



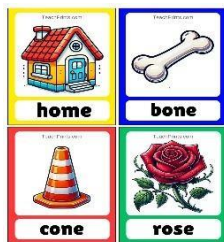
MOUNT COLUMBUS SCHOOL
DAKSHINPURI, NEW DELHI- 62

CLASS: PS 3
MONTH: SEPTEMBER
THEME: HEALTHY FOOD



GOALS	TOPICS
PHYSICAL DEVELOPMENT	<u>FINE MOTOR</u> • Beading • Paper Tearing • Block building <u>GROSS MOTOR</u> • Dancing • Animal walks • Jumping Jacks <u>HEALTH AND WELLNESS</u> • Eating fruits and vegetables • Meditation • Keeping nails short and clean • Self-Hygiene • Exercise
SOCIAL-EMOTIONAL & ETHICAL DEVELOPMENT	<u>STORY TELLING</u> • The Junk Food Trap • गोलू मोनू और समझदार माँ <u>RHYMES</u> • Vegetable Song • The Teacher Song • आलू बोला मुझको खा लो • चुनमुनु थे दो भाई
COGNITIVE DEVELOPMENT	<u>NUMERACY</u> • Backward Counting (50 to 1) • Number names (31 to 50) • Introduction of Addition



	- Ordinal Numbers (1 to 10) - Time - Greater than & Smaller than
LANGUAGE & LITERACY DEVELOPMENT	<u>LISTENING SKILLS</u> - General Instruction - Picture Reading - Conversation <u>SPEAKING SKILLS</u> - Show and tell - Self-introduction - Conversation time - Action words <u>READING SKILLS</u> - Reading of sound words (a & i) - व्यंजन क से ज्ञ - दो अक्षर वाले शब्द <u>WRITING SKILLS</u> - Introduction of Long vowels sound (i, & o) - Introduction of Digraph (ai & ay) - तीन अक्षर वाले शब्द - चार अक्षर वाले शब्द - आ की मात्रा का परिचय  
CULTURAL VISUAL & PERFORMING ARTS DEVELOPMENT	<u>ART & CRAFT</u> - Colour the Green vegetables - Connect the dots and color the Twins Flower - Paper folding <u>ACTIVITY</u> - Grandparent's Day - Teacher's Day - Janmashtami 

POSITIVE LEARNING HABITS

VALUES

- Be Kind
- Cleanliness
- Teamwork



LIFE SKILLS

- Table manners
- Personal hygiene
- Cleaning up

GENERAL AWARENESS

- Plants and Trees
- Food
- Clean and Healthy
- Shelter (My House)
- Clothes

