ST. FRANCIS XAVIER SCHOOL SYLLABUS FOR CLASS III ACADEMIC SESSION 2025 - 2026

SUBJECT: ENGLISH

FIRST TERM (APRIL'25-SEP'26)

PRESCRIBED TEXT: 21ST CENTURY ENGLISH FOR ICSE SCHOOLS, GRADE 3 - BURLINGTON ENGLISH

| CHAPTER NO. | TOPIC | TOPIC DETAILS |
|-------------|-----------------------------|----------------------------------------------|
| | PROSE | |
| 1 | Dorothy Saves the Scarecrow | Reading and explanation, new words, |
| 2 | Out with the Goats | question and answers, learning the |
| 3 | Kaka and Munni | poems by heart, spellings & dictation, |
| 4 | Binya's Blue Umbrella | matching, fill in the blanks, true and false |
| 5 | The Reader of Books | and make sentences. |
| | POEM | |
| 1 | Afternoon On a Hill | |
| 2 | Little White Lily | |
| 3 | Some One | |

PRESCRIBED TEXT: GRAMMAR SPLASH 3 - MADHUCHHANDA MAJUMDAR

| CHAPTER NO | TOPIC | TOPIC DETAILS |
|------------|--------------------|--------------------------------------|
| 1 | Alphabetical order | Definition, kinds with examples, |
| 2 | Sentences | Activity oriented class, worksheets, |
| 3 | Nouns | Fill in the blanks, |

| 4 | Nouns: Concrete, Abstract, Material | identify the object, |
|----|-------------------------------------|-----------------------------------------|
| 5 | Nouns: Gender and Number | singular and plural, articles, pronouns |
| 6 | Pronouns | make sentences, punctuations, |
| 7 | Adjectives | several topics for picture |
| 8 | Possessives | composition. |
| 9 | Articles | |
| 10 | Verbs | |
| 18 | Comprehension | |
| 19 | Composition | |

PRESCRIBED TEXT: MAGIC STROKES - A CURSIVE WRITING WORKBOOK 3, GLOBALRISE PUBLICATION

Pages - 4 to 51 Handwriting practice

PRESCRIBED TEXT: AESOP'S FABLES

Page 4 to 30

ANNUAL TERM (OCT'25 - FEB '26)

PRESCRIBED TEXT: 21ST CENTURY ENGLISH FOR ICSE SCHOOLS, GRADE 3 - BURLINGTON ENGLISH

| CHAPTER NO | TOPIC | TOPIC DETAILS |
|------------|------------------------|---------------------------------------|
| | PROSE | |
| 6 | Tom meets the Otter | Reading and explanation, new words, |
| 7 | The Wild Wood | question and answers, learn the |
| 8 | Luke Loves Football | poems by heart, spelling & dictation, |
| 9 | Judy at the Farm | matching, fill in the blanks,make |
| 10 | The Story of Ali Cogia | sentences, true and false, |

worksheets

| 5 | Every Time I Climb a Tree | |
|--------------|----------------------------------------------|-------------------------------------|
| 6 | Don't Tell | |
| | PRESCRIBED TEXT: GRAMMAR SPLASH 3 - MA | DHUCHHANDA MAJUMDAR |
| CHAPTER NO | <u>TOPIC</u> | TOPIC DETAILS |
| 11 | More Verbs | Activity oriented class, worksheets |
| 12 | Tenses | will be given, definition and kinds |
| 13 | Adverbs | with examples, fill in the blanks, |
| 14 | Prepositions | identify the object, |
| 15 | Conjunctions | helping verbs, joining words, make |
| 16 | Punctuations | sentences, several |
| 17 | Vocabulary | topics for picture composition. |
| 18 | Comprehension | |
| 19 | Composition | |
| PRESCRIBE | CD TEXT: MAGIC STROKES - A CURSIVE WRITING V | WORKBOOK 3, GLOBALRISE PUBLICATION |
| | Pages - 52 to 95 | Handwriting Practice |
| | PRESCRIBED TEXT: AESOP'S | S FABLES |
| | Page 36 to 58 | |
| FLN ACTIVITY | Self introduction | |
| | I can do it | |
| | Getting to know each other | |
| | fruit activity and flower activity | |
| | y | |

POEMA Bird Came Down The Walk

Identifying sounds

CHILD/ TOY What is missing? **BASED PEDAGOGY**

Show and tell

Picture reading and Role play

Complete the sentences

Game of name, place, animal thing for Noun identification

ST. FRANCIS XAVIER SCHOOL SYLLABUS FOR CLASS III ACADEMIC SESSION 2025 - 2026 SUBJECT: MATHEMATICS

FIRST TERM (APRIL'25-SEP'25)

PRESCRIBED TEXT: NEW INSPIRED MATHS 3

| CHAPTER NO | TOPIC | TOPIC DETAILS |
|------------|-----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | 4- Digit Numbers | Recall- tens and ones, Grouping numbers, The abacus, Place value, odd and Even number, Before, After, Between, Comparison of Numbers, Ascending and Descending order, Forming greatest and smallest Numbers 3- digt numbers on the abacus, expanded notation, Place value, Face value, Numbers 101-200, 201-300, 301-400, 401-500, 501-600, 601-700, 701-800, 801-900, 901-100, Numbers and money, Before, After, Between |
| 2 | Addition of 3 Digit Numbers | Addition of 2 digit numbers without regrouping, Addition of three numbers, |
| 3 | Subtraction of 3 Digit Numbers | Subtraction 2 -Digit numbers without regrouping, Applying Subtraction, Checking subtraction with addition |
| 4-Jan | Addition and Subtraction of Money | Addition with regrouping, Subtraction with regrouping, Real -life application, Properties of addition and subtraction, Make your own story sums, estimating sums and differences, Money , Changing Money |
| 5 | Multiplication | Repeated addition ,Multiplication ,Multiplication Tables |
| 6 | Division | Dividing equally ,Division ,division as repeated subtraction |
| | | PRESCRIBED TEXT:JUNIOR MENTAL MATHEMATICS Exercise 1 - 45 |
| | | ANNUAL TERM (OCT'25-FEB'26) |

ANNUAL TERM (OCT'25-FEB'26)

PRESCRIBED TEXT: NEW INSPIRED MATHS 3

| CHAPTER NO | 1 | OPIC TOPIC DETAILS |
|------------|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7 | Geometry | Rectangle, Square, Triangle, Circle, Straight and curved sides, Solid shapes, Straight lines and curved lines Horizontal, vertical and slanting lines |
| 8 | Measurements | Length -Standard units ,Measuring longer length ,More about length ,Weight ,capacity |

9 Measurement of Time Recall -reading the clock ,Days of the week ,Months of the year

10 Data Handling Pictograph

11 Patterns Making patterns

PRESCRIBED TEXT: JUNIOR MENTAL MATHEMATICS

Exercise 46 - 92

FLN ACTIVITY Self - corrective Number Puzzles

Shape Visual discrimination cards

Number order Pattern Making

CHILD/ TOY Comparision big and small

BASED PEDAGOGY Stationery Shop

Spot the Pattern Spot the Heaviest Abacus activity

Ice cream counting and sorting activity

Clock and calender activity

ST. FRANCIS XAVIER SCHOOL SYLLABUS FOR CLASS III ACADEMIC SESSION 2025 - 2026 SUBJECT: SCIENCE

FIRST TERM (APRIL'25 - SEP'25)

PRESCRIBED TEXT: NEW TRENDS IN SCIENCE

| CHAPTER NO | TOPIC | Topic Details |
|------------|--------------------------------|-----------------------------------------------|
| 1 | Living and Non Living Things | Reading and explanation, new words, |
| 2 | Our Body Systems | question and answers,draw pictures,name |
| 3 | The Respiratory System | the following, choose the correct word |
| 4 | Birds and their Features | matching, fill in the blanks, true and false, |
| 5 | Birds their Feathers and Beaks | label the following ,give one word answer |
| 6 | Insects | worksheets |
| 7 | Plants | |

Topic Details will remain same for all the chapters(subjects)

ANNUAL TERM (OCT'24-FEB'25)

PRESCRIBED TEXT: NEW TRENDS IN SCIENCE

| CHAPTER NO | TOPIC | Topic Details |
|-------------------|---------------------------------|-----------------------------------------------|
| 8 | Forms of Matter | |
| 9 | Water | Reading and explanation, new words, |
| 10 | Water As a Resource | question and answers,draw pictures,name |
| 11 | Sun as a Natural Resource | the following, choose the correct word |
| 12 | Cleanliness, Health and Hygiene | matching, fill in the blanks, true and false, |
| | | label the following ,give one word answer, |
| | | worksheets |

Topic Details will remain same for all the chapters(subjects)

Toy based pedagogy Real feathers to be used on the chapter birds.

Usage of toy Dr.set to explain the importance of staying healthy-role play.

Germination of seed to explain importance of plants in relation to the world around us.

Models of food to explain junk food and healthy food

ST. FRANCIS XAVIER SCHOOL SYLLABUS FOR CLASS III ACADEMIC SESSION 2025 -2026 SUBJECT: SOCIAL STUDIES

FIRST TERM (APRIL'25-SEP'25)

PRESCRIBED TEXT: NEW TRENDS IN SOCIAL STUDIES

CHAPTER NO

O TOPIC 1 Changes in the a Family

TOPIC DETAILS

- 2 Changes in the Neighbourhood and School
- 3 Concept of Time
- 4 Transport
- 5 Community Helpers
- 6 community Service
- 7 Dignity of Labour
- 8 Safety and First Aid

Reading and explanation, question answers, fill in the blanks,

matching, drawing with labelling,

name the following, true/false

ANNUAL TERM (OCT '25 - FEB 26)

PRESCRIBED TEXT: NEW TRENDS IN SOCIAL STUDIES

CHAPTER NO

TOPIC

TOPIC DETAILS

- 9 Our Rich Heritage
- 10 Great National Leaders
- 11 Epics and Folk Tales
- 12 National Symbols
- 13 Festivals and Community Celebrations
- 14 The Earth and the Solar System
- 15 Our Earth-A Unique Planet
- 16 Knowing Our Planet
- 17 Our Environment
- 18 Need for Cleanliness in the Surroundings

Reading and explanation, question answers, fill in the blanks, matching, drawing with labelling,

name the following , true/false

ST. FRANCIS XAVIER SCHOOL SYLLABUS FOR CLASS III ACADEMIC SESSION 2025 -2026 SUBJECT: COMPUTER

FIRST TERM (APRIL'25-SEP'25)

PRESCRIBED TEXT: MY BOOK OF COMPUTER STUDIES

| CHAPTER NO | TOPIC | TOPIC DETAILS |
|------------|--------------------------------------|-----------------------------------|
| 1 | A Computer System | Reading and explanation, question |
| 2 | GUI Operating System-An Introduction | answers, fill in the blanks, |
| 3 | More on MS Windows 10 | matching, drawing with labelling, |
| 4 | Word Processor- An Introduction | name the following, true/false |

ANNUAL TERM (OCT '25 - FEB 26)

PRESCRIBED TEXT:MY BOOK OF COMPUTER STUDIES

| CHAPTER NO | TOPIC | TOPIC DETAILS |
|------------|-----------------------------------------|-----------------------------------|
| 5 | The Internet - An Introduction | Reading and explanation, question |
| 6 | More on Internet | answers, fill in the blanks, |
| 7 | Fun with Paint | matching, drawing with labelling, |
| 8 | File Management- Organisation of Folder | name the following, true/false |

Toy based pedagogy Cardboard cut out of parts of computer to be used to make the students identify

ST. FRANCIS XAVIER SCHOOL SYLLABUS FOR CLASS III **ACADEMIC SESSION 2025 - 2026**

SUBJECT: HINDI

FIRST TERM (APRIL '25-SEP'25)

PRESCRIBED TEXT: वर्तमान हिंदी पाठमाला भाग 3

| CHAPTER NO | TOPIC | TOPIC DETAILS |
|-------------------|-----------------|--------------------------------------|
| 1 | सवेरा | पाठ-परिचय |
| 2 | बीरबल की खिचड़ी | रिक्त स्थानों की पूर्ति |
| 3 | मुस्कान मिल गई | शब्दार्थ . वाक्य बनाओ |
| | | प्रश्न उत्तर |
| 4 | राखी का त्यौहार | किसने किससे कहा ? |
| 5 | फिर खिल गए | सुही उत्तर पर सही का निशान लगाना । |
| 6 | ऐसे थे वे | मौखिक प्रश्नो द्वारा बौद्धिक परिक्षण |

PRESCRIBED TEXT: नवीन हिंदी व्यावहारिक व्याकरण तथा रचना

| CHAPTER NO | TOPIC | TOPIC DETAILS |
|------------|--------------|-----------------------------------|
| 4 | संज्ञा | पाठ-परिचय |
| 6 | सर्वनाम | रिक्त स्थानों की पूर्ति |
| 8 | विशेषण | प्रश्न उत्तर |
| 10 | शुद्ध अशुद्ध | सही उत्तर पर सही का निशान लगाना । |

PRESCRIBED TEXT: नूतन हिंदी सुलेख माला - पृष्ठ संख्या 3- 20

ANNUAL TERM (OCT '25 -FEB'26)

PRESCRIBED TEXT वर्तमान हिंदी पाठमाला 3

| CHAPTER NO | TOPIC | TOPIC DETAILS |
|--------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7 8 9 10 11 निबंध | घंटी की धुन दांतों की देखभाल बोलती गुफा कोयल शिमला की यात्रा क) पेड़- हमारे मित्र ख) स्वच्छ भारत अभियान | पाठ-परिचय रिक्त स्थानों की पूर्ति शब्दार्थ . वाक्य बनाओ प्रश्न उत्तर किसने किससे कहा ? सही उत्तर पर सही का निशान लगाना । मौखिक प्रश्नो द्वारा बौद्धिक परिक्षण |
| PRESCRIBED TEXT: अविका हिंदी व्याकरण भाग 1 | | |
| CHAPTER NO | TOPIC | TOPIC DETAILS |
| 7 8 12 14 | लिंग वचन गिनती 1 से 20 तक उल्टे अर्थ वाले शब्द | पाठ-परिचय रिक्त स्थानों की पूर्ति प्रश्न उत्तर सही उत्तर पर सही का निशान लगाना । मौखिक प्रश्नो द्वारा बौद्धिक परिक्षण |
| | PRESCRIBED TEXT: नूतनहिंदी सुलेख भाग 3 पृष्ठ संख्या -21-40 | |
| FLN ACTIVITY | क) आप चिड़ियाघर देखने गए आपने वहां कौन-कौन से जानवर देखें उनके नाम लिखे एवं किन्हीं तीन का चित्र बनाएं। ख) दिए गए चित्रों का सही मिलान कीजिए मेरा परिवार- अपने परिवार के सदस्यों का चित्र चिपकाएं | |
| CHILD/ TOY BASED PEDAGOGY | | |
| | १)कार्यपत्रक (worksheet based on related chapter) २)आंतरिक गतिविधि क) - मिलन करो ख) बूझो तो जाने ग) कहानी से सीख(देश के शूरवीरों व | की कहानी सुना) |

Topic details will remain same for all chapters(subjects)

ST. FRANCIS XAVIER SCHOOL SYLLABUS FOR CLASS III ACADEMIC SESSION 2025 - 2026 SUBJECT: BENGALI

FIRST TERM(APRIL'25-SEP'25)

PRESCRIBED TEXT: বাংলা সাহিত্য পরিচয়

| PAGE NO | TOPIC | TOPIC DETAILS |
|-----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pg 1 Pg 6 Pg 14 Pg 32 Pg 42 Pg 57 Pg 84 Pg 18 Pg 26 | লুকানো সোনা নিজের কাজ নিজে করো ডানপিটে দুওরানী ও সুওরানী নৌকাযাত্রা খোকনের বন্ধু খোকার প্রশ্ন মনকেমনের গল্প ব্যাঙ্গমা ব্যাঙ্গমি | সাজিয়ে লেখাে,বাক্য রচনা,শূন্যস্থান পূরণ, ছবি দেখে চিহ্নিত করাে,পাশের খােপ থেকে বেছে নিয়ে লেখাে,মিল করে লেখাে, প্রশ্ন উত্তর লেখাে এক কথায় উত্তর দাও কবিতা মুখস্থ লেখাে ছবি দেখে লেখাে। |
| | TOPIC | TOPIC DETAILS |
| | শব্দ ও বাক্য বিশেষ্য,সবনাম,ক্রিয়া পদা বচন লিঙ্গ অনুচ্ছেদ রচনা | উদাহরণসহ সংজ্ঞা শূন্যস্থান পূরণ,সাজিয়ে লেখো বচন চিহ্নিত করো,লিঙ্গ চিহ্নিত করো তোমার বাড়ি,আমার মা,আমাদের দেশ কাক একটি ঝাড়ুদার পাখি,আমার মাওবাবা জলের ব্যাবহার,বৃষ্টির দিন৷ |

PRESCRIBED TEXT: লিপিকা

TOPIC DETAILS

PAGE NO Pg 3-32

হাতের লেখা অভ্যাস

ANNUAL TERM (OCT '25 - FEB 26)

PRESCRIBED TEXT: বাংলা সাহিত্যপরিচয়

| PAGE NO | TOPIC | TOPIC DETAILS |
|---------|--------------|------------------------------------------|
| Pg 80 | আগমনী | |
| Pg 47 | পথের মাঝে | সাজিয়ে লেখো,বাক্য রচনা,শূন্যস্থান পূরণ, |
| Pg 38 | আদশ ছেলে | ছবি দেখে চিহ্নিত করো,পার্শের খোপ |
| Pg 51 | সোনা | থেকে বেছে নিয়ে লেখো,মিল করে লেখো, |
| Pg 64 | মজার মুলুক | প্রশ্ন উত্তর লেখো (এক কথায় উত্তর দাও |
| Pg 93 | গাছপালার কথা | কবিতা মুখস্থ লেখো,পাঠ করা৷ |
| Pg 102 | বরফের দেশে | |
| Pg 107 | অবাক জলপান | |

PRESCRIBED TEXT: বাংলা ভাষা পরিচয়

| TOPIC | TOPIC DETAILS |
|-------------------------------|-------------------------------------------------------------------------------------------------|
| পুরুষ বিশেষণ পদ ক্রিয়া | কোনটি কী পুরুষ লেখো, উদাহরণসহ সংজ্ঞা ক্রিয়া ও বিশেষণ পদ বেছে নিয়ে লেখো বিপরীত শব্দ লেখো |
| বিপরীত শব্দ লেখো | |
| অনুচেছদ রচনা | শরৎকাল,বিদ্যাসাগর,তোমার কী কী করতে ভালো লাগে রবীন্দ্রনাথ ঠাকুর (বাকী ক্লাসে জানানো হবো) |

PRESCRIBED TEXT: লিপিকা

PAGE NO TOPIC DETAILS

Pg 33-64 হাতের লেখা অভ্যাস

 $Topic\ details\ will\ remain\ same\ for\ all\ chapters (subjects)$

ST. FRANCIS XAVIER SCHOOL SYLLABUS FOR CLASS III ACADEMIC SESSION 2024 - 2025 SUBJECT: GENERAL KNOWLEDGE

FIRST TERM (APRIL'24- SEPT' 24)

PRESCRIBED TEXT: CANDID ANYTIME GK

CHAPTER NO TOPIC / PAGE NUMBER

5 to 36

Topic Details will remain same for all the chapters(subjects)

ANNUAL TERM (OCT'24 - FEB'25)

PRESCRIBED TEXT: CANDID ANYTIME GK

CHAPTER NO TOPIC / PAGE NUMBER

37 to 66

Topic Details will remain same for all the chapters(subjects)

ST. FRANCIS XAVIER SCHOOL SYLLABUS FOR CLASS III ACADEMIC SESSION 2025 - 2026 SUBJECT: VALUE EDUCATION

FIRST TERM (APRIL'25-SEP 25')

PRESCRIBED TEXT: FIREFLY LIFE 3 - BARRY O'BRIEN

| CHAPTER NO | TOPIC | Topic Details |
|------------|----------------------------------------------------|-------------------------------|
| 1 | Respect People Who are Different From You | Chapter reading, explanation, |
| 2 | Do You Get angry Easily | new words, spellings and |
| 3 | Let's Not Be Idle | question answers. |
| 4 | Good Manners At the Table | |
| 5 | Being Honest | |
| 6 | Being Kind to Everyone | |
| 7 | Your Relationship with Your Teachers | |
| | Topic Details will remain same for all the chapter | s |

ANNUAL TERM (OCT'25 - FEB'26)

PRESCRIBED TEXT: FIREFLY LIFE 3 - BARRY O'BRIEN

| CHAPTER NO | TOPIC | Topic Details |
|------------|--------------------------------------|-------------------------------|
| 8 | Be Proud, But Don't Boast | |
| 9 | Correcting Ourselves | Chapter reading, explanation, |
| 10 | Being a Proud Indian | new words, spellings and |
| 11 | Don't Waste Food | question answers. |
| 12 | Spending Time with Your Grandparents | |
| 13 | Being Clean and Hygienic | |

Topic Details will remain same for all the chapters(subjects)

ST. FRANCIS XAVIER SCHOOL SYLLABUS FOR CLASS I ACADEMIC SESSION 2024 - 2025

SUBJECT: ART and CRAFT

FIRST TERM (APRIL'24-SEP'24)

PRESCRIBED TEXT: CANDID CREATIVE ART

TOPIC PAGE NO. / ACTIVITY

Art book pages 4 - 24

Drawing Apple, Ice cream ,Balloon,

Candle, Hill Scenery, Chair,

Pencil, Handfan.

Paper Cutting Apple

Tree

National Flag Rath and Kite

Origami Boat and Tree

Craft Cotton buds Painting

Rocket with Icecream Sticks

Duck Making

Cotton Pasting

Friendship band

Making Thumb Impression

Vegetable Printing

Caterpillar Making

Diya Making

Flute Making

National Flag Making

Rakhi Making

ANNUAL TERM (OCT'24 - FEB '25)

PRESCRIBED TEXT: CANDID CREATIVE ART

<u>CHAPTER NO</u> <u>TOPIC</u>

Art book Pages 22- 40

Drawing Knife, Cap ,Rat

Fish, Hut landscape fruits

Paper Cutting Diya

Bell

ice-cream Candle Papaya

Origami Joker

Kite Making

Chad-mala Making

Flute Making

 $Crackers\ Making (phuljhari)$

Santa Cap Making

Spray painting
Dot painting

collage making

ST. FRANCIS XAVIER SCHOOL SYLLABUS FOR CLASS III ACADEMIC SESSION 2025 - 2026 SUBJECT: MUSIC

FIRST TERM (APRIL'24-SEP'24)

PRESCRIBED TEXT: SONG & DANCE BOOK

| SLNO. | TOPICS | |
|-------|-----------------------------|--|
| 1 | Basic vocal exercises | |
| 2 | School song | |
| 3 | You are my sunshine | |
| 4 | Any dream will do | |
| | ANNUAL TERM (OCT'24-FEB'25) | |

PRESCRIBED TEXT: SONG & DANCE BOOK

SLNO TOPICS

| 1 | Sing them over again |
|---|---------------------------------|
| 2 | Make me a channel of your peace |
| 3 | Deck the halls |
| 4 | Mary boy child |

ST. FRANCIS XAVIER SCHOOL SYLLABUS FOR CLAS III ACADEMIC SESSION 2025-2026 SUBJECT: DANCE

FIRST TERM (APRIL'24-SEP'24)

PRESCRIBED TEXT: SONG & DANCE BOOK

| SI NO. | TOPIC | |
|--------|-----------------------------------------------|--|
| 1 | Basic KATHAK step 1-5 | |
| 2 | Basic body movements with counting. | |
| 3 | Exercise for body fitness. | |
| 4 | Dance based on patriotic songs. | |
| 5 | Theory- Name of Mudras (5), Taal, Matra, Laya | |
| 6 | Dance based on Tagore Song. | |
| | | |

ANNUAL TERM (OCT'24-FEB'25)

PRESCRIBED TEXT: SONG & DANCE BOOK

| SL NO. | TOPIC |
|--------|-----------------------------------------------------------------|
| 1 | Revision of basic steps 1-5 |
| 2 | Body movements in creative dance with music. |
| 3 | Dance based on western songs. |
| 4 | Basic yoga movements in dance. |
| 5 | Dance on songs based on festivals- Durgapuja, Diwali, Christmas |
| 6 | Theory- Revision of different mudras. |
| | Tap dance[Theory] |

ST FRANCIS XAVIER SCHOOL SYLLABUS FOR CLASS III ACADEMIC SESSION 2025-26 PHYSICAL EDUCATION

FIRST TERM

TOPICS & COMMANDS BENEFITS & VALUES

Football Drills

Basketball Drills Synchronised Movement
Attention Discipline During Assembly

Stand at Ease

Left Turn Body Flexibility

Right Turn

Upper & Lower Body Exercises

Developing physical & Mental Ability

Increasing Stamina

Attention, Stand At Ease Left Turn, Right Turn

Stabilizing the Body

Running, Hurdle Jumps, Cone Drills

Developing Physical & Mental ability

Calisthenics Exercise

Maintaining strength & flexibility

Free hand Exercise

The Activities Will Be Continued Throughout The Session