



XI SCIENCE

SYLLABUS 2026-27



AGRASAIN BOYS' SCHOOL

[Affiliated to Council for the Indian School Certificate Examinations, New Delhi]

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AGRASAIN BOYS' SCHOOL

Affiliated to the Council for the Indian School Certificate Examinations, New Delhi

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Class : XI (SCIENCE)

SYLLABUS : 2026-27

Class : XI (Science)

☐ ENGLISH LANGUAGE:

❖ ASSESSMENT-1 EXAMINATION :

1. Compositions
2. a) Directed writing (article writing, report writing) based on suggested points.
b) Proposal Writing
3. Short-answer questions to test grammar, structure and usage.
4. Comprehension (unseen).

❖ ASSESSMENT-2 EXAMINATION :

1. Compositions
2. a) Directed writing (article writing, report writing, Book review and blog writing) based on suggested points.
b) Proposal Writing
3. Short-answer questions to test grammar, structure and usage.
4. Comprehension (unseen).

❖ PERIODICAL EXAMINATION :

1. Compositions
2. (a) Directed writing (article writing, newspaper report, Book review, blog writing and sop) based on suggested points.
(b) Proposal Writing
3. Short-answer questions to test grammar, structure and usage.
4. Comprehension (unseen).

❖ ASSESSMENT-3 EXAMINATION :

1. Compositions
2. (a) Directed writing (article writing, newspaper report, Book review, blog writing, and statement of purpose) based on suggested points.
(b) Proposal Writing
3. Short-answer questions to test grammar, structure and usage.
4. Comprehension (unseen).

PROJECT

Listening and speaking skills (topics for speaking skills will be provided by the subject teachers during the classes)

Chart and Model**❖ ASSESSMENT-2 EXAMINATION :****Model**

Design an innovative working model to demonstrate the use of Prepositions in English Grammar. (To be Prepared by **Roll 1-30**)

Chart

Design an informative and visually appealing chart to demonstrate the transformation of sentences from Active Voice to Passive Voice. Clearly illustrate the roles of the subject, verb, object and show how their positions and forms change during the transformation. Support your chart with suitable examples in different tenses. (To be Prepared by **Roll 31-till the last roll number**)

❖ ASSESSMENT-3 EXAMINATION :**Model**

Design an innovative working model to demonstrate the use of Tenses in English Grammar. (To be Prepared by **Roll 31- till the last roll number**)

Chart

Design an informative and visually appealing chart to demonstrate the transformation of sentences from Direct Speech to Indirect Speech. Clearly show the changes in pronouns, tenses, reporting verbs, and time expressions, and support your explanations with suitable examples. (To be Prepared by **Roll 1-30**)

❑ ENGLISH LITERATURE :**❖ ASSESSMENT-1 EXAMINATION :**

- I. **DRAMA:** Macbeth – William Shakespeare (Acts I till pages done)
- II. **PRISM:** A Collection of ISC Short Stories (Evergreen Publications (India) Ltd. New Delhi)
 1. A Living God-Lafcadio Hearn
 2. Advice To Youth – Mark Twain
- III. **RHAPSODY:** A Collection of ISC Poems (Evergreen Publications (India) Ltd. New Delhi)
 1. Abhisara: The Tryst – Rabindranath Tagore
 2. Why I Like the Hospital – Tony Hoagland

❖ ASSESSMENT-2 EXAMINATION :

- I. **DRAMA:** Macbeth – William Shakespeare (Acts I full & Act II – till pages done)
- II. **PRISM:** A Collection of ISC Short Stories (Evergreen Publications (India) Ltd. New Delhi)
 1. The Paper Menagerie – Ken Liu
 2. The Great Automatic Grammatizator – Roald Dahl

III. **RHAPSODY:** A Collection of ISC Poems Evergreen Publications (India) Ltd. New Delhi)

1. Sonnet 116- William Shakespeare
2. Death of a Naturalist – Seamus Heaney

❖ **PERIODICAL EXAMINATION :**

I. **DRAMA: Macbeth** – William Shakespeare (Acts I & II)

II. **PRISM:** A Collection of ISC Short Stories (Evergreen Publications (India) Ltd. New Delhi)

1. A Living God-Lafcadio Hearn
2. Advice to Youth – Mark Twain
3. The Paper Menagerie – Ken Liu
4. The Great Automatic Grammatizator – Roald Dahl
5. Atithi – The Guest – Rabindranath Tagore

III. **RHAPSODY:** A Collection of ISC Poems (Evergreen Publications (India) Ltd. New Delhi)

1. Abhisara: The Tryst – Rabindranath Tagore
2. Why I Like the Hospital – Tony Hoagland
3. Sonnet 116- William Shakespeare
4. Death of a Naturalist – Seamus Heaney
5. Telephone Conversation – Wole Soyanka

❖ **ASSESSMENT-3 EXAMINATION :**

I. **DRAMA:** Macbeth – William Shakespeare (Acts I, II full; Act III -till pages done.

II. **PRISM:** A Collection of ISC Short Stories (Evergreen Publications (India) Ltd. New Delhi)

1. A Living God-Lafcadio Hearn
2. Advice to Youth – Mark Twain
3. The Paper Menagerie – Ken Liu
4. The Great Automatic Grammatizator – Roald Dahl
5. Thank You, Ma'am – Langston Hughes

III. **RHAPSODY:** A Collection of ISC Poems (Evergreen Publications (India) Ltd. New Delhi)

1. Abhisara: The Tryst – Rabindranath Tagore
2. Why I Like the Hospital – Tony Hoagland
3. Sonnet 116- William Shakespeare
4. Death of a Naturalist – Seamus Heaney
5. Strange Meeting-Wilfred Owen

Projects

1st Assessment- With reference to the short story - *The Living God*, discuss how selfless help is an act of God. Share a real-life inspiring story or incident of someone who has done selfless duty to the society or humankind.

2nd Assessment – *With reference to Macbeth, discuss how the role of Lady Macbeth influenced Macbeth into an evil road? Was it only the influence of Lady Macbeth or was it Macbeth's ambition all along?*

Periodical – Internal Assessment will be taken in the class

3rd Assessment – *With reference to the poem Strange Meeting, discuss how it fits to be an anti-war poem. Given the current contemporary world scenario, how relevant is the poem?*

Candidates are required to undertake a written Assignment of **1000-1500** words on the above topic which should be structured as given below:

The written assignment must follow the structure given below:

Introduction:

-Explanation of the question that has been framed

- explanation of how the candidate intends to interpret the chosen text and Literary materials used in the process

• Main Body – organised and well-structured treatment of the question using appropriate sub-headings.

• Conclusion – comprehensive summary of the points made in the main body.

INSTRUCTIONS TO THE CANDIDATES FOR ENGLISH PROJECTS :

1. The Projects are for ISC Board.
2. Handwriting should be neat and clear.
3. Write relevant matter and make it very creative.
4. Relevant pictures and quotations must be there. Pictures only on the non-ruled sheet and write on the ruled side.
5. Proper heading should be written in BOLD.
6. Significant lines, phrases and dialogues should be highlighted.
7. Do not use red and green ink.
8. Write relevant details on the first page itself.
9. School logo Subject, topic, submitted by and submitted to should be clear and legible.

❑ MODERN ENGLISH :

❖ ASSESSMENT-1 EXAMINATION :

I. DRAMA: Pygmalion - G.Bernard Shaw:

- Act I (till pages done)

II. PERSPECTIVES: A Collection of ISC Short Stories:

- Lawley Road - R.K.Narayan

III. REFLECTIONS: A Collection of ISC Poems:

- Father Returning Home-Dilip Chitre

❖ **ASSESSMENT-2 EXAMINATION :**

I. DRAMA: Pygmalion - G.Bernard Shaw:

- ACT I (full)

II. PERSPECTIVES: A Collection of ISC Short Stories:

- The Landlady - Roald Dahl
- Most Beautiful - Ruskin Bond.

III. REFLECTIONS: A Collection of ISC Poems:

- Life Doesn't Frighten Me - Maya Angelou.
- Sadness Comes - Donna Ashworth

❖ **PERIODICAL EXAMINATION :**

I. DRAMA: Pygmalion - G.Bernard Shaw:

- ACT I (FULL) & II (TILL PAGES DONE)

II. PERSPECTIVES: A Collection of ISC Short Stories:

- Dream - Children: Reverie -Charles Lamb.
- The Doll's House - Katherine Mansfield

III. REFLECTIONS: A Collection of ISC Poems:

- A Prayer for My Daughter - William Butler Yeats
- My Grandmother's House - Kamala Das.

❖ **ASSESSMENT-3 EXAMINATION :**

I. DRAMA: Pygmalion - G.Bernard Shaw:

- Act I & II (full)

II. PERSPECTIVES: A Collection of ISC Short Stories:

- Lawley Road - R.K. Narayan
- The Landlady - Roald Dahl
- Most Beautiful -Ruskin Bond
- Dream - Children: Reverie - Charles Lamb
- Ratan Tata: A Life Settling in at Cornell (An Excerpt) -Thomas Mathew

III. REFLECTIONS: A Collection of ISC Poems:

- Father Returning Home-Dilip Chitre
- Life Doesn't Frighten Me - Maya Angelou.
- Sadness Comes - Donna Ashworth
- A Prayer for My Daughter - William Butler Yeats
- Bora Ring - Judith Wright

PROJECTS

- **1st Assessment** - Based on the short story, Lawley Road by R K Narayan, discuss the use of irony to critique bureaucracy and post independence nationalism.
- **2nd Assessment** – With reference to Act I of Pygmalion by Shaw, analyze Eliza's personality from her first appearance to her visit to Prof. Higgins.
- **3rd Assessment** – In the poem, A Prayer For My Daughter, what concerns and hopes does he have for his daughter's future? Is it relevant in this modern time? What prayer and hope would you have for the future if you were to have a daughter?
- **Periodical** – Internal assessment will be conducted in the class.

Candidates are required to undertake a written Assignment of 1000-1500 words on the above topics which should be structured as given below:

The written assignment must follow the structure given below:

Introduction

Explanation of the question that has been framed

Explanation of how the candidate intends to interpret the chosen text and Literary materials used in the process

Main Body

Organised and well-structured treatment of the question using appropriate sub-headings.

Conclusion

Comprehensive summary of the points made in the main body.

INSTRUCTIONS TO THE CANDIDATES FOR MODERN ENGLISH PROJECTS :

- The Projects are for ISC Board.
- Handwriting should be neat and clear.
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- Do not use red and green ink.
- Write relevant details on the first page itself.

School logo Subject, topic, submitted by and submitted to should be clear and legible.

❑ 2ND LANGUAGE HINDI :

- पुस्तकें – १) काव्य मंजरी
 २) गद्य संकलन
 ३) हिन्दी व्याकरण मंजूषा
 ४) सारा आकाश

❖ **ASSESSMENT-1 EXAMINATION :**काव्य मंजरी

- 1) साखी
- 2) बाल लीला

गद्य संकलन

- 1) पुत्र-प्रेम
- 2) गौरी

सारा-आकाश

पूर्वाद्ध : साँझ (खण्ड - १,२,३)

हिन्दी व्याकरण मंजूषा

- 1) निबंध
- 2) अपठित गद्यांश
- 3) अशुद्ध वाक्यों को शुद्ध करना (१-५०)
- 4) मुहावरे (१-५०)

❖ **ASSESSMENT-2 EXAMINATION :**काव्य मंजरी

- 1) साखी
- 2) बाल - लीला
- 3) एक फूल की चाह

गद्य संकलन

- 1) पुत्र प्रेम
- 2) गौरी
- 3) शरणागत

सारा-आकाश

- 1) पूर्वाद्ध - साँझ (खण्ड ४,५,६,)

हिन्दी व्याकरण मंजूषा

- 1) निबंध
- 2) अपठित गद्यांश
- 3) अशुद्ध वाक्यों को शुद्ध करना (५१-१५०)
- 4) मुहावरें (५१-१५०)

❖ **PERIODICAL EXAMINATION :**काव्य मंजरी

- 2) बाल - लीला
- 3) एक फूल की चाह
- 4) आ: धरती कितना देती है

गद्य संकलन

- 2) गौरी
- 3) शरणागत
- 4) सती

सारा आकाश

पूर्वाद्ध - साँझ (खण्ड - ७,८,९,)

हिन्दी व्याकरण मंजूषा

- 1) निबंध
- 2) अपठित गद्यांश
- 3) अशुद्ध वाक्यों को शुद्ध करना (१५१-२००)
- 4) मुहावरें (१५१-२००)

❖ ASSESSMENT-3 EXAMINATION :

काव्य मंजरी

- 1) साखी
- 2) बाल-लीला
- 3) एक फूल की चाह
- 4) आ: धरती कितना देती हैं
- 5) नदी के द्वीप

गद्य संकलन

- 1) पुत्र प्रेम
- 2) गौरी
- 3) शरणागत
- 4) सती
- 5) आउट-साइडर

सारा आकाश

पूर्वाद्ध : साँझ (१-१०)

हिन्दी व्याकरण मंजूषा

- 1) निबंध
- 2) अपठित गद्यांश
- 3) अशुद्ध वाक्यों को शुद्ध करना (सम्पूर्ण आई. एस. सी पाठ्यक्रम)
- 4) मुहावरें (सम्पूर्ण आई. एस. सी पाठ्यक्रम)

निम्नलिखित विषयों पर परियोजना तैयार कीजिए।

परियोजना- (600-800 शब्दों में)

1. 'बाल लीला' पद्य को कहानी में रूपांतरित करते हुए सचित्र परियोजना तैयार कीजिए।

2. कहानी कला की दृष्टि से 'शरणागत' कहानी की समीक्षा करते हुए सचित्र परियोजना तैयार कीजिए।
3. Listening and speaking skill to be done in regular Hindi class.

❑ 2ND LANGUAGE BENGALI:

পুস্তক : ISC প্রবন্ধ ও গদ্য সংকলন, ISC প্রবন্ধ ও গদ্য সংকলন ওয়ার্কবুক, ISC কবিতাসংকলন
কোনি, ভাষা সোপান।

❖ ASSESSMENT-1 EXAMINATION :

গল্প - ঠাকুরদা, জোড়াসাঁকোর ধারে

কবিতা - ওরাকাজকরে, পূব-পশ্চিম

কোনি - ১ - ৩ অধ্যায়।

ব্যাকরণ ও নির্মিতি- ISC সমগ্র পাঠ্যক্রম।

❖ ASSESSMENT-2 EXAMINATION :

গল্প - তাসের ঘর, ঠাকুরদা, জোড়াসাঁকোর ধারে

কবিতা - বনলতা সেন, ওরাকাজকরে, পূব-পশ্চিম

কোনি - ১-৫ অধ্যায়।

ব্যাকরণ ও নির্মিতি- ISC সমগ্র পাঠ্যক্রম।

❖ PERIODICAL EXAMINATION :

গল্প - অনাচার, তাসের ঘর, ঠাকুরদা, জোড়াসাঁকোর ধারে

কবিতা - বর্ণপরিচয়, বনলতা সেন, ওরাকাজকরে, পূব-পশ্চিম

কোনি- ১-৭ অধ্যায়।

ব্যাকরণ ও নির্মিতি - ISC সমগ্র পাঠ্যক্রম।

❖ ASSESSMENT-3 EXAMINATION :

গল্প-রেকর্ড, তাসের ঘর, ঠাকুরদা, জোড়াসাঁকোর ধারে, অনাচার

কবিতা - সালেমনের মা, বনলতা সেন, ওরাকাজকরে, পূব-পশ্চিম, বর্ণপরিচয়

ব্যাকরণ ও নির্মিতি - ISC সমগ্র পাঠ্যক্রম।

কোনি- ১-৮ অধ্যায়।

Project.

1. তোমার পাঠ্য পুস্তকের অন্তর্গত যেকোনো একটি কবিতাকে ছোট গল্পের রূপ দান করো।
2. তোমার পাঠ্য পুস্তকের অন্তর্গত যেকোনো একটি ছোট গল্পকে কবিতার রূপ দান করো।

3. তোমার পাঠ্য পুস্তক এর অন্তর্গত যেকোনো একটি ছোট গল্প বা কবিতার বর্তমান সময়ের নিরিখে প্রাসঙ্গিকতা বিচার করো।
4. তোমার পাঠ্য পুস্তকের অন্তর্গত যেকোনো একটি ছোটগল্পের চরিত্র বিশ্লেষণ কর অথবা যেকোনো একটি কবিতার প্রেক্ষাপট আলোচনা কর।
5. Listening and speaking skill will be held in regular classes.

❑ MATHEMATICS :

❖ ASSESSMENT-1 EXAMINATION :

Set, Trigonometry, Quadratic equations, Inequality, Complex numbers, Measures of dispersion (Mean, Median, Mean deviation about mean, Standard deviation, combined mean)

❖ ASSESSMENT-2 EXAMINATION :

Relation and Function, Straight lines, Limits and Derivatives, Parabola, Three-dimensional geometry.

Note: All the chapters in assessment – 1 are also included in assessment – 2 syllabus.

**** Project should be submitted 15 days prior to the assessment -2 examination.**

❖ PERIODICAL :

Circle, Permutation and Combination, Binomial theorem, Ellipse.

Note: All the chapters in assessment-1 and assessment- 2 are included in periodical syllabus.

❖ ASSESSMENT-3 EXAMINATION :

Sequence and Series, Probability, Hyperbola.

Note: All the chapters in assessment – 1 and 2, periodical is also included in assessment – 3 syllabus.

- The completed mathematics project file consisting of two mathematics projects need to submitted 15 days prior to the assessment- 3 examination.

❑ PHYSICS :

NAME OF THE BOOK: ISC PHYSICS

PUBLISHER: Nageen Prakashan Pvt. Ltd

WRITTEN BY: RAJ KUMAR AND G. L. MITTAL

PRACTICAL LAB MANUAL : D. N. Publication/Nootan (Nageen Pub.)

❖ ASSESSMENT-1 EXAMINATION :

1. Elementary Mathematics

2. Units and Measurement : Error Analysis
3. Dimensional Analysis
4. Motion in a Straight Line
5. Motion in a Plane
6. Newton's Laws of Motion
7. Friction
8. Uniform Circular Motion
9. Work, Power and Energy
10. Centre of Mass
11. Moment of Inertia
12. Gravitation

***Practical : As done in Class.**

INCLUDING FULL SYLLABUS OF PERIODICAL.

❖ ASSESSMENT-2 EXAMINATION :

13. Elasticity
14. Fluid Pressure and Flow of Liquids
15. Surface Tension
16. Thermal Properties of Matter and Heat Transfer

***Practical : As done in Class.**

❖ PERIODICAL EXAMINATION :

17. Thermodynamics
18. Isothermal and Adiabatic Processes
19. Heat Engine and 2nd Law of Thermodynamics
20. Kinetic Theory of Gases.

***Practical : As done in Class.**

INCLUDING FULL SYLLABUS OF PERIODICAL AND ASSESSMENT 1

❖ ASSESSMENT-3 EXAMINATION :

21. Simple Harmonic Motion
22. Free, Damped and Forced Oscillations
23. Waves and Waves Motion
24. Interference and Beats
25. Stationary Waves and Vibration of Air Column
26. Vibration of Stretched String

***Practical : As done in Class.**

INCLUDING FULL SYLLABUS OF PERIODICAL AND ASSESSMENT 1, 2

Project:- The students are advised to make a project based on any one of the topics for projects as advised/discussed by the subject teacher in school for ISC 2026-2027

❑ CHEMISTRY :

Book: ISC Chemistry for Class XI, K.L. Chugh

Practical Book: ISC Chemistry Lab Manual Class XI, Nageen Prakashan

❖ ASSESSMENT-1 EXAMINATION :

- Some Basic Concepts of Chemistry
- Structure of Atoms
- Classification of Elements and Periodicity in Properties
- Practical: Titration and salt analysis

❖ ASSESSMENT-2 EXAMINATION :

- Chemical Bonding and Molecular Structure
- Equilibrium
- Revision: Chapters of Assessment I Examination
- Practical: Titration and salt analysis

❖ PERIODICAL EXAMINATION :

- Chemical Thermodynamics
- Organic Chemistry: Some Basic Principles and Techniques
- Revision: Chapters of Assessment I and Assessment II Examinations
- Practical: Titration and salt analysis

❖ ASSESSMENT-3 EXAMINATION :

- Redox Reactions
- Hydrocarbons
- Revision Chapters of Assessment I, Assessment II and Periodical Examinations
- Practical: Titration and salt analysis
- **PROJECT**

The students are advised to make a project based on any one of the topics for projects as advised/discussed by the subject teacher in school for ISC 2026-2027.

❑ BIOLOGY :

Book: ISC Biology Class 11 by S.C. Tripathi

Biology Lab Manual: D. N. Publication

❖ ASSESSMENT-1 EXAMINATION :

1. The living world
2. Biological Classification
3. Plant Kingdom
4. Animal Kingdom
5. Morphology of flowering plants

6. Anatomy of flowering plants
7. Structural organisation in animals
8. Cell the unit of life
9. Biomolecules

Practical: As per done in class

❖ **ASSESSMENT-2 EXAMINATION :**

10. Cell cycle and cell division
- Revision Ch: (1-9)
Practical: As per done in class

❖ **PERIODICAL EXAMINATION :**

11. Photosynthesis in higher plants
12. Respiration in plants
13. Plant growth & development
14. Digestion and absorption
15. Breathing and exchange of gases
16. Body fluid and circulation
17. Excretory products and elimination
18. Locomotion and movement
19. Neural control and coordination

❖ **ASSESSMENT-1 EXAMINATION :**

20. Chemical coordination and integration
- Revision Ch: (1-21)
Practical: As per done in the class

Project : The students are advised to make a project based on any one of the topics for projects as discussed by subject teacher in school for ISC (2026-27).

❑ **COMPUTER SCIENCE :**

Book prescribed:

Computer Science with JAVA (A Textbook for class XI) (DHANPAT RAI & CO.)

❖ **ASSESSMENT-1 EXAMINATION :**

- Ch-1: Data Representation
- Ch-3: General OOP Concepts
- Ch-4: Introducing JAVA
- Ch-5: JAVA Fundamentals

Practical:

- Ch-:3,4,5

❖ **ASSESSMENT-2 EXAMINATION :**

- Ch-1,3,4 and 5 (Revision)
- Ch-2: Propositional Logic and Hardware
- Ch-6: Flow of Control
- Ch-7: Classes in JAVA
- Practical:
- Ch-:3,4,5,6,7

❖ **PERIODICAL EXAMINATION :**

- Ch-1 to Ch-7 (Revision)
- Ch-8: Functions (Methods)
- Ch-9: Program Error Types and Basic Exception Handling
- Ch-10: Using Library Classes and Packages

Practical:

- Ch-:3,4,5,6,7,8,9,10

❖ **ASSESSMENT-3 EXAMINATION :**

- Ch-1 to Ch-10 (Revision)
- Ch-11: Arrays
- Ch-12: Operations on Files
- Ch-13: Trends in Computing and Ethical Issues
- Introduction to Python

Practical:

- Ch-:3,4,5,6,7,8,9,10,11,12

❑ **AI (ARTIFICIAL INTELLIGENCE) :**❖ **ASSESSMENT-1 EXAMINATION :**

1. Basic concepts of Artificial Intelligence
2. Introduction and state of Art of AI, Natural Language Processing (NLP), and Potential use of AI.

Practical Project: will be given during class.

❖ **ASSESSMENT-2 EXAMINATION :**

3. Mathematics for AI.
 4. Data Visualisation.
- Revision Chapter 1 and 2.

Practical Project: will be given during class.

❖ **PERIODICAL EXAMINATION :**

5. Theoretical and Practical aspect of data processing.
- Revision Chapter 1, 2, 3 and 4.
- Practical Project: will be given during class.

❖ **ASSESSMENT-3 EXAMINATION :**

6. Data Modeling, Simple Linear Regression.
 7. Ethical Practices in AI.
- Revision Chapter 1, 2, 3, 4 and 5.
- Practical Project: will be given during class.

❑ SUPW :

Subsidiary service

❖ HALF YEARLY EXAMINATION :

1. Envelope making.
2. Mask making.
3. Homemade hand sanitizer.
4. Project file.

❖ ANNUAL EXAMINATION :

Main craft service

5. Bottle craft.
6. Pickles preparation.
7. Cleaning.

❑ PHYSICAL TRAINING (PT) :

❖ HALF YEARLY EXAMINATION :

1. March Past.
2. Jogging & General Warming-up
3. Cardio Exercises:
 - a) Sprinting
 - b) Distance Running
 - c) Jumping Jack
 - d) Box Jump
4. Fitness Training:
 - a) Push-ups
 - b) Jump Squats
 - c) Bend knee sit-ups
 - d) Mountain Climbers
 - e) Plank Jacks
 - f) Jump rope
5. 600m. Run
6. First Aid
7. Indoor Games

❖ ANNUAL EXAMINATION :

1. Jogging & General Warming-up
2. Agility workout.
3. Tug-O-War
4. Team sports:
 - a) Soccer

- b) Basketball
- c) Handball
- d) Kho-Kho
- e) Kabaddi

5. Fitness Training:

- a) Sit & Reach
- b) Partial Curl
- c) Lunges
- d) Burpees

6. March Past.

❑ **YOGA (MEDITATION) :**

❖ **HALF YEARLY EXAMINATION :**

- Yoga prayer
- Om chanting
- Surya namaskar
- Setubandhasana
- Abdominal breathing
- Shetali Pranayama

❖ **ANNUAL EXAMINATION :**

- Brikhasana
- Ardha chakrasana
- Yogamudra
- Kapalbhati
- Anuloma- Viloma.

