



# NOPANY HIGH

(I.C.S.E. & I.S.C Affiliated)  
2-C, Nando Mullick Lane, Kolkata - 700006

## Syllabus

Academic Session: (2024-2025)

Class: XII (Comm) (Unit –I)

### SUBJECT : English Language (Commerce)

**Textbook Name : Total English**  
**Publisher : Morning Star**

MONTH	TOPIC	NO. OF PERIODS	WORKSHEETS/ACTIVITY
April'24	1. Statement of Purpose	4	
	2. Class Test	1	
	3. Test paper 2 (grammar)	1	Worksheet
May'24	1. Film Review	4	Worksheet
June'24	1. Cultural review	2	Worksheet
July'24	1. Test paper 3	1	
	2. Test paper 4	1	
	3. Test paper 5	1	Worksheet
	4. Test paper 6	1	
	5. Class test	1	
	6. Proposal writing (revision)	3	
	7. Article writing (revision)	2	
Aug'24	1. Report writing (revision)	2	Worksheet
	2. Speech Writing (revision)	2	
Oct'24	1. Test paper 7 and 8	2	
	2. Test paper 9	1	
	3. Class test	1	Worksheet

	4. Test paper 10	1	
	5. Test paper 11	1	<b>Worksheet will be provided</b>
<b>Nov'24</b>	1. Test paper 12	1	<b>Worksheet will be provided</b>
	2. Test paper 13	1	<b>Worksheet will be provided</b>
	3. Test paper 14	1	
	4. Class test	1	<b>Worksheet will be provided</b>
	5. Revision	2	
<b>Project</b>	An Autobiographical experience		<b>Submission date - 31st July 2024</b>
<b>Note: The above mentioned no. of periods may vary</b>			

**SUBJECT : English Literature**

**Textbook Name :Macbeth  
Prism  
Rhapsody**

<b>MONTH</b>	<b>TOPIC</b>	<b>NO. OF PERIODS</b>	<b>WORKSHEETS/ACTIVITY</b>
<b>April'24</b>	1.Macbeth Act 3 scenes 1,2 and 3	<b>6</b>	
	2.Telephone Conversation	3	Worksheet will be provided
	Class Test	1	
<b>May'24</b>	1.Macbeth Act 3 scenes 4,5 and 6	<b>3</b>	
	Class Test	1	
	2. Atithi	5	Worksheet will be provided
	Class Test	1	
<b>June'24</b>	1.Act 4 scene 1 and 2	2	
	2. Tithonus	3	Worksheet will be provided
	Class Test	1	
<b>July'24</b>	<b>1. Act 4 scene 3</b>	<b>2</b>	<b>Worksheet</b>
	<b>2. The Cookie Lady</b>	<b>3</b>	
	<b>3.Beethoven</b>	<b>3</b>	
	<b>Class test</b>	<b>1</b>	
<b>August24</b>	1. There will come soft rain	3	<b>Worksheet</b>
	2. Small towns and the river	3	
	Class test	1	

**SUBJECT : Mathematics**

**Textbook Name : ISC Mathematics (XII) (Volume I & II)**

**Author : M L AGGARWAL**

**Publisher : Avichal Publishing Company**

MONTH	TOPIC	NO.OF PERIODS	WORKSHEETS /ACTIVITY
April'24	<b>SECTION - A</b>		
	<p><b>1. Relations and Functions</b></p> <ul style="list-style-type: none"> <li>• <i>Relations as:</i> <ul style="list-style-type: none"> <li>➤ <i>Relation on a set A</i></li> <li>➤ <i>Identity relation, empty relation, universal relation.</i></li> <li>➤ <i>Types of Relations: reflexive, symmetric, transitive and equivalence relation.</i></li> </ul> </li> <li>• <i>Functions:</i> <ul style="list-style-type: none"> <li>➤ <i>As special relations, concept of writing "y is a function of x" as <math>y = f(x)</math>.</i></li> <li>➤ <i>Types: one to one, many to one, into, onto.</i></li> <li>➤ <i>Real Valued function.</i></li> <li>➤ <i>Domain and range of a function.</i></li> <li>➤ <i>Conditions of invertibility.</i></li> <li>➤ <i>Invertible functions (algebraic functions only).</i></li> </ul> </li> </ul>	5	Worksheet will be provided
	Class Test	1	
	<p><b>2. Inverse Trigonometric Functions</b></p> <p>Definition, domain, range, principal value branch. Graphs of inverse trigonometric functions. Elementary properties of inverse trigonometric functions.</p> <ul style="list-style-type: none"> <li>➤ <i>Principal values.</i></li> <li>➤ <i><math>\sin^{-1}x, \cos^{-1}x, \tan^{-1}x</math> etc. and their graphs.</i></li> <li>➤ <i>-Formulae for <math>2\sin^{-1}x, 2\cos^{-1}x, 2\tan^{-1}x, 3\tan^{-1}x</math> etc. and application of these formulae.</i></li> </ul>	5	Worksheet will be provided
	Class Test	1	
	<p><b>3. Matrices</b></p> <p>Concept, notation, order, equality, types of matrices,</p>	5	Worksheet will be provided

	<ul style="list-style-type: none"> <li>• zero and identity matrix, transpose of a matrix, symmetric and skew symmetric matrices.</li> <li>• Operation on matrices: Addition and multiplication and multiplication with a scalar. Simple properties of addition, multiplication and scalar multiplication.</li> </ul> <p>Non-commutativity of multiplication of matrices and existence of non-zero matrices whose product is the zero matrix (restrict to square matrices of order upto 3).</p> <ul style="list-style-type: none"> <li>• Concept of elementary row and column operations.</li> <li>• Invertible matrices and proof of the uniqueness of inverse, if it exists (here all matrices will have real entries).</li> </ul>		
May'24	<ul style="list-style-type: none"> <li>• <b>Determinants</b> <ul style="list-style-type: none"> <li>• Determinant of a square matrix (up to 3 x 3 matrices),</li> <li>• Properties of determinants, minors, co-factors and applications of determinants in finding the area of a triangle.</li> <li>• Adjoint and inverse of a square matrix. Consistency, inconsistency and number of solutions of system of linear equations by examples, solving system of linear equations in two or three variables (having unique solution) using inverse of a matrix.</li> <li>• <i>Types of matrices (<math>m \times n</math>; <math>m, n \leq 3</math>), order; Identity matrix, Diagonal matrix.</i></li> <li>• <i>Symmetric, Skew symmetric.</i></li> <li>• <i>Operation – addition, subtraction, multiplication of a matrix with scalar, multiplication of two matrices (the compatibility).</i> <ul style="list-style-type: none"> <li>• <i>Singular and non-singular matrices.</i></li> <li>• <i>Existence of two non-zero matrices whose product is a zero matrix.</i></li> <li>• <i>Inverse (<math>2 \times 2</math>, <math>3 \times 3</math>)</i></li> <li>• <i>Martin's Rule (i.e. using matrices)</i></li> <li>• <i>Problems based on above.</i></li> </ul> </li> </ul> </li> </ul> <p><b>NOTE :</b> <i>The conditions for consistency of equations in two and three variables, using matrices, are to be covered.</i></p>	8	Worksheet will be provided

	<p><b>Determinants -</b></p> <p>Order.</p> <ul style="list-style-type: none"> <li>➤ Minors.</li> <li>➤ Cofactors.</li> <li>➤ Expansion.</li> <li>➤ Applications of determinants in finding the area of triangle and collinearity. <ul style="list-style-type: none"> <li>• Properties of determinants. Problems based on properties of determinants.</li> </ul> </li> </ul>		
	Class Test	1	
June'24	<p><b>5. Continuity &amp; Differentiability</b></p> <p>Derivatives of logarithmic and exponential functions. Logarithmic differentiation, derivative of functions expressed in parametric forms. Second order derivatives. Rolle's and Lagrange's Mean Value Theorems (without proof) and their geometric interpretation.</p> <ul style="list-style-type: none"> <li>• <b>Continuity</b> <ul style="list-style-type: none"> <li>➤ Continuity of a function at a point <math>x = a</math>.</li> <li>➤ Continuity of a function in an interval.</li> <li>➤ Algebra of continuous function.</li> <li>➤ Removable discontinuity.</li> </ul> </li> <li>• <b>Differentiation</b> <ul style="list-style-type: none"> <li>➤ Concept of continuity and differentiability of <math> x </math>, <math>[x]</math>, etc.</li> <li>➤ Derivatives of trigonometric functions.</li> <li>➤ Derivatives of exponential functions.</li> <li>➤ Derivatives of logarithmic functions.</li> <li>➤ Derivatives of inverse trigonometric functions - differentiation by means of substitution.</li> <li>➤ Derivatives of implicit functions and chain rule.</li> <li>➤ <math>e</math> for composite functions.</li> <li>➤ Derivatives of Parametric functions.</li> <li>➤ Differentiation of a function with respect to another function e.g. differentiation of <math>\sin x^3</math> with respect to <math>x^3</math>.</li> <li>➤ Logarithmic Differentiation - Finding <math>dy/dx</math> when <math>y = x^{x^x}</math>.</li> <li>➤ Successive differentiation up to 2<sup>nd</sup> order.</li> </ul> </li> </ul>	15	Worksheet will be provided

	<i><b>NOTE :</b> Derivatives of composite functions using chain rule.</i>		
	Class Test	1	
<b>July'24</b>	<p><b>6. Integrals</b></p> <p><i>Indefinite integral</i></p> <ul style="list-style-type: none"> <li>➤ <i>Integration as the inverse of differentiation.</i></li> <li>➤ <i>Anti-derivatives of polynomials and functions <math>(ax + b)^n</math>, <math>\sin x</math>, <math>\cos x</math>, <math>\sec^2 x</math>, <math>\operatorname{cosec}^2 x</math> etc .</i></li> <li>➤ <i>Integrals of the type <math>\sin^2 x</math>, <math>\sin^3 x</math>, <math>\sin^4 x</math>, <math>\cos^2 x</math>, <math>\cos^3 x</math>, <math>\cos^4 x</math>.</i></li> <li>➤ <i>Integration of <math>1/x</math>, <math>e^x</math>.</i></li> <li>➤ <i>Integration by substitution.</i></li> <li>➤ <i>Integrals of the type <math>f'(x)[f(x)]^n</math></i></li> <li>➤ <i>Integration of <math>\tan x</math>, <math>\cot x</math>, <math>\sec x</math>, <math>\operatorname{cosec} x</math>.</i></li> <li>➤ <i>Integration by parts.</i></li> <li>➤ <i>Integration using partial fractions.</i></li> </ul>	15	Worksheet will be provided
	Class Test	1	
<b>August'24</b>	<p style="text-align: center;"><b>SECTION B</b></p> <p><b>Vectors</b></p> <ul style="list-style-type: none"> <li>➤ <i>As directed line segments.</i></li> <li>➤ <i>Magnitude and direction of a vector.</i></li> <li>➤ <i>Types: equal vectors, unit vectors, zero vector.</i></li> <li>➤ <i>Position vector.</i></li> <li>➤ <i>Components of a vector.</i></li> <li>➤ <i>Vectors in two and three dimensions.</i></li> <li>➤ <i><math>\hat{i}</math>, <math>\hat{j}</math>, <math>\hat{k}</math> as unit vectors along the x, y and the z axes; expressing a vector in terms of the unit vectors.</i></li> <li>➤ <i>Operations: Sum and Difference of vectors; scalar multiplication of a vector.</i></li> <li>➤ <i>Section formula.</i></li> <li>➤ <i>Triangle inequalities.</i></li> <li>➤ <i>Scalar (dot) product of vectors and its geometrical significance.</i></li> <li>➤ <i>Cross product - its properties - area of a triangle, area of parallelogram, collinear vectors.</i></li> <li>➤ <i>Scalar triple product - volume of a parallelepiped, co-planarity.</i></li> </ul> <p><b>NOTE: Proofs of geometrical theorems by using Vector algebra are excluded.</b></p>	10	Worksheet will be provided
	Class Test	1	

<b>August'24</b>	<b>SECTION C</b>	8	Worksheet will be provided
	<b>Application of Calculus</b> Application of Calculus in Commerce and Economics in the following: <ul style="list-style-type: none"> <li>➤ Cost function,</li> <li>➤ average cost,</li> <li>➤ marginal cost and its interpretation</li> <li>➤ demand function,</li> <li>➤ revenue function,</li> <li>➤ marginal revenue function and its interpretation,</li> <li>➤ Profit function and breakeven point.</li> <li>➤ Rough sketching of the following curves: AR, MR, R, C, AC, MC and their mathematical interpretation using the concept of maxima &amp; minima and increase- decreasing functions .</li> </ul> <b>NOTE: Application involving differentiation, integration, increasing and decreasing function and maxima and minima to be covered.</b>		
	Class Test	1	

### SUBJECT : ECONOMICS

**Textbook Name :ISC Economics**  
**Author :D K Sethi**  
**Publisher :Frank Bros & co.**

MONTH	TOPIC	NO.OF PERIODS	WORKSHEETS/ACTIVITY
<b>April'24</b>	1. Microeconomics and Macroeconomics Introduction.	2	
	3. Demand & Law of Demand.	9	Worksheets will be provided
	Class Test	1	
	4. Theory of Consumer Behaviour	7	<b>Project will be given.</b>
	5. Elasticity of Demand	8	<b>Worksheets will be provided</b>
	Class Test	1	
<b>May'24</b>	1.. Supply – law of supply & price elasticity of supply	9	Worksheet will be provided

	2.. Market Mechanism, Equilibrium Price and Quantity.	9	<b>Worksheets will be provided.</b>
<b>June'24</b>	1.. Laws of Returns – Returns to Factors and Returns to Scale	8	
	<b>Class Test</b>	<b>1</b>	
	2.Cost & Revenue	3	
July'24	1.. Cost & Revenue(continuation)	6	Worksheets will be provided
	2. Producer's Equilibrium	5	<b>Worksheets will be provided</b>
	3. Forms of Market	4	
	<b>Class test</b>	<b>1</b>	
	4. Determination of Equilibrium Price & Output under Perfect Competition	4	<b>Worksheets will be Provided.</b>
August'24	1. Money: Meaning & Functions	5	.
	2. Banks: Commercial and Central Banks	8	<b>Worksheets will be provided.</b>
	Class Test	1	
	3. Fiscal Policy	7	<b>Worksheets will be given</b>
	4. Government Budget	6	
<b>September'24</b>	Revision	5	
	Unit 1		
<b>October'24</b>	1.Balance of Payment & Exchange Rate	6	<b>Worksheets will be provided.</b>
	2. NI and Circular Flow of Income.	4	<b>Project -2 will be given.</b>
	Class Test	1	
	Project	1	<b>Project 2 discussed in class.</b>
<b>November'24</b>	1 NI Aggregates	8	<b>Worksheets will be provided.</b>
	2 Methods of Measuring NI.	9	
	Class Test	1	
<b>December'24</b>	Revision	5	<b>Worksheets will be provided.</b>
	Preboards		



**SUBJECT : Hindi 2nd language**

**Textbook Name** : 1. गद्य संकलन 2. काव्य मंजरी  
3. सारा आकाश ( उपन्यास ) 4. व्याकरण मंजूषा  
**Author** : ISC  
**Publisher** : evergreen publications 4. Inter university press

MONTH	TOPIC	NO. OF PERIODS	WORKSHEETS/ACTIVITY
April'24	1. दासी	5	LPQ will be Provided
	Class Test	1	
	2. नदी के द्वीप	5	LPQ will be provided
	Class Test	1	
	3. सारा आकाश पूर्वार्द्ध भाग - 1 to 3	4	LPQ will be Provided
	Class Test	1	
	4. मुहावरे	2	
	Class Test	1	
May'24	1. क्या निराश हुआ जाए ?	5	LPQ will be Provided
	Class Test	1	
	2. सारा आकाश भाग - 4 to 6	4	LPQ will be provided
	Class Test	1	
	3. अशुद्ध वाक्यों को शुद्ध करें	2	LPQ will be Provided
	Class Test	1	
June'24	1. जाग तुझको दूर जाना है	5	LPQ will be Provided
	Class Test	1	
	2. सारा आकाश भाग - 7 to 10	4	LPQ will be provided
	Class Test	1	
	3. अपठित गद्यांश	1	LPQ will be Provided
	Class Test	1	
July'24	1. भक्तिन	5	LPQ will be Provided
	Class Test	1	
	2. उद्यमी नर	5	LPQ will be Provided
	Class Test	1	
	3. सारा आकाश उत्तरार्द्ध भाग - 1 to 3	4	LPQ will be Provided
	Class Test	1	
	4. निबंध	2	
	Class Test	1	
August'24	1. संस्कृति क्या है	5	LPQ will be Provided
	Class Test	1	
	2. बादल को घिरते देखा है	5	LPQ will be Provided
	Class Test	1	
	3. सारा आकाश भाग - 4 to 6	4	LPQ will be Provided
	Class Test	1	
	4. अपठित गद्यांश	1	
	5. अशुद्ध शब्दों को शुद्ध करें	2	LPQ will be Provided
	Class Test	1	
	6. मुहावरे	2	LPQ will be Provided
	Class Test	1	
	Revision		

**SUBJECT : Bengali**

Textbook Name : i) I.S.C প্রবন্ধ ও গদ্য সংকলন, ii) I.S.C কবিতা সংকলন

Author : \_\_\_\_\_

Publisher : i) Power Publishers, ii) Cambridge India Educational Publishers

MONTH	TOPIC	NO. OF PERIODS	WORKSHEETS/ACTIVITY
April'24	1. রাস্তা কারো একার নয়	4	কবিতা পাঠ, notes
	2. Class Test	1	Copy
	3. বাক্য পরিবর্তন	2	Worksheet
	4. কোনি (9th & 10 th chapter)	2	Explanation
	5. Class test	1	Copy
	6. শব্দদ্বৈত	2	Board work
May'24	1. একটি তুলসীগাছের কাহিনী	4-5	LPQ
	2. Class Test	1	Worksheet
	3. Project explanation	1	Board work
June'24	1. যদি নির্বাসন দাও	4	কবিতা পাঠ, notes
	2. বাগ ধারা	2	worksheet
	3. Class Test	1	worksheet
July'24	1. লছমনের মা	4-5	LPQ, আলোচনা
	2. Class Test	1	Worksheet
	3. বাচ্য পরিবর্তন & উক্তি পরিবর্তন	2	Board work, worksheet
	4. বোধ পরীক্ষণ	1	Worksheet
	5. রচনা	2	group discussion
	6. কোনি(11th chapter & 12th chapter)	2	LPQ
	7. Class test	1	Worksheet
August'24	1. কোনি (13th & 14th chapter)	2	Written work
	2. না পাহারার পরীক্ষা	2	Reading, LPQ
	3. স্বাধীনতা তুমি	4	কবিতা পাঠ, worksheet
	4. Class test	1	Worksheet
	5. আদাব	5	Reading, LPQ
	6. Class test	1	Worksheet

**SUBJECT : ACCOUNTS****Textbook Name : Double Entry Book Keeping and Management Accounting****Author : T.S. Grewal****Publisher : Sultan Chand**

<b>MONTH</b>	<b>TOPIC</b>	<b>NO. OF PERIODS</b>	<b>WORKSHEETS/ACTIVITY</b>
	<b>UT-I</b>		
<b>April'24</b>	1. Ratio Analysis	10	<b>Worksheets will be provided for the mentioned chapters</b>
	2. Comparative Statement and Common Size Statement	8	
	3. Final Accounts of Company, Schedule III, Part I of the Companies Act, 2013	6	
	Class Test	2	
<b>May'24</b>	1. Joint Stock Company – Issue of Shares	21	<b>Worksheets will be provided for the mentioned chapter</b>
	Class Test	1	
<b>June'24</b>	1. Joint Stock Company – Issue of Debentures	10	<b>Worksheets will be provided for the mentioned chapters</b>
	2. Joint Stock Company - Redemption of Debentures	8	
	Class Test	1	
<b>July'24</b>	1. Joint Stock Company – Redemption of Debentures	10	<b>Worksheets will be provided for the mentioned chapters</b>
	2. Partnership Accounts – Fundamentals	10	

	3. Goodwill: Concept and Mode of Valuation	10	
	4. Admission of a Partner	6	
	Class Test	1	
<b>August'24</b>	1. Admission of a Partner	10	
	2. Retirement of a Partner	10	<b>Worksheets will be provided for the mentioned chapters</b>
	3. Cash Flow Analysis	14	
<b>September'24</b>	Revision for UT-I Examination	8	
	<b>PRE-BOARD</b>		
<b>October '24</b>	1. Death of a Partner	12	<b>Worksheets will be provided for the mentioned chapters</b>
	2. Dissolution of Partnership Firm	4	
	Class Test	1	
<b>November '24</b>	1. Dissolution of Partnership Firm	14	<b>Worksheets will be provided for the mentioned chapters</b>
	2. Financial Statement Analysis	2	
	Class Test	6	
<b>December '24</b>	Revision	8	

**Note:**

- All mentioned periods are approximate
- All chapters of UT- I are included in Pre-board
- Projects as per CISCE guidelines will be discussed in the class.

**SUBJECT : Business Studies****Textbook Name : ISC Business Studies****Author : C. B. Gupta****Publisher : Goyal Brothers Prakashan**

<b>MONTH</b>	<b>TOPIC</b>	<b>NO. OF PERIODS</b>	<b>WORKSHEETS/ACTIVITY</b>
<b>April'24</b>	Ch 1 - Introduction to Human Resource Management	3	
	Class Test	1	
	Ch 2 - Job Analysis and Manpower Planning	4	
	Class Test	1	
	Ch 3 - Staff Recruitment	3	Worksheet
<b>May'24</b>	Class Test	1	
	Ch 4 - Staff Selection	3	
	Class Test	1	
	Ch 5 - Staff Training	4	
	Class Test	1	
<b>June'24</b>	Ch 6 - Staff Morale	3	
	Class Test	1	
	Ch 7 - Staff Motivation	4	
<b>July'24</b>	Class Test	1	
	Ch 8 - Staff Remuneration	4	Worksheet
	Class Test	1	
	Ch 9 - Staff Leadership	3	
	Class Test	1	
	Ch 10 - Staff Appraisal	3	
	Class Test	1	
	Ch 11 - Staff Promotion and Transfer	3	
	Class Test	1	
	Ch 12 - Staff Separation	3	

	Class Test	1	
	Ch 13 - Emerging Trends in Human Resources	1	Smart Class
<b>August'24</b>	Ch 14 - Business Communication	6	
	Class Test	1	
<b>October'24</b>	Ch 16 - Reports and Report Writing	3	Smart Class
	Class Test	1	
	Ch 17 - Various Business Entities	2	
	Class Test	1	
	Ch 18 - Sources of Business Finance	5	
	Class Test	1	
<b>November'24</b>	Ch 19 - Globalisation	2	
	Class Test	1	
	Ch 20 - E Business	3	Worksheet
	Class Test	1	
	Ch 21 - Outsourcing	2	Smart Class
	Class Test	1	
	Ch 22 - Business Regulators and Intermediaries	5	
<b>December'24</b>	Class Test	1	
	Ch 15 - Business Correspondence	4	
<ul style="list-style-type: none"> <li>• No of periods are tentative</li> <li>• All chapters of UT- I are included in Pre-board</li> </ul>			

### SUBJECT : COMMERCE

**Textbook Name : ISC Commerce Vol. II**

**Author : C.B. Gupta**

**Publisher : S. Chand**

MONTH	TOPIC UT-I	NO. OF PERIODS	WORKSHEETS/ACTIVITY
<b>April'24</b>	1. Capital- Fixed and Working	6	<b>Worksheets will be provided for the mentioned chapters</b>
	2. Sources of Finance for a Joint Stock Company	10	
	Class Test	1	

<b>May'24</b>	1. Banking – Latest trends	3	<b>Worksheets will be provided for the mentioned chapter</b>
	2. Marketing – Concept and Functions	4	
	3. Marketing Mix	6	
	Class Test	1	
<b>June'24</b>	1. Management – Meaning, Nature and Importance	4	<b>Worksheets will be provided for the mentioned chapters</b>
	2. Principles of Management	6	
	Class Test	1	
<b>July'24</b>	1. Planning	7	<b>Worksheets will be provided for the mentioned chapters</b>
	2. Organising	6	
	3. Staffing	6	
	Class Test	2	
<b>August'24</b>	1. Directing	8	
	2. Controlling	6	
	Class Test	2	
			<b>Worksheets will be provided for the mentioned chapters</b>
<b>September'24</b>	Revision for UT-I Examination	5	<b>Worksheets will be provided for the mentioned chapters</b>
	<b>PRE-BOARD</b>		
<b>October '24</b>	1. Functions of Management and Coordination	3	
	2. Business Environment	5	
	Class Test	3	
<b>November '24</b>	1. Consumer Protection	8	<b>Worksheets will be provided for the mentioned chapters</b>

<b>December '24</b>	Class Test	2	
	Revision	4	
	Revision	5	

**Note:**

- All mentioned periods are approximate
- All chapters of UT- I are included in Pre-board
- Projects as per CISCE guidelines will be discussed in the class.

**SUBJECT: PHYSICAL AND HEALTH EDUCATION**

<b>MONTH</b>	<b>TOPIC</b>	<b>NO. OF PERIODS</b>	<b>ACTIVITY</b>
<b>April'24</b>	1. FITNESSGRAM	3	<ul style="list-style-type: none"> <li>• FREE HAND EXERCISES</li> </ul>
	Class Test	1	
	2. CRICKET	3	<ul style="list-style-type: none"> <li>• RULES RAGULATIONS</li> <li>• TECHNIQUES AND SKILLS</li> </ul>
	Class Test	1	
<b>May'24</b>	1. FITNESSGRAM	3	<ul style="list-style-type: none"> <li>• FREE HAND EXERCISES</li> </ul>
	Class Test	1	
	2. BADNINTON	3	<ul style="list-style-type: none"> <li>• RULES RAGULATIONS</li> <li>• TECHNIQUES AND SKILLS</li> </ul>
	Class Test	1	
<b>June'24</b>	1. MASS DRILL & FITNESSGRAM	3	<ul style="list-style-type: none"> <li>• CALLISTHENICS, AEROBICS &amp; YOGA.</li> </ul>
	Class Test	1	
	2. BASKET BALL	3	<ul style="list-style-type: none"> <li>• RULES RAGULATIONS</li> <li>• TECHNIQUES AND SKILLS</li> </ul>
	Class Test	1	
<b>July'24</b>	1. MASS DRILL & FITNESSGRAM	3	<ul style="list-style-type: none"> <li>• CALLISTHENICS, AEROBICS &amp; YOGA.</li> </ul>
	Class Test	1	
	2. FOOTBALL	3	<ul style="list-style-type: none"> <li>• RULES RAGULATIONS</li> <li>• TECHNIQUES AND SKILLS</li> </ul>
	Class Test	1	
<b>August'24</b>	1. MASS DRILL & FITNESSGRAM	3	<ul style="list-style-type: none"> <li>• CALLISTHENICS, AEROBICS &amp; YOGA.</li> </ul>
	Class Test	1	
	2. TABLE TENNIS, CHESS & CARROM	3	<ul style="list-style-type: none"> <li>• RULES RAGULATIONS</li> <li>• TECHNIQUES AND SKILLS</li> </ul>
	Class Test	1	



**SUBJECT : SUPW****Textbook Name : No Book**

<b>MONTH</b>	<b>SUPW</b>	<b>NO.OF PERIODS</b>	<b>WORKSHEETS/ACTIVITY</b>
<b>April' 24 to</b>	<b>Project 1</b>	<b>6</b>	<b>Making Jute Mat</b>
<b>July ' 24</b>			