

GURU NANAK PUBLIC SCHOOL, SARABHA NAGAR, LUDHIANA
CURRICULUM (2024-25)
CLASS - NURSERY

EVALUATION - 1

April

English

(From Early Steps English Workbook)

- A-Z (Oral).
- Recognition of Lower case letters (a-e).
- Recognition of Upper case letters (A-E).
- Phonetic sounds of 'A-E' will be introduced (Pg.no. 1,4,7,10,15).
- Activities Related to Letters on Drawing book and Workbook.

Math

(From Early Steps Numbers)

- Introduction and Recognition of numbers 1-3 (Pg.no.24 to 29)
- Oral (1-15).
- Count and speak- 1-3 Pg.no.46
- Activities Related to the numbers on Drawing book and Workbook.

Rhymes

- ABC Song
- Happy Birthday Song.
- Thank you God
- One Two Buckle My Shoe.

Story Telling

- The Foolish Stag

Shapes and Colour

- Introduction of Colour Red pg.no. 41,42.(Early Steps Environmental Studies).
- Introduction of Circle Pg.no. 6,7 (Early Steps Drawing and Colouring).

Value Based Education

- General Etiquettes.
- Golden Words Pg.no 65.(From Environmental Studies

Conversation (From Environmental Studies)

- Question/Answers related to **My School** Pg.no.25,26 .

Our Surroundings (From Environmental Studies)

Question/Answers related to **My Classroom** Pg.no.28,29

Picture Identification (From Environmental Studies)

- My School Pg.no 25
- My Classroom Pg.no.28.

Conceptual Skills (Early Steps Numbers)

- **Fast and Slow** Pg.no.14,15

Motor Skills

- Fine Motor skill – Clay Moulding.
- Gross Motor Skill – How to sit and stand properly

Music

- Waheguru Simran
- Mool Mantra
- Titli Rani (Hindi Song)
- Five Little Monkeys
- Rhythmic clapping Lesson 1

Dance

- Jump with hand movements
- Rolling with hand
- Rolling
- Rolling with clap

May

English

Early Steps English Workbook

- A-Z (Oral).
- Recognition of Lower case letters (a-g).
- Recognition of Upper case letters (A-G).
- Phonetic sounds of 'A-G' will be introduced (Book pg. no.18,21)
- Activities related to Letters on Drawing Book and Workbook.
- Scribbling on Drawing book with Crayons and later with Pencil.

Math

(Early Steps Numbers)

- Introduction and Recognition of numbers (1-5).
- Oral (1-20).
- Count and speak- 1-7 Pg.no.46
- Activities related numbers in the drawing book.

Rhymes

- ABC Song.
- Happy birthday song.
- Thank you God.
- One Two Buckle My Shoe.

Story Telling

- The Little Seed.

Shapes and Colour

(Early Steps Drawing and Colouring)

- **Star (Activities related to shape on Drawing book).**
- **Introduction of Colour Yellow** pg.no 4 , 16 and 17.

Value Based Education

- Use of Magic Words (Sorry, Thank You, Please).

Conversation (From Environmental Studies)

- Question/Answers related to **Know Me** Pg no. 1,2

Our Surroundings (From Environmental Studies)

- Question/Answers related to **Fruits and Vegetables** Pg. 55,56,57,58,59

Picture Identification (From Environmental Studies)

- **Fruits and Vegetables** Pg.no 55,57

Conceptual Skills

- **Big/ Small** Pg.no.4,5

Motor skills:

- **Fine motor skill:** Treasure hunt in sand.
- **Gross motor skill:** Clap hands in all four directions.

Music

- **Rhythmic Clap Lesson 1 and 2**
- **English Rhyme(Five Little Monkey)**
- **Waheguru Simran**
- **Gurbani Shabad (Poora Prabh Aaradheya)**
- **Mool Mantra**

EVALUATION - 2

July

English

(Early Steps English Workbook)

- A -T (Oral).
- Recognition of Lower case letters (a-l).
- Recognition of Upper case letters (A-L).
- Phonetic sounds of 'A-L' will be introduced.
- Book pg. no.24,29,32,35.38.
- Activities related to Letters on Drawing Book and Workbook.

(Starting With Alphabet)

Introduction of Standing and Sleeping Lines Pg.No. 2,3,4,5

Introduction of Letters related to Standing and Sleeping lines I, L, T Pg .no. 6,8,9,10,11.

Math

(Early Steps Numbers)

- Introduction and Recognition of numbers (1-8).
- Oral (1-25).
- Count and speak- 1-11 Pg.no.46,47.
- Activities related numbers on Drawing book and Workbook.
- Standing and Sleeping lines with Crayons and later with Pencil.

Rhymes

- Baa baa black sheep.
- Two little Dicky Birds.
- Rain rain go away.
- Hop a Little.

Story Telling

- Two Friends and A Bear .

Shape and Colour

(Early Steps Drawing and Colour)

- Square Pg.no. 8,9,13

(From Environmental Studies)

- Introduction of Colour Blue Pg.no 43,44.

Value Based Education (From Environmental Studies)

- Keep Cleaning Pg.no.64

Conversation (From Environmental Studies)

- Question/Answers related to My Family Pg.no.8,9,10

Our Surroundings (From Environmental Studies)

- Question/Answers related to My House Pg.no.11.

Picture Identification (From Environmental Studies)

- **My Family** pg.no. 8, and **MyHouse** Pg.no.11

Conceptual Skills (Early Steps Numbers)

- **Near/ Far** pg.no 6,7

Motor skills:

- **Fine motor skill:** Watering Plants.
- **Gross motor skill:** Filling the Water bottles.

Music

- **Hindi song**
- **Nani Teri Morni**
- **English rhyme**
- **(Five little monkey)**
- **Gurbani Shabad**
- **Poora Prabh Aradheya)**
- **Rhythmic clap lesson 1& 2**
- **Waheguru simran**

Dance

- **Jump with Rolling**
- **Leg Movements**
- **Teej Song**

August

English

(Early Steps English Workbook)

- A-Z (Oral).
- Recognition of Lower case letters (a-p).
- Recognition of Upper case letters (A-P).
- Phonetic sounds of 'A-P' will be introduced.
- Book pg. no. 43,46,49,52.
- Activities related to Letters on Drawing book and Workbook related to letters

(Starting With Alphabet)

- Letter **H,E,F** Pg .no. 12,13,14,15,16,17

Math

(Early Steps Numbers)

- Introduction and Recognition of numbers (1-10).
- Oral (1-30).
- Count and speak- 1-15 (Pg.no.46,47)
- Practice of Standing and Sleeping lines with Crayons and later with Pencil.
- Activities related to Numbers on Drawing book and Workbook.

Rhymes

- Baa baa black sheep.
- Two little Dicky Birds.
- Hop and Little.
- Rain rain go away.

Story Telling

- Two Friends and A Bear .

Shape and Colour

(Early Steps Drawing and Colour)

- **Triangle** pg.no.10

(Environmental Studies)

- Colour **Brown** pg.no.51,52.

Value Based Education (From Environmental Studies)

Be Healthy Pg. No.67

Conversation (From Environmental Studies)

- Question/Answers related to My Body Pg.no.3,4.

Our Surroundings (From Environmental Studies)

- Question/Answers related to **Rooms in a House** pg.no. 12,13,14.

Picture Identification (From Environmental Studies)

- My Body Pg.3
- Rooms in a House Pg.no.12.

Conceptual Skills (Early Steps Numbers)

- Tall /Short Pg.no.8 ,9.

Motor skills:

Fine motor skill: Peeling Peas/ Banana.

Gross motor skill: Climbing Stairs.

Dance: Dance on independence

Music

Hindi Song (Nani teri morni)

Hindi Song (Titli Rani Ghar kab Aogi)

English rhyme (Five little monkey)

Gurbani Shabad (Aad Sach Jugad Sach)

Rhythmic clap lesson 1& 2

Waheguru simran

Mool Mantra

EVALUATION - 3

October

English

(Early Step English Workbook)

- A-Z (Oral).
- Recognition of Lower case letters (a-w).
- Recognition of Upper case letters (A-W).
- Phonetic sounds of 'A-W' will be introduced.
- Book pg. no. 57,60,63,66,71,74,77.
- Activities related to Letters on Drawing book and Workbook. **(From Early Steps Patterns)**

(Starting with Alphabet)

- Introduction of Slanting Lines 20,21,34,35.
- Letters related to Slanting Line **A,V,N,X,Z** Pg .no. 22,23,24,,25,36,,37,44,45

Math

(Early Steps Numbers)

- Introduction and Recognition of numbers (1-15).
- Oral (1-35).
- Count and speak- 1-15.
- Activities related to numbers in the drawing book.

(Numbers Workbook).

- **Number 1 and 7** (Pg.no. 23,46,66,67,78,79)

Rhymes

- Hot cross buns.
- Cobbler Cobbler
- I am a little Teapot
- Are you Sleeping

Story Telling

- A Farmer and the Snake .

Shapes and Colour

(From Early Steps Numbers)

- **Rectangle** Pg.no.22
- Activities related to shape on Drawing Book and Workbook.
- Colour **Green** Pg.no 45,46 **(From Book Environmental Studies)**

Value Based Education (From Environmental Studies)

- Be Safe Pg.no.68.

Conversation (From Environmental Studies)

- Question/Answers related to Animals in a Zoo Pg.no.30,31

Our Surroundings (From Environmental Studies)

- Question/Answers related to Clothes We wear Pg. no.19,20,21,22,23

Picture Identification (From Environmental Studies)

- **Animals in a Zoo** Pg.no.30,31
- **Clothes We Wear** Pg. no.19.

Conceptual Skills (From Early Steps Number)

- Tall and Short Pg.no.8

Motor skills:

- **Fine motor skill:** Sorting
- **Gross motor skill:** Kick the cups with the ball.

Music

- **Hindi song (Nani Teri Morni)**
- **Hindi Song (Title Rani Ghar kab Aagi)**
- **English Rhyme (Thank You God)**
- **English rhyme (Five little monkey)**
- **Gurbani Shabad (Poora Prabh aradheya)**
- **Gurbani Shabad (Aad sach Jugad Sach)**
- **Rhythmic clap lesson 1& 3**
- **Waheguru simran**
- **Mool Mantra**

Dance

Dandiya Song

November

English

(Book Early Step English Workbook)

- A-Z (Oral).
- Recognition of Lower case letters (a-z).
- Recognition of Upper case letters (A-Z).
- Phonetic sounds of 'A-Z' will be introduced.
- Book pg. no. 80,83,86.
- Activities related to Letters on Drawing Book and Workbook.

(Starting with Alphabet)

- Practice of Slanting Lines Pg.no. 32,33,34,35
- Letters Related to Slanting Lines **M,W,K, Pg.no.26,27,28,29,38,39**

Math

(Book Early Steps Numbers Workbook)

- Introduction and Recognition of numbers (1-15).
- Oral (1-40).
- Count and speak- 1-23 (From Numbers)
- Activities related to numbers on Drawing book and Workbook.
- Number 3,4,5 Pg.no. 29,35,38, with related activities.

Rhymes

- Hot cross buns.
- Cobbler Cobbler.
- I am a Little Teapot.
- Are you Sleeping.

Story Telling

- A Farmer and the Snake .

Shape and Colour

- **Heart Shape** (Activities Related to Heart on Drawing Book)
- Introduction of Colour **Black** pg.no 53,54 (**From Environmental Studies**).

Value Based Education

- **Helping others.**

Conversation (From Environmental Studies)

- Question/Answers related to **Insects We See** Pg.no.37,38.

Our Surroundings (From Environmental Studies)

- Question/Answers related to **Animals We Keep** Pg.32&33

Picture Identification (From Environmental Studies)

- **Insects we see** Pg.no.37 and **Animals We Keep** Pg.32

Conceptual Skills

- Open / Close

Motor skills:

- **Fine motor skill:** Zipping and Unzipping.
- **Gross motor skill:** Jumping on letters on floor.

Dance : Revision

Music : Revision

EVALUATION - 4

January

English

(Book Early Step English Workbook)

- A-Z (Oral).
 - Revision **Aa-Zz** with Phonetic Sounds.
 - Activities related to the Letters on Drawing book and Workbook.
 - Write and practice letters related to Zigzag Lines Pg.no.15,16
 - Write and practice the Letters related to Slanting Lines A,V,M,N,W (Pg.no.2,75,44,47,77)

(Starting With Alphabet)

- **Introduction of Curves 48,49,60,61**
- **Practice of letters related to Curves U,C,G Pg.no.62,63,64,65,66,67,**

Math

(Book Early Steps Numbers Workbook)

- Introduction and Recognition of numbers (1-20).
- Oral (1-45).
- Count and speak- 1-20 (Pg.no .46 to52 from Numbers Book) ● Activities related to numbers in the drawing book and Workbook.
- Numbers 3, 0, 5, 9,10 (29,53,38,50,54).

Rhymes

- Finger Family.
- Chubby Cheeks.
- Brush Brush your Teeth.
- Bits Of Paper

Story Telling

- A Little Seed

Shape and Colour

- **Oval Shape** (Activities Related to Oval on Drawing Book)
- **Pink Colour** (Activities Related to colour Pink on Drawing Book)

Value Based Education

- Respect your Elders

Conversation (From Environmental Studies)

- Question/Answers related to **Birds we see** Pg.no 35.

Our Surroundings (Environmental Studies)

- Question/Answers related to **Vehicles** pg.no.60 & 61.

Picture Identification (Environmental Studies)

- **Birds we see** pg.no 35

- **Vehicles** pg.no.60.

Conceptual Skills (From Early Steps Number)

- Full and Empty Pg.no.10

Fine motor skill: Screwing and unscrewing bottle cap.

Gross motor skill: Walk on a line.

Dance : Dance on Republic Day

Music

Hindi song (Nani Teri Morni)

Hindi Song (Titli Rani Gar Kab Aogi)

English Rhyme (Thank you God)

English Rhyme (Five Little Monkeys)

Gurbani Shabad (Poora Prabh Aradheya)

Shabad (Aad sach jugad Sach)

Rhythmic Clap Lesson 1 &3

Waheguru Simran

Mool Mantra

February

English

(English Workbook)

- A-Z (Oral).
- Revision of Aa-Zz with Phonetic sounds.
- Activities related to Alphabet on Workbook.
- Write and practice letters related to slanting lines and Curves K, X, Y, Z,C,D,P,R(47,36,81,84,87).

(From Starting With Alphabet)

- Practice of Letters related to Curves **O,Q,J,S Pg .no. 68,69,70,71,76,77,78,79**

Math

(Early Steps Numbers Workbook)

- Introduction and Recognition of numbers (1-20).
- Oral (1-50).
- Count and speak 1-20.
- Activities related to numbers on Number Workbook.
- Practice **Curves** and **Numbers** (no. 2, 6, 8, 9) related to curves Pg.no. 26,40,48,50,68,69,76,77,80,81,82,83)

Rhymes

- Finger Family.
- Chubby Cheeks.
- Brush Brush your Teeth.
- Bits Of Paper

Story

The Little Seed

Shape and Colour

- **Diamond shape.**
- Activities Related to Diamond Shape on Drawing book.
- **Orange Colour** with Activities on Drawing Book.

Value Based Education (From Environmental Studies)

- Be Healthy Pg.no.67

Conversation

- Question/Answers related to **Seasons**

Our Surroundings(From Environmental Studies)

- **My Toys Pg.no.24**

Picture Identification(from Environmental Studies)

- **My Toys 24**
- **Take Care of Birds Pg.no.39**

Conceptual Skills

- Day/ Night.

Motor skills:

- **Fine motor skill:** Punching of coloured Papers.
- **Gross motor skill:** Walk on a Zig Zag line.

Dance : Revision

Music : Revision

Yoga

YOGA PRAYER

YOGA GYAN MUDRA ASANA

YOGA DISCIPLINE

FULL BODY WARM UP

DIFFERENT VARIATIONS OF BUTTERFLY

HAPPY BABY POSE

STRETCHES

SUN BIRD POSE

RABBIT POSE

BOW POSE

CAMEL POSE

MOUNTAIN POSE

TAAD ASANA

FORWARD AND BACKWARD BENDING THE SUN SOLUTION (SURYA NAMASKAR)

SUMO DIFFERENT VARIATIONS

GARLAND POSE

TREE POSE

NATRAJ ASANA (THE DANCING POSE

DIFFERENT POSES OF WARRIOR POSE

SPLIT POSE HANUMAN ASANA

FROG POSE

PIEGON POSE

CHAIR POSES

LOTUS POSE

BRIDGE POSE

WHEEL POSE

PRANAYAMA BREATHING EXERCISE

BASIC MEDITATION FOR KIDS