from the tutorial shared, learners to create their own 3-layered cake depicting the different place values of their favorite 3-digit number.
MAY	Ch: Addition <u>Concepts Covered-</u> <ul style="list-style-type: none"> Addition of 3 And 4 Digit Numbers with and Without Carryover Statement Sums	<ul style="list-style-type: none"> Perform addition of 4-digit numbers with and without regrouping Understanding various vocabulary terms like the predecessor, successor, etc. 	<u>Let's make a BINGO!</u> A fun-filled Bingo Game will be shared with the learners to further practice and understand the concept of Addition.
JULY	Ch: Subtraction <u>Concepts Covered-</u> <ul style="list-style-type: none"> Subtraction of 3 And 4 Digit Numbers with and Without Borrowing Statement Sums 	<ul style="list-style-type: none"> Perform subtraction of 4-digit numbers with and without regrouping Applying the rules of subtracting 	<u>We Are the Subtraction Detectives:</u> Learners to complete the given subtraction bonds. Learners will frame story sums on subtraction based on the pictures shown to them.
AUGUST	Ch: Multiplication <u>Concepts Covered-</u> <ul style="list-style-type: none"> Tables till 15 Multiplication with 10, 100 And 1000 Multiplication with and Without Regrouping Multiplication by 2 And 3 Digit Numbers 	<ul style="list-style-type: none"> Understanding the terms like product, factors and other keywords associated with multiplication Learn and understand properties of multiplication 	<u>Multiplication War:</u> Partners will take turns to throw dice and form numbers. These numbers will then be multiplied and the partner with the higher product will be the winner.

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	Statement Sums		
SEPTEMBER	Ch: Multiplication <u>Concepts Covered-</u> <ul style="list-style-type: none"> Multiplication by 2 And 3 Digit Numbers Statement Sums 	<ul style="list-style-type: none"> Perform multiplication of 3 digit numbers with 1 and 2 digit numbers with and without regrouping 	Turtle head method for double-digit multiplication
TERM II			
OCTOBER	Ch: Division <u>Concepts Covered-</u> <ul style="list-style-type: none"> Introduction Using Equal Grouping and Repeated Subtraction Relation between Multiplication and Division 	<ul style="list-style-type: none"> Understanding of the inverse relationship between multiplication and division Learn to define terms like dividend, quotient and remainder 	Making multiplication and division fact cards Find the matching pairs of socks using division
NOVEMBER	Ch: Division <u>Concepts covered-</u> <ul style="list-style-type: none"> Long and Short Division with and Without Remainder Statement Sums Ch: Metric Measures <u>Concepts covered-</u> <ul style="list-style-type: none"> Measurement of length, weight and capacity 	<ul style="list-style-type: none"> Carry out the short and long division with and without remainder. Understand the measurement of length, weight and capacity using standard units Estimate and measure length and distance, weigh objects using standard units compare the capacity of different containers using non-standard units 	Division Mnemonics for steps in the long division – Dangerous (Divide) monkeys (Multiply) Swipe (Subtract) Bananas (Bring Down) Measure Me Please – Learners will bring empty tetra packs/packets of food items and will list the measurement of various components such as calcium, iron, carbohydrates, etc. Measurement in Real Life - Learners to measure different items in their surroundings based on standard units of measurements
DECEMBER	Ch: Time <u>Concepts Covered-</u> <ul style="list-style-type: none"> Reading Time on the clock Quarter Past and Quarter to The Hour 	<ul style="list-style-type: none"> Read time on an analog clock upto 5 minutes of correctness Understand the concept of am and pm Conversion of hours, minutes and seconds Understanding history of time 	Make the timeline of your parent's / grandparent's life Calendar activity: learners to get a calendar and answer related questions

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	<ul style="list-style-type: none"> Telling time to 5 Minutes Correctness Telling the Time Before and After Conversions of Days, Hours, Minutes and seconds Estimating Time Calendar Leap Year <p>Timeline</p>	<ul style="list-style-type: none"> Calculate time intervals/ duration of daily life events by using forward or backward counting/ addition or subtraction 	
JANUARY	<p>Ch: Fractions</p> <p><u>Concepts Covered-</u></p> <ul style="list-style-type: none"> Introduction of fractions as part of a whole and collection Numerator and Denominator of a fraction Types of fractions Properties of fractions Statement Sums 	<ul style="list-style-type: none"> Understand fractions as part of a whole and collection Numerator and denominator of a fraction Types of fractions: like and unlike fractions Understanding properties of fractions 	<p>My Fraction Art Project-</p> <p>Learners to create their own patterns and find the fractions of these patterns made by them</p> <p>Learners will write the fraction of vowels and consonants in their names</p>
FEBRUARY	<p>Ch: Money</p> <p><u>Concepts Covered-</u></p> <ul style="list-style-type: none"> Expressing money in words and figures Addition & subtraction Multiplication & division of money Statement Sums Making bills <p>Ch: Pattern and Symmetry</p> <p><u>Concepts Covered-</u></p> <ul style="list-style-type: none"> Natural and man-made patterns Types of Patterns 	<ul style="list-style-type: none"> Learn to count and express money in words and figures Understand making of bills Learn to add, subtract, multiply and divide the money Understand the terms – Debit, Credit and Balance Learn about the currencies used in different parts of the world Identify natural and man-made patterns Identifying 2D and 3D shapes Understanding the concept of symmetry; learn to draw a line of symmetry 	<p>My Passbook - To inculcate the habit of savings, learners created their passbooks entries (debit and credit)</p> <p>Symmetry and pattern in flowers and leaves will be identified</p>

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	<ul style="list-style-type: none"> • Patterns in Numbers 		
MARCH	<p>Ch: Shapes <u>Concepts Covered-</u></p> <ul style="list-style-type: none"> • Flat and Curved Surfaces • Faces, edges and vertices • Curved and straight lines • Plane Shapes <p>Ch: Data Handling <u>Concepts Covered-</u></p> <ul style="list-style-type: none"> • Collecting and representing data • Construction and interpretation of pictograph and bar graph 	<ul style="list-style-type: none"> • Identifying 2D and 3D shapes • Understanding the concept of symmetry; learn to draw a line of symmetry • Learn about different methods of cooking • Learn to differentiate between healthy and unhealthy methods of cooking • Learn about different vessels, fuels and stoves used for cooking 	<p>Make A Bar Graph by collecting data from their class about birthday months/ third language selected</p> <p>Create different models using 3D shape</p>

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**SUBJECT: HINDI
BOOK: SUNEHRI DHOOP**

महीना	विषय	परिणाम	गतिविधियाँ
सत्र 1			
अप्रैल	सुनहरी धूप <ul style="list-style-type: none"> कविता- कौन सिखाता है? पाठ- अनोखा जादू खेल का व्याकरण <ul style="list-style-type: none"> भाषा, वर्णमाला संज्ञा मात्रा अभ्यास (आ) 	<ul style="list-style-type: none"> प्रकृति का परोपकारी रूप उत्साह, दूसरों को समझना, गंदी आदतों से दूर रहना 	अपने आस-पास दिखने वाली ५ (5) संज्ञा वस्तुओं का चित्र बनाकर तथा उनके नाम लिखकर उनमें रंग भरिए।
मई	सुनहरी धूप <ul style="list-style-type: none"> पाठ- छोटा रोबोट व्याकरण <ul style="list-style-type: none"> 'र' के रूप विराम चिह्न मात्रा अभ्यास (इ, ई) 	<ul style="list-style-type: none"> वैज्ञानिक दृष्टिकोण का विकास 	किन्हीं दो वैज्ञानिकों के नाम और उनके अविष्कार
जुलाई	सुनहरी धूप <ul style="list-style-type: none"> कविता- वर्षा रानी व्याकरण <ul style="list-style-type: none"> सर्वनाम क्रिया अनुस्वार तथा अनुनासिक शब्द मात्रा अभ्यास (उ, ऊ) 	<ul style="list-style-type: none"> प्रकृति प्रेम और उल्लास की भावनाएँ प्रकृति से आत्मीय संबंध, उत्साह, उमंग 	वर्षा ऋतु पर कविता की ५-६ (5-6) पंक्तियाँ बनाकर लिखिए तथा वर्षा ऋतु का चित्र बनाकर रंग भरिए।
अगस्त	सुनहरी धूप <ul style="list-style-type: none"> पाठ- चतुर तेनालीरामन पाठ- खेल-खेल में 	<ul style="list-style-type: none"> मित्रता, खेल भावना, एकता, चुस्ती-फुर्ती चतुराई, हाज़िरजवाबी एवं बुद्धि का सही उपयोग करना 	तेनालीरामन की कोई भी मनपसंद कहानी याद करें तथा कक्षा में सुनाएँ।

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	व्याकरण <ul style="list-style-type: none"> विशेषण दिन और महीने मात्रा अभ्यास(ए, ऐ) 		आपको कौन-सा खेल खेलना पसंद है, चित्र के माध्यम से लिखें।
सितम्बर	सुनहरी धूप <ul style="list-style-type: none"> पाठ- यह दीवाली याद रहेगी पाठ- बहादुर बच्चे व्याकरण <ul style="list-style-type: none"> वचन लिंग मात्रा अभ्यास (ओ, औ)	<ul style="list-style-type: none"> निर्धन लोगों की सेवा की भावना उत्पन्न, सांस्कृतिक एकता का विकास वीरता, चतुराई, सच्ची नागरिकता, साहस, जोखिम उठाने की भावना आदि का विकास 	अपनी मनपसंद रंगोली बनाएँ। कोई भी एक बहादुरी का किस्सा कक्षा में सुनाएँ।
सत्र २			
अक्टूबर	सुनहरी धूप <ul style="list-style-type: none"> पाठ- समस्या ऐसे सुलझी कविता- पोषम पा भई पोषम पा व्याकरण <ul style="list-style-type: none"> विपरीत शब्द अपठित गद्यांश 	<ul style="list-style-type: none"> साफ़-सफ़ाई का महत्व, दूसरों का ध्यान रखना स्वच्छता, पर्यावरण की सुरक्षा का महत्व प्रकृति सुरक्षा, वृक्षारोपण, आपसी आत्मीय संबंध 	पर्यावरण की रक्षा करना क्यों आवश्यक है?
नवंबर	सुनहरी धूप <ul style="list-style-type: none"> कविता- शहर का बच्चा, गाँव का बच्चा पाठ- साइकिल मिल गई व्याकरण <ul style="list-style-type: none"> संख्याएँ मुहावरे 	<ul style="list-style-type: none"> तार्किक सोच का विकास, कल्पनाशक्ति का विकास, रहन-सहन के अंतर को समझना कर्मठता का महत्व समझना, परिश्रम की भावना जागृत करना 	गाँव और शहर का अंतर दर्शाते हुए एक पोस्टर बनाओ। साइकिल चलाना हमारे स्वास्थ्य के लिए कैसे लाभदायक है?
दिसंबर	सुनहरी धूप <ul style="list-style-type: none"> कविता- पृथ्वी 	<ul style="list-style-type: none"> वैज्ञानिक दृष्टिकोण, सदैव कार्यरत रहने की भावना 	दिन और रात कैसे बनते हैं?

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	<ul style="list-style-type: none"> पाठ- यूलिसिस और पॉलीफीमिस <p>व्याकरण</p> <ul style="list-style-type: none"> अनेकार्थी शब्द अनौपचारिक पत्र 	<ul style="list-style-type: none"> बुद्धिमानी, चतुराई, एकता आदि का महत्व 	महीनों के अनुसार त्योहारों के नाम लिखें।
जनवरी	<p>सुनहरी धूप</p> <p>व्याकरण</p> <p>कहानी लेखन</p>	<ul style="list-style-type: none"> विवेक की सीख, समझदारी, वैज्ञानिक दृष्टिकोण 	अगर टी.वी न होता तो क्या होता?
फरवरी	<p>सुनहरी धूप</p> <ul style="list-style-type: none"> पाठ- जन्मदिन का उपहार <p>व्याकरण</p> <ul style="list-style-type: none"> समानार्थी शब्द <p>अनेक शब्दों के लिए एक शब्द</p>	<ul style="list-style-type: none"> मानवीय संबंध स्थापित करना, मित्रतापूर्ण व्यवहार सीखना 	मित्र के जन्मदिन पर कार्ड
मार्च	<ul style="list-style-type: none"> व्याकरण की पुनरावृत्ति चित्र लेखन 		

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SUBJECT: COMPUTER APPLICATIONS

BOOK-TOOL 16

MONTH	CONTENT	LEARNING OUTCOMES	ACTIVITIES
TERM I			
APRIL	Parts of a Computer	<ul style="list-style-type: none"> Identify basic parts of a computer and their functions Understand the working of IPO cycle Understand advantages and disadvantages of a computer 	Identify and classify various parts of computer as Input/Output/Process devices Using MS Word , make a list of main parts of computer and peripheral devices Classify various keys of the keyboard basis their function Guess the computer part basis the given clues
MAY	Hardware and Software	<ul style="list-style-type: none"> Differentiate between Hardware and Software parts of computer Understand different types of Hardware and Software 	Mind Mapping: Classify into Software and Hardware devices Research on any input/output/processing devices and share interesting facts Identify various logo as Application/System Software
JULY	<ul style="list-style-type: none"> Tux Paint 	<ul style="list-style-type: none"> Identify and understand different tools of Tux Paint Draw/Paint different free hand shapes Apply magic effects 	Draw on the topic 'My Dream Destination' using Tux Paint application/My Trip to Space Draw an aquarium/ Underwater scene using the supporting stamps and effects Research and Class Presentation of Different Software / Hardware
AUGUST	Understanding Windows 10	<ul style="list-style-type: none"> Understand features of Windows 10 Select and deselect the icons on the Desktop Arrange and sort the icons Change the Desktop background and Screensaver 	Change the Desktop background Create a Screen saver with a slogan on patriotism/Motivational quote Learners will draw on the topic – Freedom/Independence day using MS Paint/Tux Paint application Draw a Taskbar Bookmark Design their own logo
SEPTEMBER	Working with Paint <ul style="list-style-type: none"> Revision – Term I 	<ul style="list-style-type: none"> Understand features of MS Paint application 	Research on My favourite gadget highlighting 'Life with and without it'

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		<ul style="list-style-type: none"> • Draw patterns and shapes using various tools • Save and open a drawing in MS Paint 	<p>Design Rangoli patterns using MS Paint</p> <p>Using MS Paint/Tux Paint, design theme related objects using the required tools</p>
TERM II			
OCTOBER	Editing text in MS Word 2016	<ul style="list-style-type: none"> • Start MS Word 2016 • Open a Word document • Enter, select, edit text in a document • Use Spelling and Grammar, and Thesaurus • Save a document 	<p>Talk about 'My Favourite IT Guru'</p> <p>Draw MS Word Shortcut Keys Tree on A4 sheet or MS Paint/MS Word</p> <p>Design a poster on Green Clean India and invitation to Halloween party</p>
NOVEMBER	Formatting a Document	<ul style="list-style-type: none"> • Change Font type, colour and alignment of the text • Apply Borders and Shading • Apply Subscript and Superscript • Apply Drop Cap effect 	<p>Design an Awareness poster on 'Safe Diwali' or 'Say No to Plastics' using MS Word</p> <p>Type a Thanksgiving letter</p> <p>Design a Diwali Scene</p>
DECEMBER	Introduction to Scratch	<ul style="list-style-type: none"> • Start Scratch 2 application • Understand main components of Scratch • Move a Sprite • Open and Save a Scratch project 	<p>iSprite: Act as Sprites and follow the commands</p> <p>Using MS Word, design a poster on Christmas Carnival/New year Greeting card using MS Word</p> <p>Using Scratch, animate your name alphabets</p>
JANUARY	Simple Movement of Sprite	<ul style="list-style-type: none"> • Create a new project • Change the appearance of a Sprite • Repeat actions in a loop • Add sound 	<p>Using Scratch, design a Colourful Infinity Ring</p> <p>Change the costume of the Sprites</p> <p>Make the Sprites converse using various blocks</p> <p>Make the sprites change costume with sound effects and create dance show</p>
FEBRUARY-MARCH	Recapitulation	<ul style="list-style-type: none"> • Recap of Editing and Formatting in MS Word • Recap of Simple movement of Sprite in a Scratch project 	<p>Using Scratch, make colorful patterns with various blocks</p> <p>Design a poster on 'Road Safety'</p>

GRADE 3 CURRICULUM (ACADEMIC SESSION: 2021-22)

SUBJECT: SPATIAL INTELLIGENCE AND CODING

MONTH	CONTENT	LEARNING OUTCOMES	ACTIVITIES
TERM I			
APRIL	Code, Coding and Programmers	<ul style="list-style-type: none"> To understand terms like code, coding and programmers. 	<p>Presentation on Code, Coding and Programmers</p> <p>Learners will understand different terms like Code, coding and programmers through a PowerPoint presentation.</p>
MAY	Sequences and Patterns	<ul style="list-style-type: none"> To understand sequences. To understand patterns. To understand different types of sequences. To understand different types of patterns. To understand sequences with and without a Colour Code. To understand different types of sequences. To understand different types of patterns. To understand sequences with and without a Colour Code. 	<p>Sequencing with Shapes</p> <p>Learners will learn how to create different sequences using shapes</p> <p>Sequence with and without Colour Code</p> <p>Learners will learn about different sequences and patterns based on the Colour code.</p>
JULY	Trudi Level 1	<ul style="list-style-type: none"> To understand the concept of Shadows. To understand the various equipment's in a Trudi Kit. To understand terms like Front View, Side View. 	<p>My Trudi Kit</p> <p>Learners will learn about different equipment's in a Trudi Kit.</p> <p>My Trudi figure</p> <p>Learners will create a Trudi Figure of their own.</p>
AUGUST	Trudi Level 1	<ul style="list-style-type: none"> To understand creation of a Trudi Figure. 	<p>Trudi Figure</p> <p>Learners will learn how to create a Trudi figure looking at the Side view of the figure.</p>
SEPTEMBER	How to create an Application	<ul style="list-style-type: none"> To understand how to create an Application on a platform named Code.org. 	<p>To change the background of the screen using 1 button</p> <p>Learners will learn how to create an application with one button to change the screen colour.</p>

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TERM II

TERM II			
OCTOBER	How to create an Application	<ul style="list-style-type: none"> To understand how to create an Application on a platform named Code.org. 	<p>To change the background of the screen using multiple buttons.</p> <p>Learners will learn how to create an application with multiple buttons to change the screen colour with multiple colour options.</p>
NOVEMBER	Trudi Level 2	<ul style="list-style-type: none"> To understand creation of a Trudi Figure using Trudi Level 2 book where the level of difficulty increases 	Learners will learn how to create a Trudi figure looking at the Side view of the figure and drawing the Front View on paper.
DECEMBER	Maps and Directions	<ul style="list-style-type: none"> To understand usage of a Map To understand different directions 	<p>Blocklie</p> <p>Learners will code a Robot to reach the destination.</p>
JANUARY	Maps and Directions	<ul style="list-style-type: none"> To understand usage of a Map To understand different directions 	<p>Blocklie</p> <p>Learners will code a Robot to reach the destination.</p>
FEBRUARY	Trudi Level 3	To understand creation of a Trudi Figure using Trudi Level 3 book where the level of difficulty increases.	<p>Trudi Level 3</p> <p>Learners will learn how to create a Trudi figure looking at the Side view of the figure and drawing the Front View on paper.</p>
MARCH	Trudi Level 3	To understand creation of a Trudi Figure using Trudi Level 3 book where the level of difficulty increases.	<p>Trudi Level 3</p> <p>Learners will learn how to create a Trudi figure looking at the Side view of the figure and drawing the Front View on paper.</p>

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SUBJECT: INDIAN VOCAL MUSIC

MONTH	CONTENT	LEARNING OUTCOMES	ACTIVITIES
TERM I			
APRIL	Alankar Palta Welcome Song	<ul style="list-style-type: none"> To improve their voice clarity. Learn to sing together as a unit. Learn to welcome new things with positivity in all aspects. 	Basic of Vocal will be taught to learners. Exercise for Voice modulation will be conducted. Introduction to welcome Song.
MAY	Devotional Song Fun Classes	<ul style="list-style-type: none"> Learn to be positive and calm their mind. Perform on the songs in front of all the learners which will boost their confidence. 	Introduction to Devotional Songs. Learner will sing their favourite songs.
JULY	Water Song National Song	<ul style="list-style-type: none"> Understand the importance of water. Identify country's heritage and learn the importance of national song & national anthem. 	Explaining the importance of water will be taught to the learners through related songs. Learners will be taught national song (Vande Mataram).
AUGUST	Patriotic Songs Religious songs	<ul style="list-style-type: none"> Understand the feeling of attachment and love for the Nation. Impart peace and positive energy among students. 	Learners will be taught Krishna Bhajan & Raksha Bandhan song.
SEPTEMBER	Motivational song Gandhi Jayanti Revision	<ul style="list-style-type: none"> Motivated to lift themselves up. Gain the opportunity to know Gandhi Ji's contribution in country's freedom. Recall the songs 	Introduction to motivational song. Song related to Bapu and short story of Gandhi ji will be taught to learners.
TERM II			
OCTOBER	Festival Fun Class	<ul style="list-style-type: none"> Encourage students to appreciate their own as well as other's culture and traditions. Learners get the opportunity to perform their favourite songs in front of all the learners which boosts their confidence. 	Learners will be taught Bhajan. Learner will sing their favourite songs.
NOVEMBER	Theory Guru-Nanak Jayanti	<ul style="list-style-type: none"> Understanding of Rhythm and Swar. 	Learners will be taught Saptak, Taal, Swar, Aroha-Avaroha.

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			Learners will be taught Nanak Vani.
DECEMBER	Motivational Song	<ul style="list-style-type: none"> Get motivated to do something special for others 	Continued learning of motivational songs
JANUARY	Republic Day – Patriotic Song	<ul style="list-style-type: none"> Understand about Country's rich culture and heritage. 	Patriotic songs will be taught.
FEBRUARY	Prayer / Bhajan Taal	<ul style="list-style-type: none"> Prayer/Bhajan help students to quiet their mind and also help them to calm and relax. It will help learners to understand Rhythm. 	Learners will be taught-Teen Taal
MARCH	Revision Passing the lyrics	<ul style="list-style-type: none"> Learners will recall all the songs by heart. It helps learners to increase their focus and concentration. 	Recap of the songs Jam session - Learners will be asked to pick up the lyrics and sing from where the last person has left.

SUBJECT: DANCE

MONTH	CONTENT	LEARNING OUTCOMES	ACTIVITIES
TERM I			
APRIL	Numbers	<ul style="list-style-type: none"> Choreography will be taught related to the theme. Understand the magic of numbers in dance lesson. 	EVERY STEP COUNTS Hip Hop Dance on counts
MAY	Birds	<ul style="list-style-type: none"> Learn about the different types of birds, their hand movements and body language. Understand the theme and easily connect with the choreography. 	FEEL FREE Free Style
JULY	Water	<ul style="list-style-type: none"> Understand the value of water and it's important. Learn rhythmic steps based on water sounds. Choreography will be taught in every class accordingly songs/music. 	BOOND BOOND SE SAGAR BANE – Group Dance Indian Folk Style- Bheel Dance
AUGUST	Patriotism	<ul style="list-style-type: none"> Learn patriotic values. Learn choreography on patriotic songs. 	AZAADI KI LEHER Bollywood Style

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SEPTEMBER	Animals	<ul style="list-style-type: none"> Learn about the various kinds of body movements, gestures and postures of animal kingdom. Incorporate movements in dance steps such as flying of a bird, roaring of a lion etc. 	EXPRESSIONS ARE A POWERFUL MODE OF COMMUNICATION (Instrumental) African Tribal Dance
TERM II			
OCTOBER	Best out of waste	<ul style="list-style-type: none"> Explain the importance of recycling old and waste items. Dance using props selected by learners from the waste items kept at home will be taught. 	REDUCE-REUSE-RECYCLE Prop Dance
NOVEMBER	Textiles	<ul style="list-style-type: none"> The rich culture and traditions across different states will be introduced The journey of cloth from farm to fabric will be explained explicitly through dance. 	TRADITIONAL TO MODERN ERA Fusion Dance
DECEMBER	Time	<ul style="list-style-type: none"> Understand the importance of time through dance lessons Journey of human evolution will be taught through a song. They will learn various dance movements and will be able to show the importance of time in dance. 	LEH DHARA Kathak Style
JANUARY	Fractions	<ul style="list-style-type: none"> Math will be integrated with dance wherein learners will be taught about fractions and using the same in their dance steps. Props will be used to depict fractions such as half-filled bottle, etc. 	PAPER DANCE Creative Dance Form
FEBRUARY	Food	<ul style="list-style-type: none"> Learners will be apprised about the diversity in food habits across India. Regional dances will be introduced 	KHAO PIYO AISH KARO MITRO Bhangra Dance
MARCH	Evaluation	<ul style="list-style-type: none"> Revision of different dance styles taught during the year. 	Revision of all the lessons

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SUBJECT: INSTRUMENTAL MUSIC

MONTH	CONTENT	LEARNING OUTCOMES	ACTIVITIES
TERM I			
APRIL	Introducing musical instruments and exercise	<ul style="list-style-type: none"> Learners will be able to learn difference and types of instrument. Learners would be able to practice/play a basic finger exercises of hand on instrument. 	Introducing musical instruments and its types Basic finger exercise for Guitar and Keyboard Hand open up exercise for drums/percussion
MAY	Music theory Chords Single stroke on Drums Song	<ul style="list-style-type: none"> Learners would know the musical notes and its values. Learners will also know what chords on instruments is. Learners will be able to play an E minor and E major chord. 	E minor, E major chord on guitar/keyboard. Hand open up single stroke exercise. Whole note and half note strumming pattern. Song on theme
JULY	4/4 Beats Strumming pattern Song	<ul style="list-style-type: none"> Learners will know what is quarter note beat and how can we use this beat on instruments. Learners will learn how to strum on quarter note beat. 	Quarter note strumming pattern on instrument Quarter note rhythmic pattern Song on theme
AUGUST	Chords 4/4 note beat	<ul style="list-style-type: none"> Learners will know what is Eight note beat. Learners will know how to count 8th note beat and how can we use this beat on instruments. 	D major and A major chord on instrument. Eight note rhythmic pattern.
SEPTEMBER	Chord Shifting Rhythmic Fills Song on theme	<ul style="list-style-type: none"> Learners will learn how to shift the chord slowly step by step. Learners will know what is fills and how can we use this fills to complete a beat on instruments. 	Chord shifting of E major, A major and D major

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			Implementing fills to complete eight note rhythmic patterns.
TERM II			
OCTOBER	Chord shifting Eight note beat with fills	<ul style="list-style-type: none"> Learners will know how to play a chord G major. Learners will learn how to shift the chord using stone stepping method. Learners will learn eight note beat using all our four limbs adding fills to complete a beat. 	G major chord on instrument. Chord shifting practice of E major, A major, D major. Eight note beat practice with fills.
NOVEMBER	Chord Progression Chord 16th note beat	<ul style="list-style-type: none"> Learners will know what is progression and how can we use progression to play using musical note values. Learners will know the chord progression of A major which are A+D+E major. Learners will know how to count and play 16th note beat. 	Chord progression of A major. C major chord. 16 th note rhythmic pattern.
DECEMBER	Chord shifting 16th note drum fill	<ul style="list-style-type: none"> Learners will know how to shift the chords step by step using note values. Learners will know how to play a fills on 16th note beat. 	Chord shifting practice of G major, C major, D major using whole, half, and quarter note strumming pattern 16 th note fills
JANUARY	Six note beat Six note beat strumming pattern. Chord	<ul style="list-style-type: none"> Learners will know what is 6 note beat and how to play a six note beat counting step by step. Learners will know how to play a six note strumming pattern. Learners will know the chord B major. 	Six note beat using quarter note. Six beat strumming patterns. B major chord

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FEBRUARY	Chord Six note beat fills	<ul style="list-style-type: none"> • Since learners know how to play 6 note beat, learners will able to play a chord using 6th note beat. • Learners will know how to play a six note rhythmic fills with a six note beat. 	<p>F major chord on instrument.</p> <p>Six note beat fill applying them with six note beat.</p>
MARCH	Chord progression Drums 4/4 beat +6/4 beat revision	<ul style="list-style-type: none"> • Learners will be revising all the chord progression using all the note strumming pattern. • Learners will be revising all the rhythmic pattern and beats using fills. 	<p>Chord progression of G Major, C major, A major and using them with all three strumming pattern.</p>

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SUBJECT: ART

MONTH	CONTENT	LEARNING OUTCOMES	ACTIVITIES
TERM I			
APRIL	Numbers	<ul style="list-style-type: none"> Learn an international form of art Learn how to create doodle with imagination Develop creativity and imagination through activity. Learner will express their feeling. 	Doodle Art
MAY	Birds	<ul style="list-style-type: none"> Learn An Indian Art form and know about the famous artists Learn birds and its characteristics Develop creativity and imagination through activity. Learn how to draw traditional designs Develop Drawing and coloring skills. 	Madhubani Art
JULY	Water	<ul style="list-style-type: none"> Learn how to draw sea creatures and shade them with oil pastels Learn how to use different color medium Develop drawing and coloring skills Develop creativity and imagination through activity. Improve their spatial visualization skill. 	Sea Scape- shading with oil pastels
AUGUST	Patriotism	<ul style="list-style-type: none"> Learn how to give the evening effect through this activity. Develop creativity and imagination through activity. Develop Drawing and coloring technique. 	Silhouette painting- scenery On Independence Day

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		<ul style="list-style-type: none"> • Learner will express their feeling. • Improve their spatial visualization skill. 	
SEPTEMBER	Animals	<ul style="list-style-type: none"> • Learn about Zentangle art and the famous artists • Learn how to create different lines and patterns. • Develop ability to explore and express through the activity • Improve their spatial visualization skill. • Develop patience 	Zentangle Art
• TERM II			
OCTOBER	Best out of waste	<ul style="list-style-type: none"> • Learn an Indian folk art form • Learn how to make warli figure with easy step • Develop creativity and imagination through activity. • Learn how to handle the water colors • Develop patience 	Warli Art – painting on news paper
NOVEMBER	Textiles	<ul style="list-style-type: none"> • Learn different types of design and patterns • Learn how to draw 2D and 3D shapes • Learn how to shade with watercolors • Develop ability to explore and express through the activity • Develop hand eye coordination, fine motor skill and mental concentration. 	Design- geometrical pattern
DECEMBER	Time	<ul style="list-style-type: none"> • Learn about modern art and 	Modern Art

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		<p>the famous artists</p> <ul style="list-style-type: none"> • Develop ability to explore and express through the activity • Improve their spatial visualization skill. • Develop patience 	
JANUARY	Fractions	<ul style="list-style-type: none"> • Learn new form of art and its famous artist • Learn about time and period • Learn how to give different effects in art • Develop creativity and imagination through activity. • Develop Drawing and coloring technique. 	Mandala Art- Black & white VS colours
FEBRUARY	Food	<ul style="list-style-type: none"> • Learn an international art form and the famous artists • Develop the skills and technique • Develop creativity and imagination through activity. • Learn how to use different colour combination. 	Mosaic Art – fruit
MARCH	Evaluation	<ul style="list-style-type: none"> • Learn Calligraphy art • Express your love through activity • Develop drawing and coloring technique • Develop creativity and imagination through activity. • Develop hand eye coordination, fine motor skill and mental concentration 	Calligraphy

GRADE 3 CURRICULUM (ACADEMIC SESSION: 2021-22)

SUBJECT: CRAFT

MONTH	CONTENT	LEARNING OUTCOMES	ACTIVITIES
TERM I			
APRIL	Numbers	<ul style="list-style-type: none"> • Learn different lines and patterns. • Develop creativity and technique. • Develop cutting and pasting technique • Improve their spatial visualization skill. • Develop hand eye coordination, fine motor skill and mental concentration. 	Coaster making
MAY	Birds	<ul style="list-style-type: none"> • Learn about different types of envelopes • Learn how to use different material. • Develop creativity and technique. • Develop cutting and pasting technique 	Bird Envelope
JULY	Water	<ul style="list-style-type: none"> • Learn about different types of Puppets. • Learn the technique and skill to create creativity craft • Learn how to use different material. • Develop cutting and pasting technique 	Animal Stick Puppet
AUGUST	Patriotism	<ul style="list-style-type: none"> • Learn about national festival and their 	Paper Fan- Tricolour

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		<p>importance</p> <ul style="list-style-type: none"> • Learn how to make paper fun • Learn the technique and skill to make a creative craft • Develop cutting and pasting technique 	
SEPTEMBER	Animals	<ul style="list-style-type: none"> • Develop skills and technique and use best out of waste • Learn how to make a pen holder. • Develop hand-eye coordination, fine motor skill and mental concentration • Learn the technique and skill to make a creative craft 	Pen Stand with Bottles
• TERM II			
OCTOBER	Best out of waste	<ul style="list-style-type: none"> • Learn about types of masks and how to create with easy steps. • Develop hand eye coordination, fine motor skill and mental concentration • Learn the technique and skill to make a creative craft 	Mask making
NOVEMBER	Textiles	<ul style="list-style-type: none"> • Learn about textiles and different types of designs. • Learn how to create a jumpsuit card. 	Card- Jumpsuit

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		<ul style="list-style-type: none"> • Develop hand-eye coordination, fine motor skill and mental concentration • Learn the technique and skill to make a creative craft 	
DECEMBER	Time	<ul style="list-style-type: none"> • Learn what is a wall hanging and how to create it. • Develop cutting and pasting skills • Develop hand-eye coordination, fine motor skill and mental concentration • Learn the technique and skill to make a creative craft 	Wall Hanging
JANUARY	Fractions	<ul style="list-style-type: none"> • Learn different Flowers and leaves. • Develop creativity and technique. • Develop cutting and pasting technique • Improve their spatial visualization skill. • Develop hand-eye coordination, fine motor skill and mental concentration. 	Paper Flowers
FEBRUARY	Food	<ul style="list-style-type: none"> • Learn about different fruits • Develop creativity and 	Key Chain making

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		<p>technique.</p> <ul style="list-style-type: none"> • Develop cutting and pasting technique • Improve their spatial visualization skill. • Develop hand-eye coordination, fine motor skill and mental concentration. 	
MARCH	Evaluation	<ul style="list-style-type: none"> • Learn calligraphy art. • Learn how to make scroll • Express your love through activity • Develop drawing and coloring technique • Develop creativity and imagination through activity. • Develop hand-eye coordination, fine motor skill and mental concentration 	Thank you Scroll

GRADE 3 CURRICULUM (ACADEMIC SESSION: 2021-22)

SUBJECT: PHYSICAL EDUCATION (SKILL BASED GAMES)

MONTH	CONTENT	LEARNING OUTCOMES	ACTIVITIES
TERM I			
APRIL	Development of Responsible Behavior General and Specific exercises Calisthenics exercises	<ul style="list-style-type: none"> Improves neuro-muscular coordination of the learners. Develop gross- motor skills. Encourage children to follow the instructions and to do correct exercises. 	<p>Endurance, Speed, Coordinative Abilities, Strength and Flexibility</p> <p>Command and Demonstration method</p> <p>General warm-up exercises Toe-to-Head – Head –to –toe</p> <p>Attention, Stand-at-ease, Right turn, Left turn, About turn Quick march etc.</p> <p>Dodgeball recreational activity</p>
MAY	Introduction of all Individual and team games. Development of Motor Skills	<ul style="list-style-type: none"> Develop gross motor skills. Gross motor skills are those that involve large muscle groups, such as walking, running, and throwing & catching a ball, and they have an impact on things like your child's co-ordination and balance. Increase fitness. Boost social skills. Build self-confidence. Improve mental wellbeing. 	<p>CRICKET</p> <p>Introduction of respective sports</p> <p>Demonstration of Technique a) Shadow practice, with and without equipment</p> <p>Fundamental skills (grip, stance, catching, throwing, batting, bowling etc)</p> <p>Games drills</p> <p>Modified game</p>
JULY	Introduction of Khelo India fitness Assessment (1 st Term)	<ul style="list-style-type: none"> Prevent Falls Allow faster recovery from injury Improve coordination and Increase your muscle power. 	<p>Body Composition (BMI)</p> <p>Flamingo Balance test – Assesses the strength of the leg, back and abdominal muscles</p>

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			Plate tapping—Measures speed and co-ordination of upper limb movements
AUGUST	<ul style="list-style-type: none"> Development of Motor Skills Intra Section Cricket Competition <p>NATIONAL SPORTS DAY</p>	<ul style="list-style-type: none"> Growth in confidence in your team. Improved listening and communication skills. Break complex tasks into parts and steps. Plan and manage time. Refine understanding through discussion and explanation. Give and receive feedback on performance. Challenge assumptions. Develop stronger communication skills. 	<p>Practical Implementation of rules and regulations</p> <p>Development of leadership quality</p> <p>Individual Tactics Group Tactics</p>
SEPTEMBER	<p>Development of Motor Skills</p> <p>Rules and Regulations</p> <p>WALKTHON-WALK FOR PEACE</p>	<ul style="list-style-type: none"> Improve Cardiovascular Health. Lower Body Fat and Improves Muscle Tone. Build Muscle Strength. Increase Bone Strength. Teaches Coordination. Promote Teamwork and Sharing. Increase Cognitive Brain Function. Increase Confidence and Self-esteem, and Helps to Reduce Anxiety. 	<p>SOCCER</p> <p>Introduction of respective sports</p> <p>Fundamental skills</p> <p>Games drills</p> <p>Modified games (Rooball) 7vs 7 5VS 5</p>
TERM II			
OCTOBER	<p>Development of Gross Motor Skills</p> <p>Details of TRACK AND FIELD EVENTS</p>	<ul style="list-style-type: none"> Self-confidence and self-esteem. That handshake after winning develops self-esteem. Teamwork is key to success. Leadership. In sports, there is leadership. Social Skills. Sports brings people together. Discipline Brainpower Career and passion 	<p>ATHLETICS</p> <p>Introduction of respective events</p> <p>Running Starting position Running position Finishing position Throwing events i. Shotput throw</p>

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			ii. Javelin throw Jumping events
NOVEMBER	FIT India School Week (Physical fitness a way of life) Introduction of KHO-KHO Game	<ul style="list-style-type: none"> It helps in better coordination and flexibility. Kho-Kho helps the children to off depression, anxiety, stress, and increase self-esteem. It develops team spirit and leadership skills 	Fitness Assessment Poster making competition Sports Quiz Indigenous game Yoga Callisthenic Exercises Zumba Basic rules and regulations
DECEMBER	Introduction of Khelo India fitness Assessment (2 nd Term)	<ul style="list-style-type: none"> Learn how your movement patterns contribute to your exercise routine and daily life. Develop a personal awareness of your physical health. Establish attainable goals and maintain accountability. 	<ul style="list-style-type: none"> Body Composition (BMI) Flamingo Balance test –Assesses the strength of the leg, back and abdominal muscles Plate tapping—Measures speed and co-ordination of upper limb movements
JANUARY	Development of Movement Patterns	<ul style="list-style-type: none"> Burn calories (an hour of basketball can burn 630–750 calories) Build endurance. Improve balance and coordination. Develop concentration and self-discipline. Build up muscle. 	BASKETBALL Fundamental Skills (Passing, Dribbling, etc) Modified games Defend the cone Tag game Complete the numbers(passing)
FEBRUARY	Introduction of Recreational Games and activities to	<ul style="list-style-type: none"> develop acceleration, speed and your anaerobic fitness. Increase a runner’s flexibility, range of motion, and core strength. They 	Shuttle Run Sack Race Hurdle Race

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	improve motor skills	<p>should be integrated in as part of your dynamic flexibility routine.</p> <ul style="list-style-type: none"> Allow runners to participate in multi-day stage events without having to run the ultra length distances many multi-day stage events typically require. 	<p>Relay race with bean bags</p> <p>Scoop race</p> <p>Domes and dishes fun games</p>
MARCH	Development of Movement Patterns	<ul style="list-style-type: none"> Game-based learning is designed to improve retention. Game-based training functions around two main learning philosophies: practice testing and distributed practice. 	<p>Cricket, Soccer, Basketball</p> <p>Games Drills</p> <p>Modified Games</p> <p>Knowledge of famous Players and Tournament</p>

SUBJECT- YOGA

MONTH	CONTENT	LEARNING OUTCOMES	ACTIVITIES
TERM I			
APRIL	Numbers	<ul style="list-style-type: none"> Improves balance and coordinate with body Controls your emotions and calms the mind Encourage children to follow the instructions and to do correct exercises. 	<p>Om chanting</p> <p>Introduction of yoga</p> <p>Tree pose</p> <p>Zebra pose</p> <p>Crocodile pose</p> <p>Kangaroos pose</p>
MAY	Birds	<ul style="list-style-type: none"> Improves balance and coordination of body movements Stretching exercises helps to enhance the flexibility Increase self-awareness 	<p>Om chanting</p> <p>Gyan mudra</p> <p>Pigeon pose</p> <p>Peacock pose</p> <p>Hen pose</p> <p>Flamingo pose</p> <p>Robin pose</p> <p>Crow pose</p>
JULY	Water	<ul style="list-style-type: none"> It calms your mind 	<p>Gayatri mantra</p> <p>Snake pose</p>

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		<ul style="list-style-type: none"> Breathing exercises help improve the respiratory system Improves coordination and Increase awareness 	<p>Hippo pose Shark pose Starfish pose Dolphin pose</p> <p>Sheetal pranyama</p>
AUGUST	Patriotism	<ul style="list-style-type: none"> Helps improve neuromuscular coordination Stimulates function of abdominal organs Builds self-confidence. 	<p>Gayatri mantra Tree pose Triangle pose Dancing ganesha pose Butterfly pose Anulom vilom</p>
SEPTEMBER	Animals	<ul style="list-style-type: none"> Improves Cardiovascular Health Improve balance and Strengthens muscle and Increase your consciousness Increase Confidence and Self-esteem Helps to Reduce Anxiety 	<p>Om chanting Zebra pose Gorilla pose Kangaroo pose Monkey pose Polar pose Lion pose Tiger pose Bhramari pranyama</p>
TERM II			
OCTOBER	Best out of waste	<ul style="list-style-type: none"> Help dissipates anger Helps tone the leg muscles 	<p>Om chanting Star pose Rainbow pose Giraffe pose Horse pose Cobra pose</p> <p>Bhramari pranayama</p>
NOVEMBER	Textiles	<ul style="list-style-type: none"> Help relieve stress Strengthen abdominal, hip flexor and spine Improve digestion 	<p>Om chanting Boat pose Bow pose Bridge pose Cat pose</p>

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		<ul style="list-style-type: none"> Improves posture and balance 	Chair pose Child pose Kapalbhati
DECEMBER	Time	<ul style="list-style-type: none"> Help manage stress Promote self-care 	Om chanting Crocodile pose Pig pose Nataraja pose Warriors pose Butterfly pose Child pose
JANUARY	Fractions	<ul style="list-style-type: none"> Increase strength, endurance and flexibility Develop concentration and self-discipline. Help to regulate digestion 	Om chanting Seeds pose Kites pose Flower pose Tree pose Dancing Ganesh pose Mountain pose Dolphin pose Anulom vilom
FEBRUARY	Food	<ul style="list-style-type: none"> Encourage mindfulness which in turn helps promote healthy eating habits Help maintaining a balanced metabolism 	Om chanting Jam pose Sandwich pose Porridge pose Cheese pose Pancake pose Yogurt pose Shavasana
MARCH	Recap	<ul style="list-style-type: none"> Relieve constipation Strengthen pelvic muscle Reduce lower back pain Improve tiredness and fatigue 	Om chanting Nataraja pose Chair pose Cobra pose Swimming pose Rock and roll pose Anulom vilom