

SYLLABUS

SESSION 2022–23

CLASS – VII

-
- ❖ Half Yearly Examination- Syllabus covered in Term 1 and Term 2.
 ❖ Annual Examination- Syllabus covered in Term 1, Term 2 and Term 3.
-

ENGLISH LANGUAGE

Term 1

March	Chapter 1	Parts of Speech Word smart
	Chapter 2	Articles
April	Chapter 3	Adjectives and adverbs
	Chapter 4	Tenses
	Chapter 10	Prepositions
	Chapter 17	Comprehension
	Chapter 18	Composition
May	Chapter 5	Infinitives, gerunds, participles
	Chapter 11	Conjunctions
	Chapter 17	Comprehension
	Chapter 18	Composition Word Smart Let's Revise –1

July

I Unit Test Syllabus

Chapter 1	Parts of Speech
Chapter 2	Articles

Revision

Term 2

July	Chapter 6	Modals
August	Chapter 7	Subject–Verb agreement
	Chapter 8	Voice
	Chapter 10	Preposition (Revision)
	Chapter 17	Comprehension
	Chapter 18	Composition
September	Chapter 9	Direct and indirect speech Word smart Let revise - 2
	Chapter 11	Conjunctions
	Chapter 17	Comprehension
	Chapter 18	Composition

Term 3

October	Chapter 12	Phrasal Verbs Word smart	
November	Chapter 13	Clauses	
	Chapter 14	Elements of a sentence	
	Chapter 17	Comprehension	
	Chapter 18	Composition	
December	Chapter 15	Simple, Complex, Compound sentences	
	Chapter 16	Punctuation Let's revise – 3	
	Chapter 17	Comprehension	
January	Chapter 18	Composition	
	Chapter 10	Prepositions	Revision
	Chapter 11	Conjunctions	Revision

February

II Unit Test Syllabus

Chapter 12	Phrasal Verbs
Chapter 13	Clauses

Revision



ENGLISH LITERATURE

Term 1

March	Poem	The Road Not Taken
	Chapter 1	Big Brother
April	Chapter 2	The Lion Whisperer
	Poem	The Cherry Tree
	Chapter 3	A Spark Neglected Burns the House
May	Poem	If
	Chapter 4	Neel Darpan
July		Revision

I Unit Test Syllabus

Poem	The Road Not Taken
Chapter 1	Big Brother

Term 2

July	Chapter 5	Hitch–Hiker
August	Chapter 6	The Aged Mother
	Chapter 7	Uncle Podger Hangs a Frame
September	Poem	The Pied Piper of Hamelin

Term 3

October	Chapter 8	The Story of Ali Cogia
November	Chapter 9	Ill Met by Moonlight
	Chapter 10	Mangalyaan –India’s Mars Orbiter Mission
December	Poem	A Psalm of Life
	Chapter 11	The Legend of Arachne

January

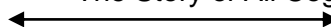
Revision

February

Revision

II Unit Test Syllabus

Poem	The Pied Piper of Hamelin
Chapter 8	The Story of Ali Cogia



ENGLISH CONVERSATION

Term 1

March	Unit 1	Culture
	1	Left Out
	2	Expressing Culture through What We Wear
April	3	Cultural Art Forms
	4	Celebrations
	Unit 2	Environment
	1	Where Have All The Trees Gone?
May	2	Greening My School
	3	Let’s Save the Environment
	4	Keeping Our Surroundings Clean
July		Revision

Term 2

July	Unit 3	Money
	1	All About Money
August	2	Saving Vs Spending Money
	3	Is Money Necessary To Be Happy?
	4	Money values
September	Unit 4	Music
	1	Making Music
	2	My favourite Song
	3	A wonderful world
	4	The Importance of Music

Term 3

October	Unit 5	Jobs
	1	The Ice Cream Taster
	2	Jobs!
November	3	What’s Your Job?
	4	Dignity of Labour

December	Unit 6	Art and Craft
	1	Art and Craft
	2	My Childhood Creations
	3	Art Forms of the world
January	4	They Convey Messages Too
February		Revision



HINDI

Term 1

March

Language

पाठ 1
पाठ 2

भाषा, बोली, लिपि और व्याकरण
वर्ण विचार
विलोम— Pg. No. 156 to 158— आग = राजा
पर्यायवाची— Pg. No. 162— पक्षी..... राक्षस
अनेक शब्दों के लिए एक शब्द— Pg. No. 166 –167
जो कभी न मरे..... जिसके मन में विकार न हो
समरूपी भिन्नार्थक शब्द— Pg. No. 172 –173
(1) अचार..... (14) आसन—आसन्न
अनेकार्थी शब्द— Pg. No. 166 –177— (1-11) अंक.....घट

Literature

पाठ 1
पाठ 2

भारत की आरती
हार की जीत

April

Language

पाठ 3

शब्द विचार
मुहावरे— Pg. No. 181 (1) अंधे के हाथ बटेर लगना
(15) कंधे से कंधा मिलाना
अपठित गद्यांश— Pg. No. 186
(1) कमोबेश.....बदला लेने की चेष्टा करते हैं
अपठित पद्यांश— Pg. No. 190
(1) ऐसा है आवेश.....पार नहीं
पत्र—लेखन— Pg. No. 196—(1) विद्यालय छोड़ने.....
Pg. No. 197 (2) ब्रीफकेस छीने.....
Pg. No. 201 (1) बड़े भाई के विवाह.....
निबंध—लेखन— Pg. No. 205— (1) कंप्यूटर की जरूरत

Literature

पाठ 4

कर्मवीर

May

Language

पाठ 5
पाठ 6

उपसर्ग एवं प्रत्यय
संज्ञा
निबंध—लेखन— Pg. No. 206 (2) ऋतुओं की रानी—वर्षा
विज्ञापन—लेखन— Pg. No. 211—(1) पुरानी मोटर साइकिल
के लिए
डायरी लेखन— Pg. No. 212 (1) रक्षाबंधन का त्योहार के
दिन लिखी गई डायरी

Literature

पाठ 5

आप भले तो जग भला

July

Revision

Unit Test 1 Syllabus

Language

पाठ 1

भाषा, बोली, लिपि और व्याकरण
पर्यायवाची, मुहावरे, विलोम, अनेक शब्दों के लिए एक शब्द

Literature

पाठ 2

'हार की जीत'

Term 2

July

पाठ 7

सर्वनाम

August

Language

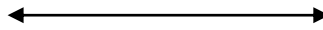
पाठ 8

विशेषण

		<p>विलोम— Pg. No. 156, 157, 158 (middle) अपना to वैतनिक पर्यायवाची— Pg. No. 162— पुत्र..... पत्ता मुहावरे— Pg. No. 182, 183— (16) कलई खोलना..... (27) जान से हाथ धो बैठना</p> <p>अनेक शब्दों के लिए एक शब्द— Pg. No. 167–168 जिसके आर—पार देखा जा सके.....छूत से फैलने वाला रोग समरूपी भिन्नार्थक शब्द— 173— (16) ओर..... द्रव – द्रव्य (31) अनेकार्थी— Pg. No. 178— (12) ताल..... वंश</p>
	Literature	
	पाठ 7	मेरा नया बचपन
	पाठ 8	विकास
September	Language	
	पाठ 9	क्रिया
	पाठ 11	लिंग
	पाठ 12	वचन
		<p>अपठित गद्यांश— Pg. No. 187–188 (2) भारत में हरित क्रान्ति.....फसल मिलती है। (3) कविता का उद्देश्य.....कविता में भी होती है</p> <p>अपठित पद्यांश— Pg. No. 191 (2) हम जंग न होने.....लेने देंगे</p> <p>पत्र लेखन— Pg. No. 196–197 औपचारिक पत्र, 3. पुस्तकालय की स्थिति बताते हुए..... 4. खोए हुए सामान के बारे में सूचना देते हुए स्टेशन</p> <p>Pg. No. 202- (2) माँ का पत्र पुत्री के नाम..... निबंध— Pg. No. 207, (3) स्वास्थ्य ही धन है। Pg. No. 208 (4) करत करत अभ्यास के जड़मति होत सुजान विज्ञापन—लेखन— Pg. No. 211 (2) नए ब्रांड के जूतों के लिए डायरी लेखन— Pg. No. 213— (2) प्रिय मित्र के विदेश चले जाने पर डायरी चित्र लेखन— Worksheet</p>
	Literature	
	पाठ 9	भारतीय कलेंडर
Term 3		
October	Language	
	पाठ 13	काल पर्यायवाची— Pg. No. 163— जंगल.....शरीर विलोम— 156, 157, 158 (Last Row) सज्जन.....छल
	Literature	
	पाठ 13	रहीम के दोहे
November	Language	
	पाठ 14	कारक
	पाठ 15	वाक्य रचना एवं भेद अनेक शब्दों के लिए एक शब्द— 168 to 169 किसी विषय में विशिष्ट ज्ञान रखने वाला.....जिसका स्पर्श करना वर्जित हो समरूपी भिन्नार्थक शब्द— Pg. No. 174 (32) धरा.....(45) योग्य—योग अनेकार्थी— Pg. No. 178 (25–36) मधु.....सुमन
	Literature	
	पाठ 15	सदाचार का तावीज़
December	Language	
	पाठ 16	वाक्य संशोधन मुहावरे— Pg. No. 183 टका सा जवाब देना.....हाय तौबा मचाना अपठित गद्यांश— Pg. No. 189 (2) कालिदास उसी डाल.....वह खरा सोना था। अपठित पद्यांश— Pg. No. 192, 193 (1) मन.....कौन सा है (2) अर्धशती.....विस्मय से!

पत्र— Pg. No. 199–202— (3) परीक्षा में असफल.....
 (5) बिजली संकट से उत्पन्न कठिनाइयों का वर्णन करते हुए
 संपादक को पत्र।
 निबंध— Pg. No. 208— (5) नदी की आत्मकथा
 चित्र लेखन— Worksheet

	Literature पाठ 17	अध्यापक के नाम पत्र
January	Language पाठ 17	विराम—चिह्न निबंध लेखन— Pg. No. 209— शिक्षा और मनोरंजन का साधन—दूरदर्शन विज्ञापन—लेखन— Pg. No. 211—(3) आपदा पीड़ितों की सहायता के लिए डायरी—लेखन— Pg. No. 213— (1) (1) जब आपके पिता ने आपको 'स्वामी विवेकानंद की जीवनी, लाकर दिया।
	Literature पाठ 17	अध्यापक के नाम पत्र
February		Revision
	Unit Test 2 Syllabus	
	Language पाठ 13	काल मुहावरे, पर्यायवाची, विलोम, अनेकार्थी
	Literature पाठ 13	रहीम के दोहे



HISTORY / CIVICS

Term 1

March	History	The Medieval Period—an Introduction The Advent of Christianity
	Chapter 1	
April	History	Islam and its Impact on the Middle East The Turkish Invasions
	Chapter 2	
	Chapter 3	
May	History	The Delhi Sultanate: The Slave Dynasty
	Chapter 4	
	Civics	Basic Ideas of the Constitution Right to Education
	Chapter 1	
	Spotlight	
July		Revision

I Unit Test Syllabus

Chapter 1 (History) The Advent of Christianity

Term 2

July	History	The Delhi Sultanate: The Khalji Sultans (1290–1320 CE) (Continue)
	Chapter 5	
August	Chapter 5	(Continue) The Delhi Sultanate: The Khalji Sultans (1290–1320 CE) From the past
	Chapter 6	The Delhi Sultanate: The Tughluqs, The Sayyids and the Lodis Some notable Sultans of Delhi Sultanate Comparative study of the Tughluqs and the Khaljis
	Chapter 7	Delhi Sultanate: Society, Administration, Religion and Architecture
September	History	The Vijaynagar and Bahmani Kingdoms
	Chapter 8	
	Civics	Directive Principles of State Policy
	Chapter 2	

Revision

Term 3

October	History Chapter 9	Foundation of the Mughal Empire (continue)
November	Chapter 9 Chapter 10 Chapter 11	(Continue) Foundation of the Mughal Empire Akbar the Great Jahangir and Shah Jahan
December	History Chapter 12 Spotlight Chapter 13	Aurangzeb Mughal Legacy Making of composite culture: The Bhakti and Sufi Movements From the past
January		Revision
February		Revision

II Unit Test Syllabus

Chapter 9 ← Foundation of the Mughal Empire →

GEOGRAPHY

Term 1

March	Chapter 1 Chapter 2	Understanding Geography - Maps and Mapping Global Warming
April	Chapter 3 Chapter 4 Chapter 5	Atmospheric Pressure Weather and Climate Soil and Weathering
May	Chapter 6 Case Study 1	Industries Tourism in Switzerland Atlas Work (Europe Physical Map)
July		Revision

I Unit Test Syllabus

Chapter 1 Understanding Geography Maps and Mapping

Term 2

July	Chapter 7	Energy and Power Resources (Continue)
August	Chapter 7 Chapter 8 Chapter 9 Case Study 2	(Continue) Energy and Power Resources Europe – Resources Adventure Sports in Europe Europe – Political Division and Demography Cocoa cultivation in Ghana Atlas Work Europe (political division) Africa – Resources Africa – Political Divisions and Demography Atlas work Africa (Physical, Political)
September	Chapter 10 Chapter 11	Revision

Term 3

October	Chapter 12	Australia – Resources (Continue)
November	Chapter 12 Chapter 13	(Continue) Australia – Resources Australia – Political Divisions and Demography Atlas work Australia (political, physical)
December	Case Study 3 Case Study 4	Sheep Rearing in Australia Antarctica – The Uninhabited Continent
January		Revision
February		Revision

II Unit Test Syllabus

Chapter 12 ← Australia – Resource →

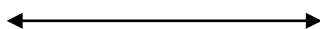
PHYSICS

Term 1		
March	Chapter 1	Measurement
April	Lab Activity 1 Chapter 2 Lab Activity 2	To measure the volume of irregular shapes such as a stone Motion To make a simple pendulum and describe some terms related to it.
May	Chapter 3 Lab Activity 3	Energy To identify kinetic energy of a body due to motion and Potential energy of a body due to its position
July		Revision
I Unit Test Syllabus		
	Chapter 1	Measurement
Term 2		
July	Chapter 4	Light (Continue)
August	Chapter 4 Lab Activity 4	(Continue) Light To find the characteristics of the images formed by a plane mirror
September	Chapter 5 Chapter 5 Lab Activity 5	Heat (Continue) (Continue) Heat To Learn that hot and cold relative terms
Revision		
Term 3		
October	Chapter 6	Sound (Continue)
November	Chapter 6 Lab Activity 6	(Continue) Sound To demonstrate that the sound is produced by a vibrating body
December	Chapter 7 Chapter 7 Lab Activity 7 Chapter 8 Lab Activity 8	Magnetism (Continue) (Continue) Magnetism Making an electromagnet from soft iron–nail Electricity To understand open and closed circuits and effect on a glowing bulb
January		Revision
February		Revision
II Unit Test Syllabus		
	Chapter 6	← Sound →

CHEMISTRY

Term 1		
March	Chapter 1 Lab Activity 1	Matter To show that matter occupies space
April	Chapter 2 Lab Activity 2	Physical and chemical change To demonstrate the sublimation of ammonium chloride
May	Chapter 3 Lab Activity 3	Elements, Compounds and Mixtures To separate salt from a mixture of salt and water through evaporation.
July		Revision
I Unit Test Syllabus		
	Chapter 1	Matter
Term 2		
July	Chapter 4	Atomic Structure (Continue)
August	Chapter 4 Lab Activity 4	(Continue) Atomic Structure To show the periodic table through chart
September	Chapter 5 Lab Activity 5	Language of Chemistry To demonstrate the characteristics of Chemical reaction
Term 3		
October	Chapter 6	Metal and Non metal (Continue)
November	Chapter 6 Lab Activity 6	(Continue) Metal and Non metal To demonstrate that air and moisture are necessary for rusting

Reasoning	Chapter 14 Chapter 15 Chapter 4 Lab Activity	Lines and Angles Parallel Lines Mathematical Reasoning Demonstration of type of angles through ice-cream sticks
July		Revision
<u>I Unit Test Syllabus</u>		
	Chapter 2	Fractions and Decimal Numbers
<u>Term 2</u>		
July	Chapter 7 Chapter 8	Ratio and Proportion Unitary Method and Time and Work
August	Chapter 8 Chapter 9 Chapter 16 Chapter 17	Unitary Method and Time and Work Percentage and its Applications Basic constructions Triangles
Reasoning	Chapter 5 Lab Activity	Embedded Figures To tell about construction instruments
September	Chapter 18 Chapter 31 Chapter 27 Chapter 28	Congruency of Triangles Circles Special Products (As Identities) Factorisation of Algebraic Expressions
Reasoning	Chapter 6 Lab Activity	Analytical Reasoning To explain the concept of congruency by the method of superposition
<u>Term 3</u>		
October	Chapter 10 Chapter 19 Chapter 29	Speed, Time and Distance Reflection and Rotation Graphs
November	Chapter 20 Chapter 21 Chapter 22 Chapter 25	Symmetry Representing 2D in 3D Perimeter and Area Chance and Probability
Reasoning	Chapter 7 Chapter 8 Lab Activity	Mirror and Water Images Which One is Different? To draw front view, top view and side view of three dimensional Shapes made by combining unit cubes on isometric dot paper
December	Chapter 26 Chapter 23 Chapter 24 Chapter 32 Chapter 30	Average Frequency Distribution and Mean Graphical Representation of Data Volume and Surface Area of Solids Polygon
Reasoning	Chapter 9 Chapter 10 Lab Activity	Blood Relations Paper Folding To Fold a paper 8 times in any way. Unfold and locate various convex and concave polygons.
January		Revision
February		Revision
<u>II Unit Test Syllabus</u>		
	Chapter 10	Speed, Time and Distance



COMPUTER STUDIES

<u>Term 1</u>		
March	Chapter 1 Chapter 2	Hardware Devices Number System
April	Chapter 2 Chapter 3	Number System (Continue) Computer Virus
May	Chapter 3	Computer Virus (Continue)

	Chapter 4	Ethics and Safety Measures in Computing
July	Chapter 4	Ethics and Safety Measures in Computing (Continue)
	Java	Taking User Input

I Unit Test Syllabus

	Chapter 1	Hardware Devices
<u>Term 2</u>		
July	Chapter 5	Introduction to Excel
August	Chapter 5	Introduction to Excel (Continue)
	Chapter 6	More on Excel
September	Chapter 7	Database and DBMS
<u>Term 3</u>		
October	Chapter 8	Working with Queries
November	Chapter 8	Working with Queries (Continue)
	Chapter 9	Lists, Tables and Images in HTML
December	Chapter 10	Forms in HTML
January		Revision
February		Revision

II Unit Test Syllabus

Chapter 8	← Lists, Tables and Images in HTML →
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SANSKRIT

<u>Term 1</u>		
March		ईश वन्दना
April	पाठ 1	मम परिवारः
	पाठ 2	वसुधा दिवसः
May	पाठ 4	सत्यमेव जयते
July	परिशिष्टम्	शब्द रूपाणि—संज्ञा शब्दाः अकारान्त पुल्लिङ्ग (शिक्षकः)
Revision		
<u>Term 2</u>		
July	पाठ 9	नीतिश्लोकाः
August	पाठ 9	नीतिश्लोकाः
	पाठ 8	दानं उत्तमम् कार्यम्
September	पाठ 7	परिश्रमं सुखस्य मूलं
	परिशिष्टम्	धातु—रूपाणि—'भू' धातु (लट् लकार)
<u>Term 3</u>		
October	पाठ 11	प्रभाते कर दर्शनम्
November	पाठ 11	प्रभाते कर दर्शनम्
	पाठ 12	आकाशः पतितः
December	पाठ 12	आकाशः पतितः
	परिशिष्टम्	धातु—रूपाणि—'भू' धातु (लृट् लकारः)
January		Revision
February		Revision

URDU

Term 1

March

Chapter 1

Alif to badi ye

1 to 100 Numbers

The Praise of Allah

(Pg. No. 3 to 5)

Zabar, Zer and Paish

April

Chapter 2

Eid

(Pg. No. 10 to 13)

Chapter 4

Greedy old Lady

(Pg. No. 14 to 16)

Mad and Tashdeed

May

Chapter 5

Play with Numbers

(Pg. No. 17 to 19)

Hamzah and Noonghunna

July

Revision

(Khushkhati – Page No. 2 to 12)

Term 2

July

Chapter 6

Nikhat's Flower Garden

(Pg. No. 20 to 22)

Birds and Animals Name

August

Chapter 7

Wild Animals

(Pg. No. 23 to 26)

Chapter 8

The Dull Wolf

(Pg. No. 27 to 30)

September

Chapter 9

The Butterfly

(Pg. No. 31 to 34)

Fruits and Colours Name

(Khushkhati – Page No. 13 to 22)

Term 3

October

Chapter 11

The Earth

(Pg. No. 38 to 41)

November

Chapter 12

The Noble Children

(Pg. No. 42 to 44)

Chapter 13

The Father's Advice

(Pg. No. 45 to 47)

December

Chapter 15

The Fish

(Pg. No. 51)

Vegetables Name

Chapter 16

The Bird

(Pg. No. 52 to 54)

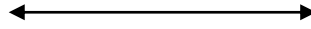
January

Revision

February

Revision

(Khushkhati – Page No. 23 to 32)



MORAL SCIENCE

Term 1

March

Chapter 1

Walk Alone

April

Chapter 2

Gyan and Govind

May

Chapter 3

Super 30

Chapter 4

Looking London, Talking Tokyo

July

Revision

Term 2

July

Chapter 5

Indian Santa

August

Chapter 6

The Done – Key

September

Chapter 7

J K D

Term 3

October

Chapter 8

Megh – Sundara

November

Chapter 9

LGT: Let's Get Together

December

Chapter 10

Mistake: Mother of Inventions

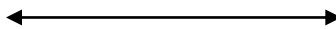
January

Chapter 11

All Time Flicks

February

Revision



GENERAL KNOWLEDGE

Term 1

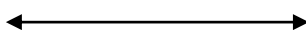
March	Page No. 8 – 12 Page No. 14–15 Page No. 16–17 Page No. 18	Animal Quiz Plant Quiz Chill Out Rapid Fire – 1
April	Page No. 19–20 Page No. 20–21 Page No. 22	Abbreviation and Acronyms Books and Authors Quiz
May	Page No. 23–27 Page No. 28–29	Classical Dances of India Chill Out
July	Page No. 30	Rapid Fire – 2

Term 2

July	Page No. 33–34 Page No. 36–37 Page No. 38–39	Science Quiz Body Quiz Rapid Fire 3
August	Page No. 43 Page No. 44–45 Page No. 46–47	Quiz Awards and Honours Hall of Fame
September	Page No. 48–50 Page No. 51 Page No. 52	India Quiz Chill Out Rapid Fire – 4

Term 3

October	Page No. 61–64 Page No. 64–66	World Quiz Major Events
November	Page No. 67–68 Page No. 69 Page No. 73–74 Page No. 80 Page No. 81	Chill Out Rapid Fire – 5 Sports Quiz Quiz Chill Out
December	Page No. 82 Page No. 83 Page No. 84 Page No. 84–85	Rapid Fire – 6 Number-Puzzles Mind- Benders Non- Verbal Reasoning
January		Revision
February		Revision



ART & CRAFT

Term 1

March	Pg. No. 16	Foreshortening
April	Pg. No 17 Pg. No. 25	Linear Perspective Man – made forms
Activity:	Pg. No. 30	3D Card
May	Pg. No. 28 Pg. No. 26	Colour Puzzle A Key
July	Pg. No. 31	Forms in Nature Revision

Term 2

July	Pg. No. 36	Still Life
August	Pg No. 43 Pg. No. 45	Texture – Pencil Shavings Texture with Patterns
Origami:	Pg. No. 2	Crow
September	Pg. No. 47 Pg. No. 51 Pg. No. 53	Cityscape A Dancer Caricature I
Origami:	Pg. No. 5	Snail Revision

Term 3

October	Pg. No. 49	Human Form – Hands
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November	Pg. No. 56	Forms in Nature – A Bird
December	Pg. No. 61 Pg. No. 64	Kalamkari Market Scene
Origami:	Pg. No. 17	Lady Bug
January		Revision
February		Revision



HEALTH AND PHYSICAL EDUCATION

Term 1

March	Chapter 1	Human Body
April	Chapter 2	Sports Skills
May	Chapter 3	We and Our Environment
July	Chapter 4	Food and Nutrition

Term 2

July	Chapter 4	Food and Nutrition
August	Chapter 5	Child Safety
September	Chapter 6	Social Health

Term 3

October	Chapter 6	Social Health
November	Chapter 2	Sports Skills
December	Chapter 4	Food and Nutrition
January	Chapter 3	We and Our Environment
February	Chapter 1	Human Body



YOGA

Term 1

March	Tree Pose
April	Pranayama
May	Plough Pose
July	Corpse Pose

Term 2

July	Corpse Pose
August	Fish Pose
September	Cock Pose

Term 3

October	Crocodile Pose
November	Snake Pose
December	Lion Pose
January	Frog Pose
February	Palm Tree Pose

