



LAKSHYA INTERNATIONAL SCHOOL

Monthly Planner (Academic Session 2019-20)

Theme of the month:

WE CARE NATIONAL SPORTS DAY

Month: August, 2019

Value of the Month:

Sportsmanship - Spirit of Sportsman

Class: X

Subjects	WEEK 1	WEEK 2	WEEK 3	WEEK 4
ENGLISH	Lit Reader- Poem: Animals L 7. Glimpses of India L 7.1: A Baker from Goa L 7.2: Coorg Grammar: Active & Passive voice, Letter of inquiry	Lit Reader- L 7.3: Tea from Assam, Poem: The Trees, Supp Reader- The Necklace Grammar: Correction of sentences. Letter of order	Lit Reader- Mijbil the otter Supp Reader- The Hack Driver Grammar- Reported Speech, Story writing	Supp Reader- Footprints without Feet, The Making of a Scientist Grammar: Subject verb agreement. Writing- Letter to the editor
MATHS	Exercise 5.3, CH:8 Introduction to Trigonometry EX:8.1	EX:8.2,8.3	EX:8.4,CH:9 Some Applications of Trigonometry EX:9.1	Revision for Mid Exam
SCIENCE	Physics: Le: 14 - Sources of Energy Different Sources of energy, Selecting a source of energy Chemistry : Le:2 - Acids,Bases and Salts - Physical properties of Acids,bases Biology: How do organisms reproduce	Physics: Le: 14 - Sources of Energy - Conventional Chemistry: Le:2 Acids,Bases and salts - Chemical properties of acids and bases Biology: A sexual reproduction	Physics: Le: 14 - Sources of Energy - non-conventional sources of energy Chemistry : Le:2 - Acids,Bases and salts - Neutralisation, Strength of Acids, bases Biology: Sexual reproduction in plants	Biology: Sexual reproduction in Human beings. Revision for Mid Exam
SOCIAL SCIENCE	Federalism & Water Resources Class test	Age of Industrialisation Mineral and Energy sources	Print culture and the modern world	Gender, Religion and Caste
II LAN TELUGU	L-7 Maa Prayatnam:	L-8 Samudra langhanam:	Ramayanam -Aranyakaanda	Grammar
II LAN HINDI	Nondetail I.2.Sapanom ke se din	Nondetail I.2.Sapanom ke se din	Poety I.4.Manushyata	
ICT	Word Processing Modifying Layouts	Managing Headers& Footers Styles & Templates	Page &Section breaks Character Formats	Graphical Objects& Illustations Text rapping,Insert shapes

Subjects	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Music - Vocal	raag bhupali-raag vivaran	Raag bhupali swarmalika	Taal-Teen Taal	Raag bhupali chota khyal
Music - Instrument	Uto jawan desh ki Petriotic song practice for independence day along with octapad and keyboard	Uto jawan desh ki Petriotic song practice for independence day along with octapad and keyboard	Uto jawan desh ki Petriotic song practice for independence day along with octapad and keyboard	Krishna bhajan practice for janmashtami celerations
DANCE	Indian classical dances Basic Warm up body strength exercises to cooperate the body movements along with music Adugulu practice Basic 1st intensity	Indian classical dances Basic Warm up body strength exercises to cooperate the body movements along with music Adugulu practice Basic 1st intensity	Perform dance sequence combining various locomotors skills	Demonstrate dance steps, techniques, and turns of various folk and social dances Dance in variety terminations
ARTS/ CRAFTS	Painting in Still life Drawing, human figure,	Art integration on Physics: Sources of Energy	Art integration on land scape , animals , portraite drawing	Art integration on Metals and Non Metals
VEP / LSP	Creative thinking & Effective communication	Creative thinking & Effective communication	Creative thinking & Effective communication	Creative thinking & Effective communication

Subjects	WEEK 1	WEEK 2	WEEK 3	WEEK 4
SEP	<p>BODY COMPOSITION: Sustain continuous movement for increasing period of time while performing moderate physical activities. Activity: - Suitable warm –up - Duck walk - Tuck jumps 10 without stopping in between. - Solider walking with elbows by rolling on the ball. TEAM GAME: Boys: Kabaddi : basic rules& Regulations, Rider techniques Defender Techniques. How to attempt bonus point. Girls: Kho-Kho: Basic Rules& Regulations, Runner & chaser character explanation. How to start up when given kho.</p>	<p>UPPER BODY STRENGTH: - High 5's with push –ups - Cubed: partner push – up pass - Take the beans - Race to end - Push – up hockey. TEAM GAME: Boys: Kabaddi : basic rules& Regulations, Rider techniques Defender Techniques. How to attempt ankle hold & double leg hold. Girls: Kho-Kho: Basic Rules& Regulations, Runner & chaser character explanation. Importance of line kho, for riders How to back check while running as a runner.</p>	<p>GYMNASTICS: 1) Forward roll 2) back ward roll 3) Cart wheel 4) Pin jump 5) Star jump 6) Tuck Jump. TEAM GAME: Boys: Kho-Kho: Basic Rules& Regulations, Runner & chaser character explanation. How to start up when given kho. Girls: Kabaddi : basic rules& Regulations, Rider techniques Defender Techniques. How to attempt bonus point.</p>	<p>FITNESS CONCEPTS: Activity : How to burn belly fat & hip fat. - Stomach crunches - Push –up - Run in same place - Squat - Jump& jacks - Hip trust - Knee in plank Note: each one 30 sec, 2 sets workout. TEAM GAME: Boys: Kho-Kho: Basic Rules& Regulations, Runner & chaser character explanation. Importance of line kho, for riders How to back check while running as a runner. Girls: Kabaddi : basic rules& Regulations, Rider techniques Defender Techniques. How to attempt ankle hold & double leg hold.</p>

PARENT INVOLVEMENT ACTIVITY

Please teach your child the value of sports and games. Please interact with your child to support the importance of Sports and Games. It enables the child to reach his ambition of life quite positively. The child becomes strong and develops the sportive nature. Let us cultivate the spirit of sports among our kids and enable them to build their strong career.

CREATIVE CLASSROOM DECOR

Class Room will be decorated as per the Monthly Theme.

Class Teacher's Helpline: **Name:** *M. Balaraju*

Mobile Number: 9912937846

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

Signature of principal