



# SYLLABUS FOR THE MONTH OF JULY: 2017-18

## CLASS: 1

### THEME: “Health Is Wealth”

### Project- “Clouds”

ENGLISH	HINDI	MATHS	EVS	COMPUTER
Lesson 2- “Baby Sister” Poem- “To Mother” Workbook- Worksheet 2 Grammar –Action Words, One / Many <b>ACTIVITY:</b> Show and Tell about family members. <b>Recapitulation</b> <b>worksheet</b> will be held on 20.07.17 (Thursday). <b>Syllabus:</b> Lesson 2- “Baby Sister”, noun and one/ many	इ[ ] की पहचान ई[ ] की पहचान <b>गतिविधि कार्य:</b> " [ ]" और " [ ]" की मात्रा के शब्दों को समाचार पत्र में खोजे। <b>पुनरावृत्ति कार्यपत्रक</b> 24.07.17 (सोमवार) को लिया जाएगा। <b>पाठ्य[ ]:</b> बिना मात्रा वाले शब्द, आ की मात्रा इ[ ] की मात्रा	Lesson -3 “Ordinal Numbers” Lesson -4 “Addition upto 10” Lesson -5 “Subtraction upto 10” <b>ACTIVITY:</b> Count and write Fun race <b>Recapitulation worksheet</b> will be held on 26. 07.17 (Wednesday). <b>Syllabus:</b> Lesson -11 “Shapes” Lesson -3 “Ordinal Numbers”	Lesson 3 “My Body Helps Me” Lesson 4 “My Body Needs Care” <b>ACTIVITY:</b> Things we need to care our body. <b>Recapitulation worksheet</b> will be held on 28.07.17 (Friday). <b>Syllabus:</b> Lesson 3 “My Body Helps Me” Lesson 4 “My Body Needs Care”	Lesson-3 “Computer at work” <b>ACTIVITY:</b> Places where we find computer.
ART/CRAFT	MUSIC/ DANCE	PHY.EDUC	THEME	PROJECT
<ul style="list-style-type: none"> <li>Paper folding</li> <li>Rich Potli</li> <li>Flower basket</li> <li>Let’s Fold (Tea cup) (Paper folding)</li> <li>Jewellery Box making</li> </ul>	<ul style="list-style-type: none"> <li>Vocal Exercise with different type of sargams</li> <li>Clapping Exercise with Rhythm</li> <li>Patriotic song “Hind des ke niwasi”</li> <li>Indian Basic Steps</li> <li>Hand Movement</li> </ul>	Introducing ball handling and rolling at large target	“Health is Wealth” Tips to be healthy.	<a href="https://youtu.be/eCumUp9vWQ">https://youtu.be/eCumUp9vWQ</a> Lab Activity on Clouds Basic facts about clouds.

Vocabulary building words of English, Hindi and EVS will be done in the notebook.

➤ English Handwriting Competition Monday, 17 July 2017



**DELHI INTERNATIONAL SCHOOL**  
“Creating Global heads with hearts”  
**PLANNER OF THE MONTH- July**  
**SESSION- 2017-18**  
**CLASS I**

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## **WELCOME STUDENTS**

### **General awareness on *Health Is Wealth***

Health is wealth is a famous saying that refers to the importance of health to us and reveals that health is wealth. If we are not healthy (do not feel in the state of physical, mental and social well being), wealth means nothing to us. So, our health is a real wealth, we should always try to be healthy. Tips to be healthy as well as wealthy.

- Take care of food: Avoid unhealthy food that is high in calories. They gradually take a toll on your health leading to weight gain, heart diseases and cholesterol. Eat seasonal fruits that are rich in fibers, vitamins and proteins. Make it a point to eat healthy stay healthy.
- Breakfast is must: Never skip breakfast, our metabolic rate decreases leading to weight gain and digestion problems. Breakfast increases concentration, helps us focus better and controls weight.
- Balanced Diet: Incorporating proteins, minerals, iron, vitamins, calcium, carbs and fat (good fat) in your daily diet is very necessary. Fruits, vegetables, lean meat, poultry, milk, whole grain foods make a balanced diet.
- Have lots of fluid: Drink at least 8-9 glasses of water every day. It not only flushes your system but also keeps your skin good and healthy.
- Proper Sleep: Get a minimum 8 hours sleep because it relaxes your mind and keeps you healthy. The human body is a machine. And just like any machine requires rest and recharging, our bodies also need sufficient amounts of sleep.
- Exercise: Exercise is a must, workouts, aerobics, walking or jogging regulates heart rate giving you more energy to work hard through the day. Exercise early in the morning won't make you feel lazy in the day. It improves blood circulation and releases muscle tension giving you a stronger body and mind.
- Check the nutrition labels: Nutritional labels tell us what the food contains.

- **For vocabulary development of English, Hindi and EVS words will be done in the notebook.**
- **Points to be noted for Reading and Listening skills :**

**Reading:** Alphabets sounds, promoting sight reading and story books.

**Listening:** Alphabets sounds, pronunciation, listening while reading and speaking.



## **PROJECT OF THE MONTH – CLOUDS**

### **Cloud Facts**

Check out our fun cloud facts, read on and have fun learning everything you've ever wanted to know about clouds!

- A cloud is a large group of tiny water droplets that we can see in the air.
- Clouds are formed when water on Earth evaporates into the sky and condenses high up in the cooler air. Learn more about the water cycle.
- Rain, snow, sleet and hail falling from clouds is called precipitation.
- Most clouds form in the troposphere (the lowest part of Earth's atmosphere) but occasionally they are observed as high as the stratosphere or mesosphere.
- Clouds can contain millions of tons of water.
- There are a range of different types of clouds, the main types include stratus, cumulus and cirrus.
- Stratus clouds are flat and featureless, appearing as layered sheets.
- Cumulus clouds are puffy, like cotton floating in the sky.
- Cirrus clouds are thin and wispy, appearing high in the sky.
- There are many variations of these 3 main cloud types including stratocumulus, altostratus, altocumulus, cirrostratus and cirrocumulus.
- Fog is stratus type of cloud that appears very close to the ground.
- Clouds can also be made of other chemicals.
- Other planets in our Solar System have clouds. Venus has thick clouds of sulfur-dioxide
- While Jupiter and Saturn have clouds of ammonia.

