



PRE SCHOOL SYLLABUS
FOR APRIL & MAY
Topic - MY BODY

EXTERNAL BODY PARTS

- Observe different body parts
- Identify and name body parts
- Use related vocabulary
- Observe and name sense organs
- Functions of different body parts

MY BODY

HEALTH & HYGIENE

- Personal care
- Personal safety

FOOD

- Food which is good for the body
- Identify common foods

GROWTH

- Height and Weight
- Movement -
“What I can do with my body”?

DURATION - APRIL - MAY (26 DAYS)

LEARNING OUTCOMES -

Children will be able to:

- 1. Identify and tell the names of different body parts.**
- 2. Know about the functions of body parts like hands to hold, legs to walk.**
- 3. Imbibe good healthy habits, hygiene practices and self help skills.**
- 4. Identify and name sense organs.**
- 5. Know about letter name and its sound.**
- 6. Recognise capital and print script of letters.**
- 7. Develop vocabulary related to letters.**
- 8. Know and write the correct formation of letters.**
- 9. Identify and tell the names of objects related to basic shapes like circle, triangle etc. from their immediate surroundings.**
- 10. Improve fine motor skills through colouring.**
- 11. Identify and tell the names of Primary colours related objects from the surroundings.**
- 12. Identify and trace standing and sleeping lines.**
- 13. Identify numbers, know its quantification and trace numbers.**

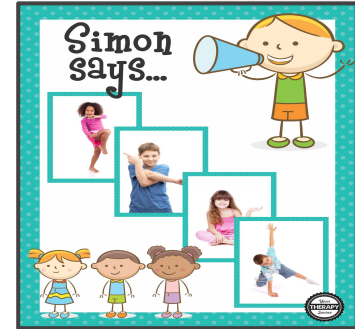
CIRCLE TIME

Discussion about body parts and their functions



GAME

Simon Says.. touch your eyes, touch your ears etc



WORKSHEET

Related to External Body parts

Body parts puzzle

Rhyme
Time

EXTERNAL BODY PARTS

RHYMES

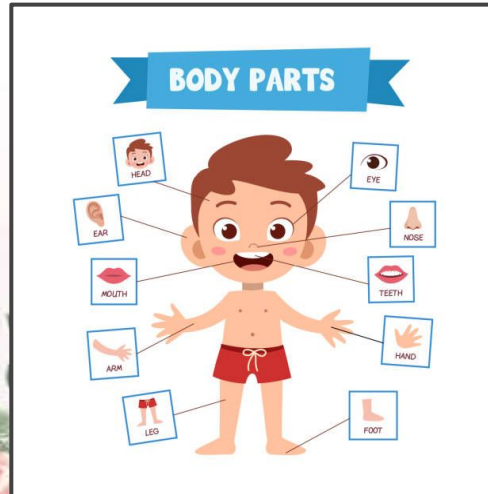
Action song -

<https://www.youtube.com/watch?v=I5RUzkySseE>

Head, shoulder, knee and Toes-

<https://youtu.be/h4eueDYPTI>

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HEALTH DAY

Celebration of Health day
Self grooming activity
before departure



Workshop
Importance of healthy
food
Matching Worksheet



HEALTH AND HYGIENE

CIRCLE TIME

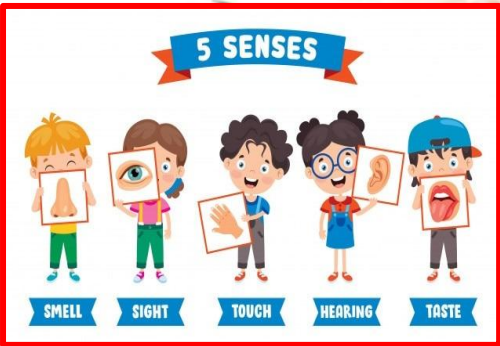
Discussion on Personal
hygiene.
Developing hand washing
habit before and after
lunch time, after using
washroom etc
Learning table manners

RHYME

This is the way
https://www.youtube.com/watch?v=4XLQpRl_w0Q



Following safety
measures to keep the
body safe like using
scissors carefully etc



SENSE ORGANS

EXPERIENTIAL LEARNING
First hand experience of different objects and its checklist

SORTING
Children will sort the objects according to different senses

Videos related to sense organs-
https://youtube.com/watch?v=PL2rBHhQ_go&si=EnSikaIECMiOmarE



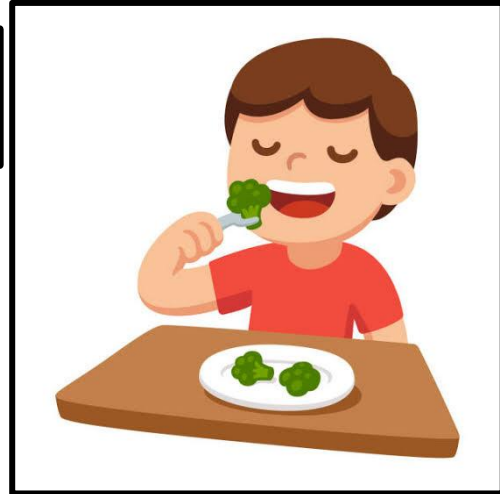
CIRCLE TIME

Discussion on Healthy and Junk food.

Importance of healthy eating habit during Fruit break.



FOOD

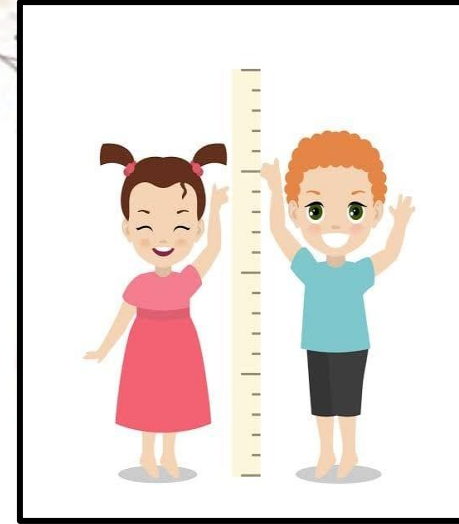


STORY NARRATION - EAT HEALTHY, STAY HEALTHY.

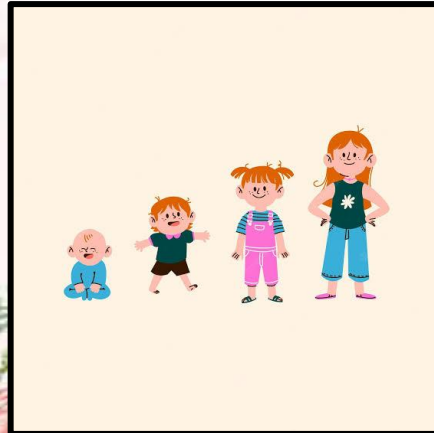
<https://youtube.com/watch?v=QIMEGPlaUaUU&feature=share>

Worksheet

PRE NUMBER CONCEPT- Big and small (with the help of concrete objects present in the classroom), Tall and Short (compare heights of children).



GROWTH



GROSS MOTOR ACTIVITIES - Running around an obstacle or with hand on head, ears, behind back, standing on one foot and imitating simple movements of limbs (arms up together and down) and jumping jacks.

Art and Craft

- Impressions pg no- 6,8,10
- Finger impression
- Clay moulding of face
- Stick drawing of myself
- Scribbling

Numerical skills / Math

- Pre number concept - Big and small, Tall and short
- Recognition of shapes - Circle, triangle, rectangle and square
- Recognition of numbers- 1 to 5
- Blooming buds Writing Book- Maths Pg no-5,6,7,8,9,16,17,30,31, 40,41,60,61,62,63

Subject - English / Hindi

- Pattern writing
- Phonics- Initial sound of letters
- Rhyme recitation
- Story Narration
- Recognition, Writing and Vocabulary building of capital letters - L,T,I,H
- Push a pencil book Pg - 4,5,6,7,8,9,10,11,16,17
- Patterns - Standing and sleeping lines
- Blooming buds Writing Book- Hindi Pg no 4,5,6,7

ICT

- Introduction of Computer
- Introduction of parts of Computer (MONITOR, MOUSE, CPU KEYBOARD)

FINE MOTOR SKILLS

- Sorting
- Sponging
- Threading beads
- Spooning
- Pouring
- Joining of Interlocking cubes

English Rhyme

Five Senses song

https://www.youtube.com/watch?v=PL2rBHhQ_go

Hindi Rhyme

Ek Mota Haathi

<https://youtu.be/RMMAJc6jc6l>

Dance and Music

● TWIST CHILDREN SONG

<https://youtu.be/eiU7oJgktuo>

Games

- Kick the ball
- Move the ball and run after it to the given point
- Move rope
- Simon says (jump, sit, stand, run)
- Simple yoga & easy exercise

Competition and Race for the Month

- Fun with Hoopla Race (27.4.23)
- Kitchen partner Competition (8.5.23)

GA/LR

- Dog in the pond game (identification of body parts)
- Arranging body parts
- Matching
- Body parts BINGO

Value Education

Story- EAT HEALTHY, STAY HEALTHY

<https://www.youtube.com/watch?v=QIMEGPlaaUU>

Festivals and celebrations

- Foundation day (8.4.23)
- Health day (6.4.23)
- Earth day (21.4.23)
- Workshop on Importance of healthy food (24.4.23)
- Mother's day(8.5.23)
- Summer bonanza(12.5.23)

Life Skills

- Problem solving
- Effective communication
- Decision making
- Empathy
- Interpersonal relationship
- Self-awareness
- Involvement in social activities



KYW QUESTIONS

Q1. How many sense organs do we have?

Ans. We have five sense organs.

Q2. Which sense organ help us to see?

Ans. Eyes help us to see.

Q3. What do we do with our tongue?

Ans. We taste with our tongue.

Q4. Name two fruits which are red in colour.

Ans. Apple and Strawberry are red in colour.

Q5. What do we do with our nose?

Ans. We smell with our nose.

