# **ATOMIC ENERGY EDUCATION SOCIETY**

# Anushakti Nagar, Mumbai 400094

# SYLLABUS FOR BALVATIKA - 1 (2023-24)

S.NO.	Month	Subject	Suggested Activities	Teaching
		Topic Details		Aids
		English	English	
1	APRIL to JUNE	1.Readiness Activities: for developing and strengthening: -gross and fine motor skills - eye hand coordination - aesthetic sense etc. These contribute in the holistic development of children	-Constructive and Free Play with balls, dolls, blocks etc. (eg: jumping in and out of the circle on teacher's instruction, playing with ball, beads etc.) -Outdoor activities like hopping, running, jumping etcThrowing and catching the ball -Simple yoga poses -Creative activities like- paper tearing, paper crushing, paper twisting, paper rolling, paper pasting, palm printing, fist printing, finger painting, block printing, vegetable printing, spray painting, sponge dabbing, thread painting, reel printing, stencil dabbing, magic painting, clay modeling etcClipping activities - Scribbling with chalk pieces, crayons, pencils in free and confined areas like circle, square drawn on paper, chalk board etc Drawing, colouring on paper, chalk board, sand etcWater play -Sand play -Walking in a straight line -Walking backwards	Concrete objects in the surroundings, Flash cards, Picture cards, Puppets or any other learning aid.
		2.ConversationSkills: Developing, Listening and Speaking skills for vocabulary and language development	-Always start with what the children know and are familiar with(previous knowledge) -Converse by asking simple questions that gradually lead them to the main topic -Story Telling, Rhymes, Songs, Picture Talk, Puppet Show etcWorksheets based on topics like: Colour the things you use in the house/ see in the	
		General conversation on familiar topics like - things we use in our daily life - things children bring to school -things children see in classroom	school/ park etcTo develop the ability to express their needs and feelings through short meaningful sentences	

	-things children see in nature, park, play areas etc.		
	Rhymes, Stories and Picture Talk		
	Maths	Maths	
	Iviatiis	Playing with blocks, simple puzzles, iigsaw puzzles etc	
	1. Mathe skills . Math activities to develop and	-Playing with blocks, simple puzzles, jigsaw puzzles etc.	
	1. Maths skills: Math activities to develop and strengthen the skills of:	- Identifying the odd one in a group of objects, pairing objects (pencil and eraser, table and chair etc.)	Blocks, puzzles,
	Strengthen the skins of .	,	pairing boards,
		-Creating different patterns based on shape, size, colour using blocks, beads, straws,	seriation
	- activities involving one to one correspondence	ice-cream sticks etc.	towers, real
,	-matching	-Creating patterns with blocks (stacking, building towers etc.)	objects in the
	- sorting activities	-Sound patterns using vocal sounds or words, clapping, musical instruments, tapping	surroundings,
	-sequencing	etc.	beads concrete
1	- problem solving activities	-To develop fluency of counting concrete, discrete objects and abstract things upto 3	objects etc.
	- activities to form patterns	(eg: 3 steps, 3 claps etc.)	objects etc.
	- observation	-To identify the similarities / differences between two given pictures	
	- logical thinking	-To identify the missing parts of a picture	
	- reasoning	-Moving patterns( eg: jump, hop, skip or jump, run, clap etc.)	
	- ordering and seriation activities	-Help students to explore rhythm through voice and body	
		-Rhymes – action songs( appreciation of music and moving freely to the rhythm)	
		-Ordering and seriating objects based on size, colour, texture etc using building	
		blocks of different sizes, seriation towers, rings, cups etc.	
		- Activities based on one to one correspondence (eg: place one pencil with one book,	
		one spoon in one glass etc.)	
		-Sorting and making sets of familiar objects (eg: putting together different types of	
		objects like pencils, erasers, crayons etc. and letting children sort them)	
		- Sorting objects by shape, size, colour etc like blocks, beads, chalk pieces etc.	
		-Sorting objects based on texture, heavy and light, soft and hard, objects that float	
		or sink in water	
	2. Numbers :The number 1	-To recognize and say the number one	
	-To understand that the number 1 represents one	-With the help of suitable activities make the children understand the meaning of	
	object of any kind	number 1 and that it represents one object	
	<b>,</b> , ,	-Reinforce the number concept by means of stories, rhymes and picture cards	
		- Worksheets based on concepts like - Identify and colour the number, Match the	
		number to the correct number of objects, match number to number, Identify and	
		circle the number etc.	

		1. Topics for Conversation:  - Summer Season - Things we use in summer - Food items that we get to eat in summer  Concept- Hot and Cold	-Conversation about the weather in summer ,things we use in summer season, seasonal fruits we get in summer, types of clothes we wear in summer, cool things that are liked in summer etcStory Telling, Picture Talk -Rhymes and songs based on the topic -Creative activities like Origami ( ice-cream), paper tearing and pasting in watermelon picture, sponge dabbing in mango picture, reel printing to make grapes etcUnderstanding the difference between hot and cold (touch and feel ice cube and warm water)	Possible real things, concrete objectsfor experiential learning / learning by doing
2	JULY	1.Conversation Topic : Myself Conversation about self, birthday ,likes and dislikes toys etc.	English  - The teacher should start the conversation by introducing herself and encourage children to tell about himself /herself.  -Encouraging positive interaction among the children (interaction between peers), interaction between children and teachers, children and material ( toys, puppets etc.)  -Encouraging the children to speak in complete sentences  Eg. I am a boy/girl.  My name is  I like to  (More such age appropriate sentences)  -The topic can be introduced through a story or picture talk.  -Activity: A Doll birthday party can be celebrated in the school.  - Rhymes, Stories and Picture Talk	Puppets, Picture cards etc.
		2.Capital Letters: Oral introduction of Aa to Dd with their phonic sounds. Rhymes, Stories and Picture Talk	-Introduce one letter at a time -To familiarize the students with the letters -To identify and say the letter -To understand their related phonic sound -To identify and name some vocabulary related to the letter  Worksheets -Colour the correct picture for the given letters	Flash cards, concrete objects, alphabet puzzles, letter cutouts, clay, tracing boards etc.

		-Match the objects with the letters -Circle the correct letter -Draw objects for the given letter -Including rhymes, songs and stories that would help to reinforce the understanding of the phonic sounds	
	Maths	Maths	
	1.Math activities: to be continued	-Math activities can be continued( sorting, grouping, matching, one to one correspondence, odd one out, pattern writing, problem solving)	Beads, Blocks, Clay, Story Charts, Picture
	2. Pre-maths concept: Big and small To enable children to observe, compare, understand and differentiate between big and small objects.	-Variety of objects of different sizes can be shown to make them understand the difference in sizes -Sorting and grouping objects based on size -Clay moulding activity eg. Make a big ball and a small ball - Rhymes, Songs, Stories and Picture Talk -Worksheets	cards, etc.
JULY	3. Numbers: The number 2 -To understand that the number 2 represents two objects of any kind - Oral counting of numbers 1 to 5 ( to recognize and	-To recognize and say the number two -With the help of suitable activities making the children understand the meaning of number 2 and that it represents two objects -Reinforce the number concept by means of stories, rhymes and picture cards - Worksheets	Toys, objects, flash cards, number puzzles, etc.
	say the numbers)	GK	
	1.Conversation Topics: Rainy Season -Things we need in Rainy Season	-Conversation about the weather in the rainy season ,things we need in rainy season, seasonal fruits, different types of creatures that are seen in rainy season	Possible real things concrete objects
	- Food we get to eat in Rainy Season - Creatures seen in Rainy Season	-Story Telling, Picture Talk -Rhymes and songs based on the topic -Creative activities like Origami (boat), paper tearing and pasting in raindrops/ scenery, colouring activity, palm printing to make peacock etcUnderstanding the difference between wet and dry (touch and feel a wet cloth and a dry cloth) -Activity: Wet a piece of cloth, sponge etc. and see how the objects feel when they	

		Concept- Wet and dry  - Parts of the body (Identifying the different parts of the body)	are wet. Later put them out (ifit is a sunny day) or under a fan to dry them. This helps them to understand how wet objects become dry.  -To increase awareness about the various body parts, to identify and name them.  -Worksheets	Picture cards, puzzles, charts etc.
3	AUGUST	English	English	
		1.Conversation Topic: My Family Conversation about family members, their names, their role in the family, work they do etc.	-Through stories, make the children understand the bonding among the family members and the need to love, respect, care and help our family membersActivity: Role Play (different family members) -Dolls and puppets can be used to make the topic more interestingMaking the students (both boys and girls) understand the importance of helping parents in the house work.	Dolls, puppets, story charts etc.
		2.Capital Letters: Oral introduction of Ee to Hh with their phonic sounds.	-Introduce one letter at a time -To familiarize the students with the letters -To identify and say the letter -To understand their related phonic sound -To identify and name some vocabulary related to the letter	Flash cards Objects, alphabet puzzles, letter cutouts, clay
		Rhymes, Stories and Picture Talk	Worksheets -Colour the correct picture for the given letters -Match the objects with the letters -Circle the correct letter -Draw objects for the given letter - Including rhymes, songs and stories that would help to reinforce the understanding of the phonic sounds	
		Maths	Maths	
		2.Pre-maths concept: Tall and Short To enable children to observe, compare, understand and differentiate between tall and short objects	-Math activities can be continued ( sorting, grouping, matching, one to one correspondence, odd one out, pattern writing, problem solving) -Take the children out and ask them to observe and compare the heights of trees, buildings around them -Sorting objects by their height - Rhymes, Songs, Stories and Picture Talk -Worksheets	Beads, Blocks, Clay, Story Charts, Picture cards etc.

		<ul> <li>3. Numbers: The number 3</li> <li>-To understand that the number 3 represents three objects of any kind.</li> <li>- Oral counting of numbers 1 to 10 ( to recognize and say the numbers)</li> </ul>	-To recognize and say the number three -With the help of suitable activities make the children understand the meaning of number three and that it represents three objects -Reinforce the number concept by means of stories, rhymes and picture cards - Worksheets	Toys, objects, flash cards, number puzzles etc.
		GK	GK	
		1.Conversation Topics: Good Habits & Cleanliness -To learn the importance of cleanliness and good habits like brushing teeth twice a day, taking a bath every day, wearing clean clothes, trimming nails etc.	-Puppets can be used to demonstrate activities related to cleanlinessIdentifying the objects needed for keeping the body clean E.g. Toothbrush, soap, towel, comb, water, nail clipper etc To teach the importance of keeping the body clean with the help of stories and picture talk -Worksheets	Puppets , real objects, clay, toys, beads puzzles etc.
		2. <u>Colours:</u> - Primary Colour-Red	-Introducing the colour with the help of a variety of objects -Sorting, grouping and matching objects based on the colour -Making objects with clay using the same colour -Threading beads -Worksheets	
		3.Festivals: -Independence Day -Rakhi	-Learning patriotic songs -Colouring pictures of the flag -Making flags using clay -Raksha Badhan Festival can be celebrated in the schoolActivity: Rakhi making (optional) -Colouring	
4	SEPTEMBER	English	English	
		1.Conversation Topic: My School Conversation about the name of the school, location, play area in the school etc.	-Take the children around the school and show them the different areas, rooms etc. in the school -Discuss about all the people who work in the school and the kind of work they do -Worksheets	
		2.Capital Letters: Oral introduction of lito Ll with their phonic sounds	-Introduce one letter at a time - Activities: As suggested for the other letters above	
		Rhymes, Stories and Picture Talk		

	Maths	Maths	
	1.Math activities	-Math activities can be continued (sorting, grouping, matching, one to one correspondence, odd one out, pattern writing, problem solving etc.)	
	2. Numbers: The number 4 -To understand that the number 4 represents four objects of any kind	- Activities: As suggested for the numbers 1,2 and 3 above	
	- Oral counting of numbers 1 to 10 ( to recognize and say the numbers)		
SEPTEMBER	3.Introduction of shapes- Circle	-Show children some objects that have circular shapes Encourage them to observe the things around them, pick/ show/ point at a few objects that are circular in shape -Making pictures and designs with bangles or circular shaped cut outs -Sorting/ Matching activities -Worksheets -Clay activities	Real objects flash cards ,chalk and board, puzz etc.
	GK	GK	
	1.Conversation Topics: Days of the week -Learning the names of the days in a week	-Helping children in learning the names of the days in a week through songs and rhymesEncouraging students to name the day of the week	Calendar, bl board, chart etc.
	2. <u>Colours:</u> - Primary Colour-Yellow	-Introducing the colour with the help of a variety of objects -Sorting, grouping and matching objects by their colour -Making objects with clay using the same colour -Threading beads -Finger printing, collage, sponge dabbing etcWorksheets	
	3.Festivals: -Ganesh Chaturthi	-Ganesh Chathurthi Festival can be celebrated in the school -Activity: Making Ganapati with clay(optional) -Colouring	

5	OCTOBER	I.Conversation Topic: My Home Conversation about different rooms in a house and the purpose for which they are used	-Arranging objects in the appropriate rooms of a doll house -Role play, picture talk, stories, rhymes etcIdentifying and naming the different rooms in a house	Doll house, charts etc.
		2.Pattern – Writing -Vertical lines         -Horizontal lines – – –	-Introduction: Basic Strokes -Helping and guiding the children to trace the strokes -Tracing boards -Lacing Boards -Tracing on Sand paper cards -Writing with chalk pieces -Worksheets	Tracing boards, Lacing Boards, Sand paper cards, Slates etc.
		3.Capital Letters: Oral introduction of Mm to Pp with their phonic sounds.  Rhymes, Stories and Picture Talk	-Introduce one letter at a time - Activities: As suggested for the other letters above	
		Maths	Maths	
		<ul> <li>1. Numbers: The number 5</li> <li>-To understand that the number 5 represents five objects of any kind.</li> <li>- Oral counting of numbers 1 to 15 ( to recognize and say the numbers)</li> </ul>	- Activities: As suggested for the other numbers before	Real objects, flash cards ,chalk and board, puzzles etc.
		2.Introduction of shapes- Square	Show children some objects that are square shaped. Encourage them to observe the things around them and pick/ show/ point at a few objects that are square shaped -Making pictures and designs with cut out of the shape (Square) -Sorting/ Matching activities -Worksheets -Clay activities	

		GK	GK	
		1.Conversation Topics: - Months of a year	-Help children learn the name of the months of a year through songs and rhymes	Calendar, black board, charts
		2. <u>Colours:</u>	- Activities: As suggested for the other colours above	etc.
		- Primary Colour-Blue	-Dussehra Festival can be celebrated in the school ( Playing dandiya / Bathukamma	Folk songs
		3.Festivals: -Dussehra	etc.) -Colouring	related to the festival
6	NOVEMBER	English	English	
		1.Pattern – Writing -Slanting lines /// \\ -Up Down and Down Up lines lines  MM WW -Zig zag lines ZZZZ  2.Capital Letters: Oral introduction of Qq to Tt with their phonic sounds  Rhymes, Stories and Picture Talk	-Learning of strokes continued -Helping and guiding the children to trace the strokes -Tracing boards -Lacing Boards -Tracing on Sand paper cards -Writing with chalk -Worksheets -Introduce one letter at a time - Activities: As suggested for the other letters above	Tracing boards Lacing Boards Sand paper cards Slates etc.
		Maths  1. Numbers: The number 6 -To understand that the number 6 represents six objects of any kind.  - Oral counting of numbers 1 to 20 ( to recognize and say the numbers)	- Activities: As suggested for the other numbers before	Real objects, flash cards ,chalk and board, puzzles, tracing of sand paper number cutouts etc.
		2.Introduction of the Shape - Triangle	- Activities: As suggested for the other shapes above	

		I.Conversation Topics: Fruits -To identify and say the names of some common fruits	-Showing children different types of fruits and helping them identify and name them -Colouring Fruit Puzzles	Real fruits, models, Flash cards
		2.Festivals: -Diwali	-Stories, rhymes and songs -Fruit salad or fruit chaat can be prepared involving the students -Worksheets -Diwali: Festival celebration can be done in school -Colouring of diyas -Making greeting card	
7	DECEMBER	English	English	
		-Curves CC  3 3  2.Capital Letters: Oral introduction of UutoXx with their phonic sounds	-Learning of strokes continued -Helping and guiding the children to trace the strokes -Tracing boards -Lacing Boards -Tracing on Sand paper cards -Writing with chalk pieces -Worksheets	Tracing boards, Lacing Boards, Sand paper cards, slates etc.
		Rhymes, Stories and Picture Talk	-Introduce one letter at a time - Activities: As suggested for the other letters above	
		Maths  1 .Numbers: The number 7 -To understand that the number 7 represents seven objects of any kind	- Activities: As suggested for the other numbers before	Real objects, Flash cards, Chalk pieces and Board, puzzles etc.
		- Oral counting of numbers 1 to 20  2.Introduction of Shapes- Rectangle	- Activities: As suggested for the other shapes above	

		I.Conversation Topics: Vegetables -To identify and say the names of few common vegetables Winter Season -Weather Conditions -Things we use in winter	-Show children different types of locally available vegetables and help them to identify and name them -Colouring -Vegetable salad or vegetable sandwich can be prepared - Vegetable Puzzles -Conversations based on the weather conditions- kinds of clothes suitable for the weather etcStories, rhymes and songs -Worksheets  Creative Activity: Cultivating a small kitchen garden with a variety of plants adjoining the indoor environment -Christmas Festival can be celebrated in the school	Available real vegetables, Models Flash cards
8	JANUARY	-Christmas  English  1.Pattern – Writing	-Christmas Festival can be celebrated in the school -Colouring -Making greeting card  English -Curves	Tracing boards,
		-Curves UU, N N	-Helping and guiding the children to trace the strokes -Tracing boards -Lacing Boards -Tracing on Sand paper cards -Writing with chalk pieces -Worksheets	Lacing Boards, Sand paper cards, slates etc.
		2.Capital Letters: Oral introduction of Yy and Zz with their phonic sounds Rhymes, Stories and Picture Talk	-Introduce one letter at a time - Activities: As suggested for the other letters above	

		I.Pre-maths concept: More and Less To enable children to observe, understand and compare different quantities of things  2. Numbers: The number 8 -To understand that the number 8 represents eight objects of any kind - Oral counting of numbers 1 to 20	Maths  - Water play and sand play can be effectively used to develop skills of estimation -Children can be given containers of different shapes and sizes and can be asked which container contains more water or sand -Children should be encouraged to measure practically to get firsthand experience (experiential learning / learning by doing)  - Activities: As suggested for the other numbers before	Real objects, Flash cards ,Chalk pieces and Board, Puzzles, Water play, Sand play etc.
		1.Conversation Topics: Animals -To identify and tell the names of few common animals.  2.Festivals: -Pongal	-Show few common animal seen in the surroundings through flash cards or picture cards to the children and talk about them -To identify and name the animals - Animal Puzzels -Stories, rhymes and songs -Worksheets  -Pongal :Festival can be celebrated in the school -Colouring: Kite, the Flag	Picture cards, Flash cards, Animal Puzzels etc.
9	FEBRUARY	-Republic Day  English  1.Pattern – Writing -Curves S,O -Mixed Patterns  2.Capital Letters: Oral recapitulation of Aa and Zz	-Colouring. Rite, the riag  English  -Learning of curves continued -Helping and guiding the children to trace the strokes -Tracing boards -Lacing Boards -Tracing on Sand paper cards -Writing with chalk pieces -Worksheets	Tracing boards, Lacing Boards, Sand paper cards,slates etc.

		Rhymes, Stories and Picture Talk	- Activities: As suggested for the other letters above	
		Maths  1.Pre-maths concept: -Same and Different -Full and Empty  2. Numbers: The number 9 -To understand that the number 9 represents nine objects of any kind - Oral counting of numbers 1 to 20	-To enable children to observe, understand and compare differences -To enable children to understand the concept full and empty - Activities: As suggested for the other numbers before	Concrete objects, Flash cards, chalk pieces, board, puzzles, water play and sand play etc.
		1.Conversation Topics : Birds -To identify and tell the names of few common birds	-Show few common birds seen in the surroundings through flash cards or picture cards to the children and talk about them -To identify and name the birds - Encourage the children to watch birds during outdoor activities -Stories, rhymes and songs -Worksheets	Picture cards, Flash cards etc.
10	MARCH	I.Capital Letters: _Aa to Zz  Rhymes, Stories and Picture Talk  Maths  1. Numbers: The number 10 -To understand that the number 10 represents ten objects of any kind 1 to 10  - Oral recapitulation of numbers 1 to 20	English  Revision  Maths  - Activities: As suggested for the other numbers before  Revision	Real objects, Flash cards , Chalk pieces , Board, puzzles etc.

	GK Revision of all the topics done	GK Revision	
	1.Festivals: -Eid -Holi	-Eid, Holi Festivals can be celebrated in school - Activity with colours -Making greeting card	

# **Please Note:**

• The NEP 2020 has focused on the holistic development of the child. The different domains of development have been subsumed into three major goals.

Developmental Goal 1: Children Maintain Good Health and Wellbeing (HW)			Carting
	Developmental Goal 2:	]	Pr.
	Children Become		
	Effective Communicators (EC)		
		Developmental Goal 3:	
		Children become involved learners and connect	
		with their immediate environment (IL)	

- While planning the syllabus efforts has been made to include and establish link between the Developmental Goals, Competences and Learning outcomes.
- The four block approach for literacy instruction should be followed (Oral Language Development, Word Recognition, Reading and Writing)
- ELPS (Experience, Spoken Language, Pictures, and Written Symbols) approach can be integrated into mathematical teaching learning process.
- Teacher must create Print-Rich Environment in class with Labelling the objects, Displays of what children have created / are creating (work in progress).

- Songs/ Rhymes/ Content Chosen should reflect the cultural, geographical and social context in which the child is developing and growing.
- Relevant Audio-Video material can be utilized as a good source of oral language input for children.
- ICT may be used wherever required to support the teaching learning activities.
- To include age appropriate outdoor games, outdoor activities, planning and enabling students to spend time in and with nature.
- Toy based learning (by use of manipulatives) that allow students to explore concepts / ideas in an active, hands on approach.

### **REFERENCES:**

- NIPUN (National Initiative for Proficiency in Reading with Understanding and Numeracy) Guidelines for Implementation
  Department of School Education and Literacy
  Ministry of Education
  Govt of India
- National Curriculum Framework for foundational stage 2022 NCERT
- The Pre-School Curriculum
   NCERT 2019
- Vidya Pravesh Three Month Play-Based School Preparation Module for Grade-1 NCERT 2022
- Pre-Prep and Prep Syllabus AEES