



LAKSHYA INTERNATIONAL SCHOOL

Monthly Planner (Academic Session 2019-20)

Month: APRIL, 2019

Value of the Month:

Respect and Empathy

Class: I

SUBJECT	WEEK 1	WEEK 2	WEEK 3	WEEK 4
ENGLISH	Revision of phonics ,alphabets ,vowles and consonants. Unit - 1 Playing with friends session 1 and session 2 Unit 1 - Session 3 A and 3B	Unit 1 Playing with friends Session 4,5,6 and 8	Unit 1 Playing with friends Session 9,10,11 and 12	* * *
MATHS	Learning basics Matching one to one Numbers and number names 1-2	Odd one out Numbers and Number names 21-30 and 31-40	Numbers and number names 41-50	* * *
EVS	Unit- 1 Being alive 1.1-Animals and plants alive.	1.2-Local environments	1.3-Animals babies 1.4-Healthy food and drink	* * *
II LAN TELUGU	Varnamala, Acchula parichayam, a to vu - padaalu-writing, geyam- okati okati.	Varnamaala paarichayam,-aru to l - padaalu identification and writing	Varnamaala parichayam-o to aha - padaalu and writing .	* * *
II LAN HINDI	Swar -'AA to AHA'	Yanjan - 'KA' Varg	Yanjan - 'CHA' Varg and Names of the animals.	* * *
MUSIC	Topic : Singing Song : Jingle bells jingle bells Imp Terms : Use Pitch,beat,tempo and timing	Topic: Recognizing Patterns In music Song : What's the Time song Imp Terms and procedure: Number counting tapping the feet rhythmically and clapping on the laps	Topic : Using Rhythm For Song Song : Measurements Song Terms and Procedure: counting numbers and producing Different beats from vocals	* * *
DANCE	BANGRA Introduction of dance basic body rhythm And India folk dance history of dance origin	Warm-up and basic dance steps of bangra and identifying music and basic steps practicing low intensity	Warm-up Practice on steps on various patrons and medium intensity on music and warm down	* * *

SUBJECT	WEEK 1	WEEK 2	WEEK 3	WEEK 4
YOGA	Introduction about Yoga, What is yoga? Warm Up Exercises, Surya Namaskar Sitting Poses Padmasan Vajrasan, Standing Pose Vrikshasan VilomPranayam with steps Self relaxation- Meditation(with Sharavasan and Breathing)	Warm Up Exercises, Surya Namaskar Sitting Poses Padmasan Vajrasan, Standing Pose Vrikshasan VilomPranayam with steps Self relaxation- Meditation(with Sharavasan and Breathing)	Sitting Poses Vajrasan, Standing Pose Vrikshasan VilomPranayam with steps Self relaxation , meditation (with Shravasan& breathing) Sitting poses Vajrasan standing pose Vrikshasan	* * *
SEP	<u>Movement concepts</u> :Demonstrate understanding of personal space, genral space and boundries while moving in diffeent directions. Locomotorskills: => change in speed in response to tempos, rhythms and signals	Flexibility: Streching arms legs,shoulders and back without hyper flexing and hyper extending joints. Fitness concepts: =>pricipitate in physical activities that are enjoyable and challenging through development of body fitness	Body management: identify the base of support and balanced objects. Manipulative skills: identify examples of overhand and under hand movememnt concepts	* * *
ART & CRAFT	Elements of art: types of lines – curved, zigzag, broken, straight, spiral, wavy, thick, thin.Identifies and investigates different types of lines – wavy, straight, jagged, curved, zigzag, broken, spiral, thick and thin lines	(e.g., describe types of lines observed in art works and in own surroundings, create a variety of lines using a variety of media such as finger paint, draw in sand, make lines from clay, cut lines from paper/ cloth, draw lines to music)	Recognises basic shapes (circle,square etc) and free-form/ organic shapes(puddle, water drop, leaves, flowers, clouds etc) and use them to make works of art (e.g., a collage using organic shapes),	* * *
SWIMMING	1) Intoduction to rules and regulations. 2) Balancing in water with help of any support. 3) Basic Freestyle kicking and breathing exercises.	1) Continue with free style kicking exercises by catching wall and kick pad. 2) Continuation of breathing exercises. 3)Playing in water with help of tubes.identify the colours of balls.	1) Freestyle kicking with the help of kick pads,without any support of teacher. 2) corrections in breathing exercises.	* * *
KARATE	Introduction	Martial Arts basics	Punches	* * *

PARENT INVOLVEMENT ACTIVITY

1. Tell your child to share a story which he/she has recently read. Ask your child to talk about the most important character in the story. Find out whether your child has liked the story or not ? If Yes what made him/her like it ?
Why should others read this book ?
2. Read a poem to your child and ask him/her to draw the whole idea of the poem on a A4 size paper and colour it.

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For any suggestions & feedback please mail us at *principal@lakshyaschool.in*

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Signature of the Principal