

RED ROSE GROUP OF SCHOOLS  
SESSION: 2021-2022  
SUBJECT: ENGLISH  
SYLLABUS OF CLASS: VII

	Books: Literature: Starburst-7 Published by: Oxford University Press Language: Exammate English Assignment-7 Published by: Blueprint Education	
	<b><i>HALF-YEARLY SYLLABUS</i></b>	
S.no	<b>APRIL</b>	
1	Ch 1 Frank's Adventures in Toyland	UNIT TEST I
2	Ch 2 The First Men on the Moon	
3	Determiners	
4	Subject-Verb Agreement	
5	Informal Letter	
	<b>MAY</b>	UNIT TEST II
6	Modals	
	<b>JUNE + JULY</b>	
7	Ch 3 The Cockroach That Wrote Music	
8	My Song (poem)	
9	Adjectives	
10	Synonyms and Antonyms	
11	Advertisement	
	<b>AUGUST</b>	
12	Ch 4 Bade Gulam Ali Khan	
13	You Are Old, Father William (poem)	
14	Finite and Non-finite Verbs	
15	Tenses	
16	Diary Entry	
17	Formal Letter	
18	Report Writing	

	<b>SEPTEMBER</b>	
19	Ch 5 Irish Stew by the Riverside	
	Revision	
	Subject Enrichment Activity: Make a Display Advertisement	
	<b><u>NOTE: Integrated Grammar Practice Exercises 1 to 7 to be done.</u></b> <b><u>Comprehension will be taken in all months.</u></b>	
	<b><u>Half yearly course:</u></b> U.T I + U.T. II + Chapters covered in the months of August and September.	
	<b>ANNUAL SYLLABUS</b>	
	<b>OCTOBER</b>	
20	Ch 6 Weird Museums	UNIT TEST III
21	Active and Passive Voice	
22	Notice Writing	
	<b>NOVEMBER</b>	
23	My Room (poem)	UNIT TEST IV
24	Ch 7 The Girl Who Loved to Read	
25	Conjunctions	
26	Adverb	
27	Factual Description	
	<b>DECEMBER</b>	
28	Ch 8 Sarsamma Lalitha	UNIT TEST IV
29	Direct and Indirect Speech	
30	Prefix and Suffix	
	<b>JANUARY</b>	
31	Invictus (poem)	
	UT IV Course: Literature: Unit III +UT IV +20% of Half-yearly (Ch. 1- Frank's Adventures in Toyland and You Are Old, Father William) Grammar: Full course(up to UT IV) + Comprehension	
32	Preposition	

33	Short Story	
34	Clauses and Phrases	
	<b>FEBRUARY</b>	
35	Ch 10 The Two Wolves	
	Revision	
	Subject Enrichment Activity: Skit presentation (Ch.9 The Visitors)	
	<b><u>NOTE: Integrated Grammar Practice Exercises 8 to 14 to be done.</u></b> <b><u>Comprehension will be taken in all months.</u></b>	
	<b>Annual course:</b> Literature: Syllabus covered in the months of October, November, December, January, February and 20% of Half-yearly (Ch. 1- Frank's Adventures in Toyland and You Are Old, Father William) Grammar: Full Course	

Deleted Chapter: The Wood (poem).

Red Rose Group of Schools  
Session 2021-2022  
Subject- Hindi  
Syllabus of Class- VII

Book Name –

Hindi I - बोध हिन्दी पाठमाला

Hindi II – अनुपम हिन्दी व्याकरण

S. No.	Month			Ch. No.	Ch. Name
1.	April	Unit I	Hindi – I Hindi - II	Ch. 1 Ch. 2 Ch. 1 Ch. 2	भारतवर्ष (कविता) मनोरम केरल भाषा ,व्याकरण और लिपि वर्ण विचार
2.	July	Unit II	Hindi – I Hindi - II	Ch. 3 Ch. 4 Ch. 3 Ch. 4	सबक अध्यापक के नाम एक पत्र सन्धि शब्द विचार पर्यायवाची शब्द (1 to 22), विलोम शब्द (1 to 54), वाक्यांशों के लिए एक शब्द (1 to 22), अनेकार्थी शब्द (1 to 13), श्रुतिसमभिन्नार्थक शब्द (1 to 12), विविध शब्द (1 to 15), मुहावरे (1 to 24), लोकोक्तियाँ (1 to 10)।
3.	August		Hindi – I Hindi - II	Ch.5 Ch.6 Ch. 6 Ch.7	पुरस्कार महात्मा का सफर उपसर्ग प्रत्यय Lesson – 24 रचनात्मक अभिव्यक्ति - निबन्ध, पत्र,

					संवाद लेखन, सार लेखन, ई-मेल लेखन, विज्ञापन लेखन, अनुच्छेद लेखन)
4.	September		Hindi – I Hindi - II	Ch.7 Ch.8 Ch. 8 Ch.9 Ch. 10	स्वच्छ भारत स्वस्थ भारत बीस साल बाद समास संज्ञा लिंग Revision (U.T. I + II+Aug+Sep पाठ्यक्रम+ अपठित गद्यांश)
<p>Note – Half yearly course – Lit. U.T. I + U.T. II + August + September course व्याकरण – U.T. I + U.T. II + August+ September course.</p>					
5.	October	Unit III	Hindi – I Hindi - II	Ch.9 Ch.10 Ch. 11 Ch.12 Ch. 13 Ch. 14	कोबलन और कन्नकी सूर के पद वचन कारक सर्वनाम विशेषण पर्यायवाची शब्द (23 to 43), विलोम शब्द (55 to 109), वाक्यांशों के लिए एक शब्द (23 to 44), अनेकार्थी शब्द (14 to 26), श्रुतिसमभिन्नार्थक शब्द (13 to 25), विविध शब्द (16 to 30), मुहावरे (25 to 48), लोकोक्तियाँ (11 to 20)।
6.	November	Unit IV	Hindi – I Hindi - II	Ch.11 Ch.12 Ch. 15 Ch.16	अंधेर नगरी चौपट राजा दशानन की पीड़ा क्रिया अव्यय

				Ch. 17	<p>काल पर्यायवाची शब्द (44 to 64), विलोम शब्द (110 to 164), वाक्यांशों के लिए एक शब्द (43 to 66), अनेकार्थी शब्द (27 to 40), श्रुतिसमभिन्नार्थक शब्द (26 to 38), विविध शब्द (31 to 73), मुहावरे (49 to 72), लोकोक्तियाँ (21 to 29)।</p> <ul style="list-style-type: none"> <li>• U. T. IV 75 नं० का (ओबजेक्टिव प्रश्नोत्तर)</li> <li>• U. T. IV Course – U. T. III + IV + 20% of Half Yearly पाठ– 5, 8। व्याकरण–(UT III to UT IV) + अपठितगद्यांश।</li> </ul>
7.	December		Hindi – I Hindi - II	Ch.13 Ch.14 Ch. 18 Ch.19 Ch. 20	<p>दोहे डॉक्टरी वाक्य विचार वाच्य वर्तनी की अशुद्धियाँ</p>
8.	January		Hindi – I Hindi - II	Ch.15 Ch.16 Ch. 21	<p>फूल और काँटे (कविता) संगीतकार खय्याम विरामचिन्ह पाठ 24 (निबन्ध, पत्र, संवाद लेखन, सार लेखन, ई-मेल लेखन, विज्ञापन लेखन, अनुच्छेद लेखन)</p>
9.	February				अपठितगद्यांश+Revision

**Note:- Annual Course – Lit. (Oct + Nov + Dec + Jan + Feb) + 20% Half  
Yearly Course (पाठ – 5 पुरस्कार), पाठ– 8 (बीस साल बाद)  
व्याकरण – U.T. III + U.T. IV + Dec + Jan + Feb  
शब्द भंडार – U.T. III + U.T. IV का कोर्स Annual Exam में दिये जायेंगे।**

<p style="text-align: center;">RED ROSE GROUP OF SCHOOLS SESSION: 2021-2022 SUBJECT: MATHEMATICS SYLLABUS OF CLASS: VII</p>		
	Book: Let's Practise Mathematics Publication – Green Earth Publication Pvt. Ltd.	
	<b><i>HALF-YEARLY SYLLABUS</i></b>	
S.no	<b>APRIL</b>	
1	Ch1 Integers	UNIT TEST I
2	Ch2 Fractions	
	<b>JUNE+JULY</b>	
3	Ch 3 Decimals	UNIT TEST II
4	Ch 9 Understanding Shapes	
	<b>AUGUST</b>	
5	Ch10 Properties of Triangles	
6	Ch 4 Rational Numbers	
7	Ch 5 Exponents	
	<b>SEPTEMBER</b>	
8	Ch8 Commercial (Daily Life) Mathematics <ul style="list-style-type: none"> <li>● Ratio and Proportion</li> <li>● Unitary Method</li> <li>● Percentage</li> </ul>	
	Revision in September	
	<b><u>NOTE</u></b> -Ch13 Symmetry (Reflection and Rotation) will be taken for practical work.	
	<b><u>Half Yearly Course- Chapter- 1,2,3,4,5,8,9,10</u></b> <b><u>From chapter -8( Ex: 8.1 to 8.5</u></b>	



<b>ANNUAL SYLLABUS</b>		
	<b>OCTOBER</b>	
9	Ch 6 Algebraic Expression	
10	Ch 7 Linear Equation In One Variable	
	<b>NOVEMBER</b>	
11	Ch 11 Congruence	U.TEST III (Ch 6,7,8,11)
12	Ch 8 Commercial (Daily Life) Mathematics <ul style="list-style-type: none"> <li>● Profit and Loss</li> <li>● Simple Interest</li> <li>● Speed , Distance and time</li> </ul>	
	<b>DECEMBER</b>	
		UNIT TEST IV (Ch-15,16) + UT III+20% of half yearly ( ch -5: Exponents ,ch 10: Properties of triangles
13	Ch15 Perimeter and Area	
14	Ch 16 Data Handling	
	<b>JANUARY</b>	
15	Ch17 Probability	
16	Ch12 Construction	
	<b>FEBRUARY</b>	
	Revision	
	<b><u>NOTE:</u></b> Ch 14 Representing 3D in 2D will be taken for practical work.	
	<b><u>Annual Course- Syllabus covered in the months of October ,November,December,January and February and 20% of Half yearly (ch 5 and ch 10</u></b>	



**RED ROSE GROUP OF SCHOOLS**  
**SESSION(2021-2022)**  
**SUBJECT - SCIENCE**  
**SYLLABUS OF CLASS VII**

**Book: Prurquest Science**

**Publication – Holy Faith International (P) Ltd.**

S.No	Topic	Month/Unit-test
1)	Ch-1 Nutrition in plants	April/UT-I
2)	Ch-2 Nutrition in animals	April+May/UT-I
3)	Ch-4 Heat	June+July/UT-II
4)	Ch-5 Acids , bases and salts	July/UT-II
5)	Ch-6 Physical and chemical changes	August
6)	Ch-18 Wastewater management	September
	Revision (Note: Revision test must be taken after completion of every chapter.)	September
	<b><u>Subject Enrichment Activity:</u></b> <b><u>(Half Yearly) (Inter Disciplinary Project)</u></b>	
	<b><u>HALF YEARLY SYLLABUS</u></b> (Chapters-1,2,4,5,6 and 18)	
7)	Ch-7 <u>Soil</u> : (Group discussion on Comparison of the profiles of different samples of soil and make a collage on it.)	
8)	Ch-9 Respiration in organisms	October/UT-III
9)	Ch-12 Motion and time	October + November/UT-III
10)	Ch-13 Electric current and its effects	November/UT-III

11)	Ch-10 Transportation of substances in animals and plants	December/UT-IV
12)	Ch-11 Reproduction in plants	December + January/UT-IV
	<u>NOTE: Unit test IV</u> Course: UT III + UT IV + 20% of Half yearly (Ch. 5 - Acids , bases and salts Ch. 6 - Physical and chemical changes)	
13)	Ch-15 Light	February
	Revision (Note: Revision test must be taken after completion of every chapter.)	February
	<b><u>ANNUAL SYLLABUS + 20% of HALF YEARLY</u></b> (Chapters-9,12,13,10,11,15,5 and 6)	
	<b>Subject Enrichment Activity: (Inter Disciplinary Project)</b>	
14)	Ch- 16 <u>Water is Precious</u> : (Washing hands with clean water saves us from many diseases. Make flash cards on 6 simple steps to wash hands.)	
	<b><u>WINTER VACATION PROJECT:</u></b> <b>(Models Based)</b>	
15)	Ch-17 <u>Forest: Our Friends</u> (to make the model or chart of Canopy /Food Web/Water Cycle)	
16)	Ch.8 <u>Climatic Adaptation in Animals</u>	

**Deleted Chapters-**

Ch.3 Animal Fibres

Ch.14 Winds, Storms and Cyclones

**RED ROSE GROUP OF SCHOOLS**  
**SESSION :2021-22**  
**SUBJECT: SOCIAL SCIENCE**  
**SYLLABUS OF CLASS- VII**

Book: Integrated Social Science  
 (History, Geography and Social and Political Science) RatnaSagar

	<b>HALF-YEARLY SYLLABUS</b>	
<b>S.NO.</b>	<b>APRIL</b>	
1.	Hist. Ch2 The Regional Kingdom - I	<b>U.T. I</b>
2.	Geo. Ch 2 Inside Our Earth	
	<b>MAY</b>	
3	Hist. Ch3 The Sultanate Period	<b>U.T. II</b>
	<b>JUNE</b>	
4	Civ Ch1 Democracy	
	<b>JULY</b>	
5.	Geo. Ch 4 Major Landforms	
6	Civ. Ch 3 Democracy in Action	
<b>Activity:</b> Discussion on History ch 8 “Tribal Communities” to be done.		
	<b>AUGUST Half-Yearly Chapters</b>	
7	Hist Ch4 The Regional Kingdom - II	
8.	Geo- Ch 5 Composition and structure of atmosphere	
9	Civ. Ch 4 The State Government	
	<b>SEPTEMBER</b>	
	Revision	
<b>Activity:</b> Discussion on Geo ch 3 “The Changing world” to be done.		
<b>Half Yearly Examination Course</b>		
Chapters of August and September +UT I+UT II		
	<b>ANNUAL SYLLABUS</b>	
	<b>OCTOBER</b>	
10	Hist Ch 5 The Great Mughals	<b>U.T. III</b>
11	Geo Ch 6 Weather and Climate	
<b>Activity:</b> History Ch. 10 “The Flowering of Regional Cultures” Reading and Discussion to be done		

	<b>NOVEMBER</b>	U.T. III
12	Hist Ch 6 Monumental Architecture	
13	Geo Ch 7 Water	
	<b>DECEMBER</b>	
14	Civ Ch 7 Markets around us	U.T. IV
15	Geo Ch 8 Natural Vegetation and Wildlife	
<p><b>Activity:</b> From Civics Ch 6 “Advertising” - different types of Logos to be drawn on the chart paper and Discussion on Ch 5 “Media and Democracy” to be done. Chart should be prepared on Ch7 “Markets around us”. Discussion on Ch 9 “Human Environment”.</p>		
	<b>JANUARY      Annual Chapters</b>	
16	Hist Ch 11 Political Formations in the Eighteenth Century	
17	Civ Ch 9 India and Democracy	
	<b>FEBRUARY</b>	
18	Geo Ch10 Life in Tropical and Sub Tropical Regions	
<p><b>Activity:</b> Discussion on Geo Ch 12 “Life in the Deserts” to be done</p>		
<p><b>Annual Exam Course:</b> Chapters of January and February+ UT III + UT IV + 20% Of Half Yearly Course (Hist Ch3 “The Sultanate Period”. Civ Ch1 “Democracy”. Geo Ch1 “Our Environment”).</p>		
<p><b>UT IV Course:</b> This will cover UT III and UT IV course+ 20% of Half Yearly Course (Hist Ch 3 “The Sultanate Period” Civ Ch 1 “Democracy”. Geo Ch 1 “Our Environment”).</p>		

<b>Red Rose Group of Schools</b> <b>Session:2021-2022</b> <b>CLASS: VII</b> <b>SUBJECT:G.K</b>	
	<b>HALF- YEARLY SYLLABUS</b>
	<b>APRIL</b>
	Ch.1 to Ch 14 + Current affairs
	(Pg. no 5 to 19)
	<b>(UNIT TEST –I): Ch 1 to 14 + Current affairs</b>
	<b>JUNE+JULY</b>
	Ch.15 to Ch 28 + Current affairs
	(Pg. no 20 to 33)
	<b>(UNIT TEST- II):L-15 to 28+ Current Affairs</b>
	<b>AUGUST</b>
	Ch.29 to Ch 41 + Current affairs
	(Pg. no 34 to 46 )
	<b>SEPTEMBER</b>
	Model test paper I + Reasoning
	<b>Revision of all chapters</b>
	<b>HALF- YEARLY COURSE:</b>
	<b>Ch 1 TO 41 + Model Test paper I(Pg. no 47) +Current Affairs from copy+Reasoning</b>

<b>Annual Syllabus</b>	
	<b>OCTOBER +NOV</b>
	Ch.42 to Ch 50 + Current affairs
	(Pg. no 48 to 56)
	<b>(UNIT TEST III): Ch 42 to 50+ Current affairs</b>
	<b>DEC+ JAN</b>
	Ch.51 to Ch 58+ Current affairs
	(Pg. no 57 to 64)
	<b>Revision</b>
	<b>(UNIT TEST IV): Ch 51 to 58 + Current affairs</b>
	<b>JAN+FEBRUARY</b>
	Ch.59 to Ch 65 + Current affairs +Model test paper II +Reasoning
	(Pg. no 65 to 71)
	<b>ANNUAL COURSE:</b>
	<b>Ch 42 TO 65 + Model Test paper II + Aptitude test + Current Affairs from copy + Reasoning</b>
	<b>20% of half yearly (Model test paper I + Ch 5 +Ch 19 + Ch 29 .</b>



**Red Rose Group of Schools**  
**Session 2021-2022**  
**Syllabus**  
**Computer Science**  
**Class VII**

**Publisher Name: KIPS**

**Book Name: Cyber Tools**

S. No.	Months	Chapter No.	Chapter Name	Remarks
1	April+May	Chapter-1	Number System	Unit Test 1 :Chapter 1 and 2
2		Chapter-2	Using Excel as a Database	
3	June+July	Chapter -3	Advanced feature of Excel	Unit Test 2 :Chapter 3 and 4
4		Chapter-4	Log On To Animate CC	
5	August	Chapter-5	Working with Layers	Half Yearly Exam: Chapter 1,2,3,4,5+Worksheet 1 and 2
6	September	Revision	Ch 1 to 5	
7	October	Chapter-6	More On Python	Review about Google Sheets  Unit Test 3:Chapter 6 and 7
8	November	Chapter-7	Introduction to HTML 5	
9		Chapter-8	More On CSS3	
10	December	Chapter-9	Cyber Tools	
11	January	Chapter-10	Cyber Threats and Security	Unit Test 4: Chapter 4,6,7,8
12	February	Revision	Ch 6 to 10	Annual Exam: Chapter 6,7,8,9,10 +Worksheet 3 and 4

Red Rose Group of Schools  
Session 2021-2022  
Subject- Sanskrit  
Syllabus of Class- VII

Book Name –प्रज्ञानम्

S. No.	Month		Chapter No.	Chapter Name
1.	April	Unit I	Chapter 1 Chapter 2	सरस्वती वन्दना संख्या बोध
2.	July	Unit II	Chapter 3 Chapter 4 Chapter 5	लङ् लकारः (प्रथम पुरुष एकवचनम्) लङ् लकारः(प्रथम पुरुष द्विवचनम्) लङ् लकारः (प्रथम पुरुष बहुवचनम्) ➤ शब्द रूप–मुनिः, मति, धातु रूप–पठ् धातु (पाँचों लकार)
3.	August		Chapter 6 Chapter 7 Chapter 8 Chapter 9	लङ् लकारः मध्यम पुरुष (उभयलिंग) तीनों वचनोंमें लङ् लकारउत्तमपुरुष (उभयलिंग) तीनों वचन लोट् लकार प्रयोगः व्याघ्र ब्राहमण कथा ➤ शब्द रूप–साधु, अस्मद्, युष्मद् ➤ धातु रूप–लिख् धातु (पाँचों लकार)
4.	September		Chapter 10 Chapter 11	सुवचनानि सत्यस्य विजयः ➤ शब्द रूप–किम्

				(स्त्रीलिंग, पुल्लिंग) ➤ धातु रूप-गम् (पाँचों लकार)
Revision Half yearly course – U.T. I + U.T. II + September Course.				
5.	October	Unit III	Chapter 12 Chapter 13	वृक्षस्य आत्मकथा बीरबलस्य बुद्धिकौशलम् ➤ शब्द रूप-महत्(महान) ➤ धातु रूप-भू (पाँचों लकार)
6.	November	Unit IV	Chapter 14 Chapter 15	सुभाषितानि उद्बोधनम् ➤ शब्द रूप- मधु ➤ धातु रूप-हस् (पाँचों लकार)
7.	December		Chapter 16 Chapter 17	सौहृदम् भृत्यस्य मूर्खता ➤ शब्द रूप- यत् (स्त्रीलिंग, पुल्लिंग) ➤ धातु रूप-पच् (पाँचों लकार)
8.	January		Chapter 18	उपसर्गाः वस्त्रों के नाम, रोगों के नाम
9.	February		Chapter 19	सन्धि अनुवादः, समय वाचक शब्द तथा अनाजों के नाम + Revision.
Note:- Annual Course (Oct + Nov + Dec + Jan + Feb) + 20% Half Yearly Course पाठ-10 सुवचनानि , पाठ - 11 ( सत्यस्य विजयः)				

**Red Rose Group of Schools**  
**Session: 2021-22**  
**Subject: Moral Science**  
**Syllabus of Class- VII**

**Book: BE Good Live Good**

**Publication - Monopoly, Author- Janet Goel**

S.No.	Chapter Name	Unit Test- I	
1.	Chapter –1	The New Girl in the Team	April
2.	Chapter – 2	Being a Responsible Citizen	April
		<b>Unit Test- II</b>	
3.	Chapter – 3	Method of Working	July
4.	Chapter – 4	Riya - A Clever Girl	July
		<b>Half Yearly Chapters</b>	
5.	Chapter – 5	Leadership	Aug
6.	Chapter – 6	Pillars of Success	Aug
7.		<b>Revision</b>	Sep.
		<b>Half Yearly Examination Course</b> <b>Unit Test – I + II+ Ch. 5 + Ch. 6</b>	
		<b>Unit Test- III</b>	
8.	Chapter – 7	Mother Teresa	Oct.
9.	Chapter – 8	Me and My Work	Oct.
		<b>Unit Test- IV</b>	
10.	Chapter – 9	Battlefield	Nov.
11.	Chapter – 10	An Unforgettable	Nov
		<b>Annual Chapters</b>	
12.	Chapter – 11	The Good goatherd	Dec.
13.	Chapter – 12	Animals in Prison	Jan.
14.		<b>Revision</b>	Feb.
<b>Annual Examination Course</b> <b>Unit Test – III + IV + Ch. 11 + Ch. 12</b>			
<b>Note:</b> Exercise will be done in book. Qus. /Ans. should be discussed in the Class Value based /Hots based questions can be framed to ask in the test & exams written paper will be taken in Half-Yearly & Annual Exams.			
<b>Note:</b> Prayers, Pledge and thoughts based on moral values to be given in every test and exam.			



**RED ROSE GROUP OF SCHOOLS**  
**SESSION(2021-2022)**  
**SUBJECT – Health and Physical Education**  
**HALF-YEARLY SYLLABUS**  
**CLASS-VII**

<b>I<sup>st</sup> Term (April to September)</b>	
<b>Part – I (A)</b>	<b>“Physical Fitness”</b>
1.	Muscular strength
2.	Muscular Endurance
3.	Cardio – vascular Endurance
4.	Flexibility

<b>Part – I (B)</b>	<b>“Study of Yoga”</b>
1.	Introduction
2.	Physical level (Any 8 Asanas to be Performed)
3.	Respiratory level (Pranayam)

<b>Part – I (C)</b>	<b>“Health”</b>
1.	Health related/Personal habits
2.	Playground etiquette

<b>Part V</b>	<b>Miscellaneous Programmes</b>
5.1	Mandatory Programmes <ul style="list-style-type: none"> <li>• Athletics – Medium distance running</li> <li>• Drill and synergy – Any three activities to be performed</li> <li>• Aerobics</li> <li>• Self-Defence</li> <li>• Short game – Short games without equipment</li> <li>• Races – Races without equipment</li> </ul>
5.2	Optional Programmes <ul style="list-style-type: none"> <li>• Judo</li> <li>• Major games – Kho-Kho, Basketball, Cricket</li> </ul>

## ANNUAL SYLLABUS

<b>II<sup>nd</sup> Term (October to February)</b>	
<b>Part – I (B)</b>	<b>“Study of Yoga”</b>
1.	Physical level – Any 8 Asanas to be Performed
2.	Respiratory level – Shuddhikriya, Mudra
<b>Part – II</b>	<b>“Physical Awareness”</b>
1.1	Ideal Postures for exercise in stationary position.
1.2	Ideal Postures for exercise in moving position
<b>Part – III</b>	<b>“Motor Fitness”</b>
1.	Strength/Power
2.	Speed
3.	Balance
4.	Agility
5.	Co-ordinative
<b>Part – IV</b>	<b>“Active Lifestyle”</b>
<b>Part – V</b>	<b>“Miscellaneous Programmes”</b>
1.	<u>“Mandatory Programmes”</u> <ul style="list-style-type: none"><li>● Athletics – cross country racing</li><li>● Drill and synergy – Any three activities to be performed</li><li>● Short games – Short games with equipment</li><li>● Races – Races with equipment</li><li>● Fun games</li></ul>
2.	<u>“Optional Programmes”</u> <ul style="list-style-type: none"><li>● Swimming</li><li>● Major sports – Kabaddi, Volleyball, Table Tennis, Football</li></ul>

**RED ROSE GROUP OF SCHOOLS**

**SYLLABUS OF ART/CRAFT (2021-22)**

**CLASS VII**

UNIT I	Page No. 5to 9 and 13
UNIT II	Page No. 10, 12, 14, 15, 16 and 24
HALF YEARLY	Page No. 17, 19, 20, 22, 23, 28 and 45
CRAFT	Mirror Work + Stitching Bottom
HALF YEARLY	Page No. 19, 20, 21, 22 and 48
	Craft Work (with waste materials)
UNIT III	Page No. 25, 30, 31, 32, 33 and 38
UNIT IV	Page No. 34, 36, 38, 41 and 46
ANNUAL	Page No. 42, 43, 44, 47, 49, 50, 51
CRAFT WORK	1) Table Cloth 2) Paper Work