

SREE NARAYANA GURU CENTRAL SCHOOL
SYLLABUS (A.Y.2025-26)

VIII
ENGLISH

MONTH	LITERATURE	GRAMMAR	WRITING SKILL
APRIL	1.The best Christmas present in the world. 2. The Ant and the Cricket	1.Determiners 2. Direct and Indirect speech	1.Autobiography
MAY	-	-	-
JUNE	3. The Tsunami	3 Subject Verb Agreement 4: Punctuation 5. Verbs	2.Analytical paragraph
JULY	4.Geography lesson	6.Conjunctions 7. Prepositions	1.Comprehension 3.Story writing
AUGUST	5..Glimpses of the past 6. Bipin Choudhary's Lapse of Memory	8. Active and Passive voice 9. Pronouns	4. Letter wring {formal} Enquiry
SEPTEMBER	7.The last Bargain	10..Adverbs 11. Adjectives	5. Letter writing (formal) placing of order}
OCTOBER	8.The Summit within 9. The School Boy	12..Tenses	6. Advertisements
NOVEMBER	10. This is Jody's Fawn	13. Sentences 14.Phrases and clauses Vocabulary 1.phrasal verbs	7.Newspaper report writing
DECEMBER	11. A Visit to Cambridge	15.Nouns Vocabulary 2.Words easily confused 3. British and American spellings 4 Foreign words in English	
JANUARY	12.A Short Monsoon Diary 13.On the Grasshopper and Cricket	Vocabulary 5.Similes 6.Word Formation	
FEBRUARY	ANNUAL EXAM	ANNUAL EXAM	ANNUAL EXAM
MARCH	EXAMS	EXAM	EXAM

HINDI

महीना	पाठ/कविता	व्याकरण	लेखन कौशल
अप्रैल	१)लाख की चूड़ियाँ २)बस की यात्रा	१)भाषा-विचार २) वर्ण- विचार	१) सूचना लेखन २) संवाद लेखन
मई	-	-	-
जून	३)दीवानों की हस्ती ४)भगवान के डाकिए	३)संधि ४)शब्द- विचार	३) नारा लेखन
जुलाई	५) क्या निराश हुआ जाए ६)यह सबसे कठिन समय नहीं	५)शब्द -भंडार ६)उपसर्ग ७)प्रत्यय ८)समास	४)संदेश लेखन ५)अनौपचारिक पत्रलेखन
अगस्त	७)कबीर की सखियाँ ८)सुदामा चरित्र	८) संज्ञा ९)लिंग १०)वचन	६)विज्ञापन लेखन
सितंबर	९)जहाँ पहिया है	११) कारक १२)सर्वनाम १३)विशेषण	७)लघु कथा
अक्टूबर	१०)अकबरी लोटा	१४)काल १५)क्रिया विशेषण	८)अनुच्छेद लेखन
नवंबर	११)सूरदास के पद	१६)पदबंध १७)वाक्य १८)शब्द -विचार	
दिसंबर	१२)पानी की कहानी	१९)अविकारी शब्द २०)पद परिचय २१)वाक्य-विचार	९) निबंध लेखन
जनवरी	१३)बाज और साँप	२२) मुहावरे २३)विराम -चिह्न २४)वाक्य-परिवर्तन	१०)औपचारिक पत्र लेखन

फरवरी	पुनरावृत्ति परीक्षा	पुनरावृत्ति परीक्षा	पुनरावृत्ति परीक्षा
मार्च	सारांशित मुल्यांकन परीक्षा -२	सारांशित मुल्यांकन परीक्षा - २	सारांशित मुल्यांकन परीक्षा - २

MARATHI

MONTH	LITERATURE	GRAMMAR	WRITING SKILL
APRIL	१.आम्ही चालवू हा पुढे वारसा(गीत) २.मी चित्रकार कसा झालो!	वाक्य प्रकार, नाम, विशेषण	निबंध
MAY		-	
JUNE	३.प्रभात	वचन आणि लिंग, विरामचिन्हे	बातमी लेखन
JULY	४.आपण सारे एक ५.घाटात घाट वरंधाघाट	शब्दांच्या जाती क्रियाविशेषण अव्यय शब्दयोगी अव्यय उभयानी अव्यय केवलप्रयोगी अव्यय	पत्र लेखन
AUGUST	६. आभाळाची आम्ही लेकरे	वाक्यांचे प्रकार इ.	
SEPTEMBER	७. नातवंडांस पत्र	शब्दांच्या जाती ;नाम सर्वनाम विशेषण क्रियापद वचन	जाहिरात लेखन
OCTOBER	८. गिर्यारोहणाचा अनुभव	विरामचिन्हे उपसर्ग	
NOVEMBER	९. झुळुक (कविता) १०. आम्ही हवे आहोत का?	शब्द संपत्ती	संवाद लेखन
DECEMBER	११. जीवन गाणे (कविता)		
JANUARY	शब्दकोश		सूचनाफलक
FEBRUARY	ANNUAL EXAM	ANNUAL EXAM	ANNUAL EXAM
MARCH	EXAMS	EXAM	EXAM

MATHEMATICS

MONTH	LESSON	ACTIVITIES
APRIL	1. RATIONAL NUMBERS 2. LINEAR EQUATIONS IN ONE VARIABLE REVISION	1. CLASSIFY THE TYPES OF NUMBERS 2. FINDING THE UNKNOWN USING VARIABLES
JUNE	3. UNDERSTANDING QUADRILATERALS	3. FOLD THE PAPER TO FORM SHAPES OF QUADRILATERALS
JULY	4. DATA HANDLING SQUARES AND SQUARE ROOTS	4. DRAWING PIE CHART USING VARIOUS DATA 5. FORMING BIGGER SQUARE USING SMALLER SQUARES
AUGUST	6. CUBES AND CUBE ROOTS REVISION	7. CUBE ROOT TABLE UPTO 20
SEPTEMBER	7. COMPARING QUANTITIES	8. FINDIND OUT SALES TAX/ VALUE ADDED TAX/ GOODS AND SERVICES TAX USING VARIOUS BILL
OCTOBER	8. ALGEBRAIC EXPRESSIONS AND IDENTITIES	9. LIST THE VARIOUS USES OF ALGEBRIC EXPRESSIONS IN DAY TO DAY LIFE
NOVEMBER	9. MENSURATION	10. MAKE A MATH WHEEL OF VARIOUS FORMULAE OF DIFFERENT SHAPES
DECEMBER	10. EXPONENTS AND POWERS 11. DIRECT AND INVERSE PROPORTIONS	11. SCORES OF FA AND SA EXAMS AND COMPARING IT
JANUARY	12. FACTORISATION 13. INTRODUCTION TO GRAPHS	12. MAKE A GRAPH OF YOUR MARKS IN MATH EXAM OF ALL EXAMS IN GRADE VIII
FEBRUARY	REVISION	-
MARCH	-	-

SCIENCE

MONTH	LESSON	ACTIVITIES
April	Lesson - Crop production and management Lesson - Force and pressure Lesson - Coal and Petroleum	<p>Crop production and Management</p> <ol style="list-style-type: none"> Sow some seeds in the soil and arrange to water them by drip irrigation. Observe daily. Preparing herbarium specimens of some crop plants, collection of some seeds, etc. Collect different types of seeds and put them in small bags . Label them. Collect pictures of some other agricultural machines and maintain a file. Write their name and uses. Project work Visit a farm, nursery or a garden nearby. Gather information about: <ol style="list-style-type: none"> Importance of seed section methods of irrigation <p>Force and Pressure</p> <ol style="list-style-type: none"> To understand the effect of a force depends on the magnitude of the force and the are over which it acts. To understand states of motion with related examples To prepare ppt presentation of gradational force. <p>Coal and Petroleum</p> <ol style="list-style-type: none"> To understand natural resources. Differentiate between Inexhaustible and exhaustible Perform group activity given in textbook Get an outline map of India. Mark the places in the map where coal, petroleum and natural gas is found.
May		

June	Lesson - Microorganisms friend and foe Lesson- Friction	<p>Microorganisms Friend and Foe</p> <ol style="list-style-type: none"> 1. Pull out a gram or bean plant from the field. Observe its roots. You will find round structures called root nodules on the roots. Draw a diagram of the root and show the root nodules. 2. Collect the labels from the bottles of jams and jellies. Write down the list of contents printed on the labels 3. Visit a doctor. Find out why antibiotics should not be overused. Prepare a short report. 4. Project/Experiments - Making a lens with a bulb, Observation of drop of water 5. Experiment showing fermentation of dough <p>Friction</p> <ol style="list-style-type: none"> 1) Types of friction . 2) To understand factors affecting on friction. 3) Related examples to understand types of friction. 4) To understand about lubricants.
July	Conservation of plants and animals	pen paper test examination Conservation of plants and animals <ol style="list-style-type: none"> 1) Introduction to the chapter by discussing previous class related topics. 2) Daily life examples related to friction
August	Lesson- Conservation of plants and animals Lesson - Sound	<p>Conservation of plants and animals</p> <ol style="list-style-type: none"> 1. Plant at least five different plants in your locality during this academic year and ensure their maintenance till they grow. 2. Promise yourself that this year you will gift 5 plants to your friend and relatives. 3. At the end of the year count the plants that you have been gifted through the chain. <p>Sound</p> <ol style="list-style-type: none"> 1) To understand how sound waves travels. 2) To understand how sound travels through solids. 3) Show how sound creates vibrations. strike a tuning fork and dip it into bowl of water. 4) To understand the inner structure of ear. 5) PPT presentation on Time, period, frequency and amplitude with demonstration. 6) Discussion on Causes of noise pollution.
September	Lesson - Reproduction in animals	Pen paper test examination <ol style="list-style-type: none"> 1) To understand the stages of reproduction in different animals 2) Discussion on modes of reproduction 3) Explanation along with diagrams 4) To make a group of students for ppt presentation
October	Lesson - Reproduction in plants Lesson - Chemical effects	<p>Reproduction in plants</p> <ol style="list-style-type: none"> 1. Visit a poultry farm. Talk to the manager of the farm and try to find out the answers to the following. <ol style="list-style-type: none"> a. What are layers and broilers in a poultry farm? b. Do hens lay unfertilised eggs?

		<p>c. Are the eggs that we get in the stores fertilised or unfertilised?</p> <p>2. A. Collect water weeds from ponds or ditches along with pond water and put them in a glass jar and observe the hydra yourself and learn how they reproduce.</p> <p>B. Take out few hydras from the jar and put them on a watch glass. Using a hand lens or a binocular observe the changes that are taking place in their body. Note down the observations.</p> <p>1. Arrange for a fertilised egg from the poultry or hatchery which has been incubated for 36 hours or more and observe the developing embryo</p> <p>Chemical effects of electric current</p> <ol style="list-style-type: none"> 1) Introduction to electric current and conductors. 2) Show simple circuit experiment. 3) Discuss chemical effects of electric current. 4) Research project: Identify objects that uses electrochemical effects, 5) PPT presentation on uses of electroplating. 6) Experiment : copper electroplating of iron nail
November	<p>Lesson- Reproduction in Animals Lesson - Some natural phenomenon Lesson - Combustion and flame</p>	<p>Reproduction in Animals</p> <ol style="list-style-type: none"> 1. Talk to a doctor. Find out how twinning occurs. Look for any twins in your neighbourhood, or among your friends. Find out if the twins are identical or non identical. Also find out why identical twins are always of the same sex? If you know of any story about twins, write it in your own words. 2. Discussion with counsellors on secondary sexual characters, on how sex of the child is determined, safe sex, reproductive health, observation on eggs. Discussion on gender issues and social taboos. <p>Combustion and Flame</p> <ol style="list-style-type: none"> 1) lab activity : Burning of magnesium wire 2) Experiment to show that air is essential for burning. 3) PPT presentation on forest fires. 4) Discussion on ignition temperature by taking related examples. 5) Heating water in a paper cup. 5) Make model of fire extinguisher. <p>Some natural phenomenon</p> <ol style="list-style-type: none"> 1) Define natural phenomenon ,events that occur naturally in the environment without human activities. 2) Discussion on lightening and its effects. 3) Explanation on lighting conductors 4) Causes of earthquake and its measurements. 5) PPT presentation on protection against earthquake.

December	Lesson- Reaching the age of adolence Lesson- Light	Reaching the age of adolence 1. Find out from your elder relatives about their awareness of the legal status of early marriage. You yourself may get information on it from various sources. Write a three- minute speech explaining why early marriage is not good for the couple. 2)PPT presentation on changes in puberty. 3)Discussion on development of sex hormones. 4)Class discussion on personal hygiene. Light 1) Discussion on different types of light sources. 2) Properties of light 3) Difference between reflection and refraction by related examples. 4) PPT presentation on laws of reflection 5)Making Kaleidoscope 6) Explain structure of eye with the help f diagram
January	Revision	Revision
February	Revision	Revision
March	Exam	Exam

SOCIAL SCIENCE

VIII				
MONTH	HISTORY	GEOGRAPHY	CIVICS	MAPWORK/ACTIVITY
APRIL	1. How, When and Where	1. Resources	---	<ol style="list-style-type: none"> Create a mind map on "Ways to conserve resources", including Reduce, Reuse, Recycle and Sustainable use Collecting information about national archives of India, locating on map of India. Discussion on why did British collect and maintain records of all events and preserved them.
MAY	---	---	---	---
JUNE	2. From Trade to Territory	---	<ol style="list-style-type: none"> The Indian Constitution Understanding Secularism 	<ol style="list-style-type: none"> Write down the preamble of the Indian Constitution in your notebook and highlight the keywords. Collecting information about East India Company, its Territories and locating them on map of India. Imagine you are the Prime minister of India and must explain secularism in one paragraph for the citizens. What would you say?
JULY	3.Ruling the Countryside	2. Land, Soil, Water, Natural Vegetation and Wildlife Resources	3. Parliament and the making of laws	<ol style="list-style-type: none"> Discussion on political parties of India, Lok Sabha and Rajya Sabha. Create a table comparing different revenue systems introduced by the British. Soil Erosion Experiment
AUGUST	4. Tribals, Dikus and the Vision of a Golden Age	3. Agriculture	4. Judiciary	<ol style="list-style-type: none"> Students will make ppt on Birsa Munda write about his struggle for independence for the tribals. On outline map of India, locate the places where tribals are found. Mock trial (Role-playing) Understanding how courts function

SEPTEMBER	5. When people Rebel	4. Industries	5. Understanding marginalisation	<ol style="list-style-type: none"> List 3 three marginalized communities in India and write one major problem faced by each. Students will present a ppt about Agro based Industries, Mineral based industries, Marine based industries, forest based industries. Railways : Then and Now- Evolution and Comparison Draw a timeline of the events leading to the Revolt of 1857
OCTOBER	6.Civilising the Native Educating the Nation	5. Human Resources	6. Confronting marginalisation	<ol style="list-style-type: none"> Students will make a list of people you know, understand their role in society as human resources e.g. doctor, engineer teacher students will discuss how they can contribute to the society with their talent and skill. Debate- Is reservation fair? Students will prepare a PPT- Rabindranath Tagore and his abode of Peace.
NOVEMBER	7. Women, Caste and reforms	---	---	<ol style="list-style-type: none"> Students will make a PPT -Tribute to Sri Narayana Guru, Jyotirao Phule, Swami Vivekanand,Raja Ram Mohan Roy.
DECEMBER	8.The Making of the National Movement: 1870s-1947	---	7. Public facilities	<ol style="list-style-type: none"> Prepare a report on Why is access of safe drinking water is Important? On outline map of India, locate all the places where national movement started.
JANUARY	---	---	8. Law and social justice	<ol style="list-style-type: none"> Students will be divided into groups of four or five. Each group will have a large sheet of paper. Students will draw some mind maps to illustrate their ideas on what the world would be like without laws.
FEBRUARY	Revision	Revision	Revision	---
MARCH	S.A -2	S.A -2	S.A -2	---

COMPUTER

MONTH	LESSON	THEORY	PRACTICAL
APRIL	1. Google Apps	Google	Apps of Google
JUNE	2. Trending Technologies	Artificial Intelligence Robotics Internet of Things (IoT) Machine Learning Edge Computing Data Science Augmented Reality and Virtual Reality 3D Printing	--
	3.AI in Real World	---	Smile Detection Smile Detection in AI Connect
July	4. Machine Learning	---	Applications of Machine Learning Up and Down Arrow Detection

	5.AI Domains	---	IntelligenceArtificial IntelligenceClassification of AIAI DomainsDataNatural Language ProcessingComputer Vision
August	6.Future of Artificial Intelligence	Smart City Smart School Smart Home	---
September	7.Sustainable Development Goals	Sustainable Development Goals Sustainable Development Goals in Context of AI	---
October	8.Careers in AI	Phase-Wise Development in AI Types of AI Careers Skill Set Required for Some AI Related Careers	---
November	9. Access to AI and Ethical Issues	AI Ethics Bias in Real-World Data The Problem of Inclusion The Problem of Facts and Their Interpretation Components of a Good AI System Ethical Concerns Related to the Adoption of the AI Systems Cost Benefit Analysis of the AI Systems	---
December	10.Basics of Python	Features of Python	Applications of Python Installing Python Programming in Python Types of Errors Data Types Variables Python Keywords Comments in Python Python Operators Input Statement in Python Output Statement in Python
	11. Control Flow Statements	---	Sequential Statements Conditional Statements Iterative Statements
January	Revision		
February	Assessment		

GENERAL KNOWLEDGE

Month	Lesson No. & Titles	Activities
April	1. Public Services 2. Cat's Family 3. Marine Curiosities 4. Latest Extinctions 5. Birds Corner 6. Deadly Plants	Quiz, Fact file, Classification charts, Extinct animal drawing, Nature watch
June	7. Superfast Animals 8. Indian Special Forces 9. Special Operations 10. Indian James Bond	Role-play, PPTs, Law board creation, Hero biography

	11. Indian Judiciary 12. Indian Laws	
July	13. Famous Battles 14. Explorers and Travellers 15. Indian Discoveries 16. Management Colleges 17. Medical Colleges 18. Engineering Colleges	Timeline making, Map activity, Career talk poster
August	19. Winter Sports 20. Artistic Gymnastics 21. Athletically Yours 22. Underwater Adventures 23. Asian Games 24. Commonwealth Games 2022	Olympics quiz, Gymnast video, Sports collage
September	25. Hockey Equipment 26. Greetings From Around the World 27. Sarees of India 28. Lights – Camera – Director! 29. Legendary Musicians 30. Folk Theatres	Sports tools display, Greeting card making, Music corner activity
October	31. Oscar Race 32. Film Genres 33. Movie Mania 34. Game Developers 35. Famous Autobiographies 36. Classic Poems	Oscar quiz, Film genre match, Game idea design, Poetry recitation
November	37. Loan-Words 38. Figments of Imagination 39. Women Writers 40. Artificial Intelligence 41. Chemicology 42. Innovative Inventions	Creative writing, Language mix game, AI and invention talks
December	43. Microbes 44. Chandrayaan-3 45. A Dose of Science 46. Unconventional Medicines 47. Methods and Techniques 48. World Laboratories	Science model making, Space mission poster, Medicine flashcards
January	49. Active Volcanoes 50. Intelligence Agencies 51. Famous Wars 52. Unusual Wonders of Nature 53. Revolutionary Leaders 54. Cities on Riverbanks	Volcano model, Spy agency logo, War timeline, River map
February	55. Born to Excel 56. Lesser Known Islands 57. Oceans of the World 58. Strange Places 59. Public Speaking 60. Gender Equality 61. Think with a Twist 62. Guess Letters & Numbers 63. Beat the Exam Pressure	Inspirational talks, Island map, Puzzle challenge, Exam tips role-play
MARCH	EXAM	EXAM

Commented [D1]:

VALUE EDUCATION

MONTH	LESSON	ACTIVITIES
APRIL	1. Say Hello	1. Unscramble the letters to spell the words correctly.
MAY		
JUNE	2. Getting to know Your 'Self' 3. Arpit Gets Angry 4. Vasudhaiva Kutumbakam 5. Human Body is Like A Machine, but..... 6. All About Communication	2. Stick the various dance forms of India 3. Group Discussion on Communication
JULY	7. Laws and Child Rights 8. A Message From the Father of the Nation 9. 999,999 v/s 999 10. An Open Letter	4. Enlist the different Laws and Child Rights. 5. Write the names of 5 Queens and their Kingdoms from history .
AUGUST	11. Chandala , the Surgeon 12. US v/s Them 13. Why Love One and Eat the Other 14. Fingers v/s Thumbs	6. Discussion on Equality and Equity
SEPTEMBER	15. Be Careful with strangers	7. Safety Rules About Strangers.
OCTOBER	16. Footprints without Feet 17. Its Okay to be Scared 18. When to share a Secret 19. In Touch With My Feelings 20. A Room Full of Mirrors	8. Discuss Different Feelings that humans can go through
NOVEMBER	21. A Trip to Remember 22. The Curse of Bullying 23. Boys Don't Cry, Oh Really? 24. Have you Ever Used a Diaper? 25. Arpit Helps Nanacy	9. Share your own Trip Experience
DECEMBER	26. Friends and Special Friends 27. 7-Step Safety Rule 28. Change Begins with Me	10. Enlist the 7 Step Safety Rules.
JANUARY	29. Armageddon 30. The World of Medicines	11. Write about World Consumer Rights Day
FEBRUARY	31. All About Fire Extinguishers	12. Importance of Fire Extinguishers
MARCH	EXAM	EXAM

Art and Craft

Month	Lesson

APRIL	* Fundamental of Art *Colour's Scheme's- Colour Wheel Drawing - 1) Scenery - Use Water colour Craft - 1) Calendar Making
MAY	
JUNE	Drawing - 1) Memory Drawing - My House With Garden Craft - 1) Folder Making
JULY	* Fundamental of Art * Pencil shading & Colour shading Drawing - 1) 2D Design - Traingl Shape 2) Mug with Brinjal - Poster Colour - Object drawing Craft - 1) Grain Art
AUGUST	Drawing - 1) Freedom fighters related drawing Craft - 1) Brooch Making
SEPTEMBER	Drawing - 1) Market Scene drawing - Memory 2) Freehand Design Craft - 1) Cutouts Rangoli Design
MONTH	LESSON
OCTOBER	Drawing - 1) Aipan Art Craft - 1) Lantern Making - Creative design
NOVEMBER	Drawing - 1) Farmer life - Memory drawing 2) Bucket with fruit plete, mug, cloth - Still life draing Craft - 1) Paper Border Making
DECEMBER	Drawing - 1) Children are Flaing Kite - Memory drawing Craft - 1) 3D Design - Use Maund board shapes
JANUARY	Drawing - 1) Happy New Year Card 2) Hexagon Shape - Design Craft - 1) Quilling Art
FEBRUARY	Drawing - 1) Mandala art 2) Purs Design Craft - 1) Spices Design
March	Summer Camp

PHYSICAL EDUCATION

VIII			
MONTH	LESSON	ACTIVITY	ASSESSMENT
APRIL	Introduction to Physical Education 1 Kho-kho 2 Investiture ceremony	"Discuss the importance of physical education and its benefits. Explain the rules, expectations, and safety guidelines for class * candidate selection	

	planning 3 MARCH-PAST 4 Mass Drill YOGA	*candidate canvassing*election *result declaration Sitting , standing , forward beding , back bending and inverted position	
MAY	-	-	-
JUNE	1 investiture ceremony 2 yoga day 3 Football 4 MARCH-PAST	*Investiture ceremony distribution of batches to the students *Teach basic skills such as passing, shooting, and dribbling. * Basic skills, shooting practice, small-sided games 21st June International Yoga Day Celebration	
JULY	1 Cricket 2 langdi 3 MARCH-PAST	Teach batting, bowling, and fielding skills. Organize mini cricket matches to develop game understanding * langdi and reflex action games were as per the climate and space availability	
AUGUST	1 March pass 2 Individual Sports Batminton ,Chess , Carrom 3 MARCH-PAST	* Independence day practice * Teach basic strokes (forehand, backhand, serve). *Practice rallies and footwork. *Organize badminton tournaments.	
SEPTEMBER	1 Dogdeball and Basketball as per ground availability 2 Mass Drill	Teach dodging ,catching ,throwing Organize dageball tournament Shooting, dribbling, defending, rebounding, and passing	SA -1 (During School Hours)
OCTOBER	1 Athletics: Introduction to track and field events 2 Mass Drill	Practice of sprinting, long jump, and shot put	
NOVEMBER	1 Sports day preparation 2 School camp 3 MARCH-PAST	Selection for school sports day and informing the kids regarding the events	
DECEMBER	1 Sports day selection process 2 Indoor Games and Recreation 3 MARCH-PAST	practice and finalize selection Chess: Rules, strategies, and practice matches	
JANUARY	1 Annual sports meet 2 March pass 3 MARCH-PAST 4 Hand Ball	Sports day finals Republic day celebration Basic skills, shooting practice, small-sided games	
FEBRUARY	1 Yoga and Meditation 2 MARCH-PAST	Introduce different yoga asanas (poses) and their benefits. Teach breathing techniques and relaxation exercises.	

		Planning for summer camp and coordinating with coaches kids and parents	
MARCH	Summer camp		SA -2 (During School Hours)