Education Trust Kashmir

Alamgari Bazar Srinagar 190011

class 1

weekly syllabus breakup for *My Science*

Week	Theme	Classwork
1	Myself and my body	Name, age, family; body parts and their uses
2	Sense organs	Eyes, ears, nose, tongue, skin; safe use of senses
3	Keeping clean	Hand washing, bathing, brushing teeth, clean clothes
4	Healthy food	Fruits, vegetables, milk, water; healthy vs junk food
5	My family and home	Family members, rooms in a house, things in each room
6	Plants around us	Parts of a plant; leaves, flowers, fruits; caring for plants
7	Revision 1	Body parts, senses, cleanliness, food, plants; oral recap and worksheet
8	Animals around us	Pet, farm and wild animals; animal homes and sounds
9	Birds and insects	Common birds, nests, flying; useful insects
10	Water and air	Uses of water; saving water; air around us and moving air
11	Day, night and weather	Sun, moon, stars; day–night; hot, cold, rainy weather
12	Safety, transport and assessment	Road safety, good touch–bad touch basics, vehicles; revision and class activity/test

Weekly teaching pattern

- **Discussion:** Talk about the child's own body, home, food, plants, and animals
- **Activity:** Sorting cards, picture reading, drawing, role-play, nature walk, or simple experiment
- **Vocabulary:** Learn 4–6 new words weekly, such as *sense, clean, healthy, pet, nest, weather*
- **Written work:** Matching, circling, colouring, fill-in-the-blanks, and one-line answers
- **Values:** Cleanliness, healthy eating, kindness to animals, saving water, and safety

Science 2

weekly syllabus breakup for *My Science Journey* Class 2

Suggested 12-week breakup

Week	Theme	Classwork
1	Living and non-living things	Identifying living/non-living things; needs of living things
2	My body and sense organs	Body parts; five senses; keeping safe and healthy
3	Food and health	Food groups, healthy food, water; good eating habits
4	Keeping clean	Personal hygiene, clean home, clean surroundings
5	Plants around us	Parts of a plant; uses of plants; caring for plants
6	Animals around us	Pets, farm animals, wild animals; food and homes of animals
7	Revision 1	Living/non-living, plants, animals, food, hygiene; oral quiz and worksheet
8	Birds and insects	Common birds, nests, feathers; useful and harmful insects
9	Air, water and weather	Uses of air and water; water conservation; sunny, rainy, windy, cold weather
10	Day, night and sky	Sun, moon, stars; day–night; shadows and seasons
11	Houses, clothes and transport	Types of houses, seasonal clothes, land/water/air transport
12	Safety and assessment	Safety at home, school, road; first-aid basics; revision and class test

Weekly teaching pattern

- **Discussion:** Ask children to observe and talk about plants, animals, weather, food, and their surroundings
- **Activity:** Nature walk, sorting cards, drawing, role-play, simple experiment, or collage work
- **Vocabulary:** Teach 5–8 new words weekly, such as *living, shelter, senses, conserve, nest, transport*
- **Written work:** Matching, labelling, fill-in-the-blanks, true/false, and short answers
- **Values:** Cleanliness, healthy habits, saving water, caring for plants and animals, and safety

Science 3

weekly syllabus breakup for *My Science Journey* Suggested 12-week breakup

Week	Theme	Classwork
1	Living and non-living things	Characteristics of living things; needs of plants, animals, and people
2	Parts of a plant	Root, stem, leaf, flower, fruit, seed; functions and uses
3	Plants and their uses	Food, medicine, wood, fibre; herbs, shrubs, trees; caring for plants
4	Animals and their food	Herbivores, carnivores, omnivores; animal homes and young ones
5	Birds and insects	Body parts of birds, nests, migration; useful and harmful insects
6	Human body and health	Body organs, healthy food, exercise, rest, hygiene
7	Revision 1	Plants, animals, human body, health; recap worksheet and oral quiz
8	Air, water and weather	Uses and importance of air/water; water conservation; weather and seasons
9	Light, sound and force	Sources of light, shadows; sound; push and pull; simple machines
10	Matter and measurement	Solid, liquid, gas; length, weight, capacity; standard units
11	Earth, sky and environment	Land, water, soil; day–night; solar system; keeping the environment clean
12	Safety, first aid and assessment	Safety at home/school/road; first aid; comprehensive revision and class test

Weekly teaching pattern

- **Discussion:** Begin with questions from the child's surroundings—plants, animals, weather, food, and safety
- **Activity:** Nature walk, leaf/seed collection, sorting cards, simple experiment, model-making, or drawing
- **Vocabulary:** Teach 6–10 key words weekly, such as *herbivore, germination, shadow, force, matter, environment*
- **Written work:** Labelling diagrams, fill-in-the-blanks, true/false, short answers, and chapter recap exercises
- **Values:** Cleanliness, water conservation, healthy habits, care for plants and animals, and environmental responsibility

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Science 4

weekly syllabus breakup for *My Science Journey* Class 4 (Indiannica Learning)

Suggested 12-week breakup

Week	Theme	Classwork
1	Living things and their surroundings	Living/non-living; habitats; adaptation of plants and animals
2	Plants	Parts of a plant; photosynthesis in simple terms; types of plants and their uses
3	Animals	Classification, food habits, habitats; adaptation and protection
4	Human body	Digestive, respiratory, and skeletal systems in simple terms; healthy habits
5	Food and nutrition	Nutrients, balanced diet, deficiency diseases; food preservation
6	Health and hygiene	Personal hygiene, communicable diseases, immunization, first aid
7	Revision 1	Plants, animals, human body, food, health; recap worksheet and oral quiz
8	Air, water and weather	Composition and importance of air; water cycle; weather and seasons
9	Force, work and energy	Force, friction, simple machines; sources and forms of energy
10	Light, sound and matter	Light and shadows; sound; states of matter and changes
11	Earth and environment	Soil, rocks, natural resources; pollution, conservation, recycling
12	Safety, space and assessment	Road/home safety, first aid; solar system; comprehensive revision and test

Weekly teaching pattern

- **Discussion:** Begin with observation-based questions about plants, animals, weather, health, and the environment
- **Activity:** Nature walk, leaf/seed collection, model-making, simple experiments, chart work, or role-play
- **Vocabulary:** Teach 8–12 key terms weekly, such as *habitat, adaptation, digestion, friction, energy, pollution, conservation*
- **Written work:** Diagram labelling, fill-in-the-blanks, true/false, short answers, and chapter-end recap exercises
- **Values:** Cleanliness, healthy living, water and energy conservation, care for nature, and safety awareness

Science 5

weekly syllabus breakup for *My Science Journey* Class 5
Suggested 12-week breakup

Week	Theme	Classwork
1	Living things and ecosystems	Living/non-living; habitats; interdependence of plants, animals, and environment
2	Plants	Parts, reproduction, seed germination; photosynthesis in simple terms; uses of plants
3	Animals	Classification, adaptation, reproduction; food chains and food webs
4	Human body	Skeletal, muscular, digestive, respiratory, and circulatory systems in simple terms
5	Health and nutrition	Nutrients, balanced diet, deficiency diseases, hygiene, exercise, and rest
6	Food, agriculture and preservation	Crops, farming, food processing, preservation, and storage
7	Revision 1	Plants, animals, human body, health, food; recap worksheet and oral quiz
8	Matter and its changes	Solids, liquids, gases; physical and chemical changes; mixtures and separation
9	Force, work, energy and machines	Force, friction, work, energy; simple machines and their uses
10	Light, sound and heat	Light, shadows, reflection; sound; heat and temperature
11	Earth, space and environment	Rocks, soil, water cycle, weather; solar system; pollution and conservation
12	Safety, first aid and assessment	Disaster preparedness, first aid, road/home safety; comprehensive revision and test

Weekly teaching pattern

- **Discussion:** Start with observation questions from daily life—food, health, weather, machines, and environment
- **Activity:** Simple experiments, model-making, chart work, nature observation, seed germination, or recycling project
- **Vocabulary:** Teach 8–12 terms weekly, such as *germination, photosynthesis, adaptation, friction, energy, evaporation, pollution, conservation*
- **Written work:** Diagram labelling, definitions, fill-in-the-blanks, true/false, short answers, and chapter recap exercises
- **Values:** Healthy living, water and energy conservation, waste management, care for nature, and safety awareness.