

BCM SCHOOL
A SENIOR SECONDARY SCHOOL
AFFILIATED TO CBSE, NEW
DELHI
ALTERNATIVE ACADEMIC CALENDAR -II(CLASS I TO V)
SESSION-2020-2021

SCIENCE/SOCIAL SCIENCE/ EVS

ACTIVITIES	CLASS	LEARNING OUTCOMES
<ul style="list-style-type: none"> • To play indoor games with family members: Chinese Whisper and Dumb Charade. • To make a meal chart. Classify the food items into raw/cooked and according to their sources:plants or animals. • Paste grains/ pulses on a sheet and write their names. 	I & II	<ul style="list-style-type: none"> • Love and care for family members. • Balanced diet plays an important role in keeping good health. • We must include all the nutrients in our diet.
<ul style="list-style-type: none"> • To prepare healthy drink and sprout salads . Name your brand, enlist the manufacturing and expiry date. Enlist food items that can be prepared from rice & wheat. Prepare such food items or help your elders to prepare. • Save Water : Write slogans on save water. Click pictures or make videos with the help of your parents depicting how you save water in different activities at home. • Activities related to birds and animals :Prepare a digital album of different birds that you see around these days.Parents may pose riddles on special features , sounds, food habits of birds & animals. 	III	<ul style="list-style-type: none"> • Healthy mind resides in a healthy body. • Water is precious. We must save it. • Animals are an integral part of our nature. Save them.

<ul style="list-style-type: none"> • Write a letter to your friend and relative and share your feelings. Discuss the journey of letters with your parents. • Enlist the people and agencies who have a prime role in the time of any emergency situation like fire, earthquake, flood, pandemic etc.If you get a chance to interact with them then frame a few questions to ask and prepare your report. 	III	<ul style="list-style-type: none"> • Many people are involved for a letter to reach its destination • We must be grateful to people who help us during emergency situations.
<ul style="list-style-type: none"> • Play indoor games with siblings, parents or elders: Find objects with the help of suitable clues or directions. • Role play on safety in the kitchen.Prepare a list of guidelines of safety measures to deal with any emergency situation. • How can you help people who lost their jobs during this pandemic? Discuss with your parents. • Draw or paste pictures of animals with big ears, small ears and invisible ears. Compare their similarities and dissimilarities. • Parents will tell their childhood stories to their children. They will discuss how they spend time without mobiles. Students will make family tree of their mother’s family and father’s family. • Different fuels used: compare their cost, availability, pollution emitting aspects. 	IV	<ul style="list-style-type: none"> • Students will come to know about our main directions. • It is important to follow safety rules to avoid accidents. • Care and concern for others. • There are different types of animals on the earth. They make our world wonderful. • Students’ will be able to identify different relation in a family. • Use eco-friendly fuels to reduce pollution.

- Play indoor games with siblings, parents or elders: Find objects with the help of suitable clues or directions.
- Collect the materials and test them for their sinking and floating ability.
- Enlist various activities like agriculture, cleaning, medical, security, teaching etc. Classify them into essential and non- essential services. What do you feel about the people who are still doing the work when most of the people are at home?
- Are there any games which are meant for only boys or only for girls. Give your views.
- Safety measures to be adopted during disasters/ emergencies. Assemble a kit that is the most relevant to the area where you live in.
- Different fuels used: compare their cost, availability, pollution emitting aspects.
- Parents will tell their childhood stories to their children. They will discuss how they spend time without mobiles. Students will make family tree of their mother's family and father's family.

V

- Students will come to know about four main directions.
- Knowledge of factors that make things float or sink.
- All occupations are equally important. We must respect them.
- Boys and girls can enjoy all opportunities and rights of all spheres of life.
- Awareness ensures safety.
- Use eco-friendly fuels to reduce pollution.
- Students' will be able to identify different relation in a family.

ENGLISH

ACTIVITIES	CLASS	LEARNING OUTCOMES
<ul style="list-style-type: none">• The teacher will show the video and help the learners to notice how each guest is welcomed and made to feel comfortable. The teacher may ask parents to recollect the folktale, 'The wind and the sun' and narrate to learners at home, to reinforce the points on good manners.• The learners will be asked to write all the English words that they listen in school or at home and sort them make rhyming words.• The teacher will give one word to the students and ask them to frame as many as words from that.• The learner may be facilitated to listen to the poem. With a second listening, learners may say the words along with the audio learners would enjoy the repetition 'dry, dry, dry' and 'shake, shake, shake	I & II	<ul style="list-style-type: none">• The learners will learn how to welcome guests.• The students will learn about rhyming words.• The learners will learn to build words hence their vocabulary will be enhanced.• The learners will learn to recite the poem.
<ul style="list-style-type: none">• The learners will be encouraged to read messages related to the prevailing situation like wash your hands for twenty seconds. Do not go out to play.• In context with the prevailing situation students will be asked to identify the opposites like sick-healthy, safe- unsafe etc.• A picture of park or garden will be shown to the students. They will be asked to write the picture composition and identify the nouns.• The learner may be asked to make a drawing of only those vegetables that grow under the ground, and name them in English and the mother tongue.	III	<ul style="list-style-type: none">• The learners will be aware about prevailing situation.• The students will learn opposites.• The students' writing skill will be enhanced.• Students' will come to know the English names of different vegetables.
<ul style="list-style-type: none">• The learner will be asked to make his/her rainbow with the help of given instructions. In each strip of the rainbow, he or she will write one trait of himself or herself.	IV	<ul style="list-style-type: none">• The students will learn to describe themselves.

<ul style="list-style-type: none"> • The learner will be asked to reflect and speak on how people above 60 years of age can keep themselves healthy. The learner will be encouraged to write short sentences on the theme using punctuation marks appropriately. • Today the whole world is fighting against Corona. Act like a corona warrior (a doctor/nurse). To protect your family and give some measures like wash your hands, avoid close contact etc. • The learner will be encouraged to write informal letter to their relatives ending with a positive note. 	IV	<ul style="list-style-type: none"> • The students’ writing skill will be enhanced. • The sense of responsibility will be inculcated. • The students’ writing skill will be enhanced.
<ul style="list-style-type: none"> • The learners will be asked to conduct short interviews of parents, grandparents to understand in detail the profession they follow. • The learner will be encouraged to write informal letter to their relatives ending with a positive note. • The learner will be asked to listen the Panchtantra story (pigeon story) about team work i.e “ Unity is strength”. They will be asked to write the story in their own words relating with the prevailing situation. • The learner will be asked to make his/her rainbow with the help of given instructions. In each strip of the rainbow, he or she will write one trait of himself or herself. 	V	<ul style="list-style-type: none"> • The learners’ speaking skill will be enhanced. They will come to know about different professions. • The students’ writing skill will be enhanced. (class-v) • The students will learn the value of team work. • The students will learn to describe themselves.

HINDI

ACTIVITIES	CLASS	LEARNING OUTCOMES
<ul style="list-style-type: none"> अपने अभिभावकों की सहायता से अखबार या किसी पत्रिका से ओ,औ,अं मात्रा के शब्द ढूँढ कर लिखें। प्रत्येक मात्रा के पाँच-पाँच शब्द लिखें। शरीर को स्वस्थ रखने के लिए हमें फल और सब्जियाँ खानी चाहिए। किन्हीं पाँच फलों और पाँच सब्जियों के नाम लिखो। अपने घर में या घर के आस-पास विभिन्न वस्तुओं को या लोगों को देखते हुए उनके विलोम शब्द लिखें। जैसे - बड़ा- छोटा, ऊँचा -नीचा आदि। घर में उपस्थित किन्हीं पाँच वस्तुओं के नाम ,पाँच शहरों के नाम तथा पाँच व्यक्तियों के नाम दी गई तालिका में लिखें- वस्तुओं के नाम- शहरों के नाम - व्यक्तियों के नाम – 	I	<ul style="list-style-type: none"> मात्राओं का ज्ञान फलों और सब्जियों के बारे में जानना व उनसे होने वाले फायदों का ज्ञान व्याकरणिक ज्ञान प्राप्त करना। <p>अपने आसपास मिलने वाले अनगिनत नाम वाले शब्दों से परिचित होना</p>
<ul style="list-style-type: none"> हम अपने विद्यालय में भी हर त्योहार उल्लास से मानते हैं, परंतु आजकल कोरोना महामारी के कारण हम स्कूल नहीं जा पा रहे हैं, इसलिए आने वाले दिनों में मनाए जाने वाले त्योहारों के नाम तथा उन्हें हम क्यों मनाते हैं, इसकी जानकारी अपने अभिभावकों व अध्यापिका से प्राप्त करें। अपने मनपसंद खेल का चित्र बनाओ तथा बताओ कि वह खेल आपको क्यों पसंद है। अपने उन दोस्तों के नाम लिखें जिनसे से आप कुछ सीखना चाहते हैं और यह भी लिखें कि आप उनसे क्या सीखना चाहते हैं और क्यों? इस लॉकडाउन में आपने अपना समय अपने अभिभावकों के साथ बिताया आपने इस समय का सदुपयोग कैसे किया ? अपनी दिनचर्या को सुंदर लेख में लिखें 	II	<ul style="list-style-type: none"> विभिन्न त्योहारों के बारे में जानकारी प्राप्त करना। विभिन्न खेलों के बारे में जानकारी प्राप्त करना। मित्रों के अच्छे गुणों का अनुसरण करना। मुश्किल परिस्थितियों में धैर्य बनाए रखते हुए एक-दूसरे को सहयोग दे
<ul style="list-style-type: none"> आपके जन्मदिन पर आपको बहुत से उपहार मिलते हैं अपने मनपसंद उपहार का चित्र बनाएँ तथा बताएँ कि वह उपहार आपको क्यों अच्छा लगा ? आजकल लॉकडाउन के कारण आप अपना जन्मदिन बाहर जाकर नहीं मना सकते और न ही अपने मित्रों को अपने घरों में बुला सकते हैं तो इस बार आपने अपना जन्मदिन घर में रहते हुए कैसे मनाया ? अपने शब्दों में लिखें 	III	<ul style="list-style-type: none"> वर्तमान स्थिति से सीख लेते हुए भविष्य में आने वाली समस्याओं से जूझने का ज्ञान प्राप्त करना।

<ul style="list-style-type: none"> टीवी का चित्र बनाएँ तथा लिखे कि इसका आविष्कार किसने किया ? वर्षा ऋतु के आते ही चारों तरफ हरियाली छा जाती है। वर्षा ऋतु में घर से बाहर निकलने के लिए हमें किन वस्तुओं की आवश्यकता होती है इसके बारे में अपने अभिभावकों से चर्चा करें 	III	<ul style="list-style-type: none"> विभिन्न वैज्ञानिकों व उनके आविष्कारों के बारे में जानकारी प्राप्त करना। विभिन्न ऋतुओं के बारे में जानकारी प्राप्त करना।
<ul style="list-style-type: none"> विभिन्न त्योहारों के चित्र बनाकर उनके नाम लिखें और साथ ही बताएं कि आपको कौन सा त्योहार सबसे अच्छा लगता है और क्यों ? अपने अभिभावकों से महान व्यक्तियों के बारे में जानकारी प्राप्त करें कि उन्होंने किस प्रकार मुसीबतों का सामना करते हुए, कठिन परिश्रम करते हुए, अपने जीवन में सफलता प्राप्त की। अपनी मनपसंद यात्रा के अनुभवों को सुंदर लेख में लिखें। पढ़े गए पाठों में आए कठिन शब्दों के अर्थ लिखकर अपना एक शब्दकोष तैयार करें। 	IV	<ul style="list-style-type: none"> विभिन्न त्योहारों के बारे में जानकारी प्राप्त करना। महान् व्यक्तियों के दिखाए आदर्श मार्ग पर चलते हुए अपना लक्ष्य ग्रहण करना। यात्रा के द्वारा अपनी भारतीय संस्कृति से परिचित होना। अपने शब्दकोष में वृद्धि करना।
<ul style="list-style-type: none"> लॉकडाउन में लंबे समय तक स्कूल या कॉलेज बंद रहने से पढ़ने के ढंग में क्या-क्या परिवर्तन आए और हमें किन किन परेशानियों का सामना करना पड़ा, इन्हें अपने शब्दों में लिखें। भारत के विभिन्न क्षेत्रों में सफल नारियों का एक कोलाज बनाएं तथा किसी एक के जीवन से संबंधित जानकारी प्राप्त करें कि उन्होंने किस प्रकार मुसीबतों का सामना करके कठिन परिश्रम करके अपने जीवन में सफलता प्राप्त की। पढ़े गए पाठों में आए कठिन शब्दों के अर्थ लिखकर अपना एक शब्दकोष तैयार करें। 	V	<ul style="list-style-type: none"> वर्तमान स्थिति से सीख लेते हुए भविष्य में आने वाली समस्याओं से जूझने का ज्ञान प्राप्त करना। विभिन्न क्षेत्रों में सफल नारियों के बारे में जानकारी प्राप्त करना। अपने शब्दकोष में वृद्धि करना।

MATHEMATICS

ACTIVITIES	CLASS	LEARNING OUTCOMES
<ul style="list-style-type: none">• Addition fact up to 9 by using concrete objects i.e. pebbles.• To find $3+3$ count 3 steps forward from 3 and concludes that $3 +3 =6$• Subtract numbers by counting backward on number line.• Collect some pencils/balls of different colours .Students will count how many pencils are there? How many are of same colour?• Students will cut out different shapes like -Circle , Triangle ,Square etc. from origami sheets	I	<ul style="list-style-type: none">• Applies addition of number in daily life.• Students will able to solve day to day problems related to subtraction.• Students will able to identify 2-D shapes.
<ul style="list-style-type: none">• Students will cut out different shapes like -Circle , Triangle, Square etc. from origami sheets.• To measure the length of different objects like bed , kitchen slab , LED by using hand span• To make a simple balance then comparing the weight of different items.• By pouring the water of a bigger container into smaller containers• Reading of time from the clock in hours and minutes and express the time in a.m and p.m	II	<ul style="list-style-type: none">• Students will able to identify 2-D shapes.• Students will understand the concept of smaller and bigger as length of hand span will be different .• They will understand the concept of heavy and light objects.• They will understand the difference between litre and millilitre.• This activity will help the child to get accustomed to various features and vocabulary of a clock.
<ul style="list-style-type: none">• Draw flags of three different countries .Estimate the fraction of area covered by a particular color in the flag.• Folding the sheet of paper to make different shapes .The children will be given patterns and asked to verbalize rules behind the pattern and extend them.	III	<ul style="list-style-type: none">• Students will understand that fraction is a part of whole.• Understanding of different types of patterns

<ul style="list-style-type: none"> Measuring length of different objects using non-standard units of length and by using different tools like ruler and measuring tape etc. 	III	<ul style="list-style-type: none"> Students will be able to estimate and measure length and distance using standard units like cm, m etc.
<ul style="list-style-type: none"> Draw 4 different patterns on a 6 x 6 grid and colour $\frac{2}{6}$, $\frac{2}{12}$, $\frac{5}{6}$ and $\frac{3}{12}$ Multiplication by breaking one of the numbers. Parents may ask the child to make an inventory of the groceries bought at home. Ask the child to note down the prices of items and number of items purchased. Then the parents may ask the child to calculate the total of the bill. Let's Share (division by repeated subtraction) Engage the students in making ten 10cm strips and pasting them to make a metre strip and then use it to measure different objects. Let us learn to calculate shelf life of 5 items. 	IV	<ul style="list-style-type: none"> Understanding of corresponding parts of the collection. Students will learn to apply the distributive property of multiplication. In this activity students will use multiplication to calculate the price of one item multiple times and then add the prices to obtain the total price. Students will be able to apply the knowledge of repeated subtraction to solve division problems. Students will be able to identify the relationship between metre and centimetre. Students will develop the habit of observing the manufacturing date, expiry date of various items.

<ul style="list-style-type: none"> • Take three glaze papers of same size Fold a paper in two equal parts and shade $\frac{1}{2}$ part , Fold the other paper in four equal parts and shade $\frac{2}{4}$ and fold third paper in six equal parts and shade $\frac{3}{6}$. • Make different shapes using match sticks and find the angle by two adjoining sticks . • Find out area and perimeter of different shapes drawn on a grid of paper by counting of squares. • Parents may ask the child to make an inventory of the groceries bought at home .Ask the child to note down the prices of items and number of items purchased. Then the parents may ask the child to calculate the total of the bill. 	V	<ul style="list-style-type: none"> • Identification and framing of equivalent fractions of a given fraction. • Recognition of angles. • Understand the concept of area and perimeter. • In this activity students will use multiplication to calculate the price of one item multiple times and then add the prices to obtain the total price.
--	----------	--

ART

ACTIVITIES	CLAS S	LEARNING OUTCOMES
Pattern with Sketch pen	I -V	Knowledge of different techniques
Activity with waste material	I -V	Use of waste material
Thumb painting	I -V	Knowledge of colour technique
Tear & Paste Activity	I -V	Use of old newspaper & magazines
Origami Activity	I -V	Knowledge of paper folding

MUSIC

ACTIVITIES	CLASS	LEARNING OUTCOMES
<ul style="list-style-type: none"> • Student can listen to the audio recordings of selected artist in music of instrumental and vocal by Whatsapp /DD Bharti • Learner can create music with the help of kitchen utensils or any other material to create a melodious sound. 	<p>I -III</p>	<p>Appreciate the performances seen on TV and YouTube videos of eminent personalities they will motivated.</p>
<ul style="list-style-type: none"> • Listen to the national anthem and morning prayers including Bhajan mantra Ucharan , Shabad. • Discussion on musical shows to encourage free expression of ones likes to different performances. • Listen to the songs in different languages and dialects. Select the song and understand the meaning and tune 	<p>IV&V</p>	<p>Listen to the sounds immediate surroundings carefully.</p> <p>Tries to sing school prayers and patriotic songs with interest.</p> <p>It will help the child in improving her reflective thinking. Participation in community and get motivation for togetherness.</p>
<ul style="list-style-type: none"> • Singing songs written by self or by about important characters in their textbooks • Clapping of hands and tapping with the foot should be encouraged • Students can listen to the audio recordings of selected artist in music of instrumental and vocal by Whatsapp/ DD bharti. • Discussion on musical shows to encourage free expression of ones likes to different performances. • Listen to the recording of seven notes and practice 7 notes on your favorite instruments • Take the picture of the regional instruments and write atleast five lines about each instruments. • Listen to the national anthem and morning prayers including Bhajan mantra Ucharan, Shabad 	<p>IV&V</p>	<ul style="list-style-type: none"> • To create lines and tunes to sing and express on different theme • Sings songs with expression using simple rhythm. • Appreciate the performances seen on TV and youtube videos of eminent personalities they will motivated. • Participation in community and get motivation for togetherness. • It will create vast imagination for musical melodies. • Identify and documents of the regional musical instruments. • Tries to sing school prayers and patriotic songs with interest.

PHYSICAL EDUCATION

ACTIVITIES	CLASS	LEARNING OUTCOMES
<ul style="list-style-type: none"> • Developing Coordination The parents first demonstrate and then ask the child to do similarly with the ball. • Correct Body Postures Parents Show Posters, Charts (if available)- standing, sitting, walking, sleeping. • Movement of the body. Parents prepare some fun game/ activities with the help of the child and play with them. For Example: Walking in straight line, circles, zigzag, running Hop, Jump Leaping, Galloping and Skipping .Parents can collect the picture of different body movements. 	I -III	<ul style="list-style-type: none"> • Develop coordination ability. • Develop growth and development. • Develop coordination ability and strong all body parts.
<ul style="list-style-type: none"> • Road Safety Prepare a chart on How do we cross the road? How traffic is controlled on the road? Traffic signals. Helping the needy to cross the road. • Safety at home What can we do to keep ourselves safe and how from Fire, electricity, fire crackers, water, animals and insect bites, sharp objects, insecticides. • Healthy habit Put up a healthy habit record chart on the wall. Ask all the family members and the children to draw a star each for different healthy habits that they have followed all seven days of the week. 	I-V	<ul style="list-style-type: none"> • Learn about road safety rules • Minimize the risk • Keep you healthy and fit body.