

SURENDRANATH CENTENARY SCHOOL, DIPATOLI, RANCHI-9
ANNUAL PEDAGOGICAL PLAN
Class- XI (2026-27)
HUMANITIES STREAM

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SURENDRANATH CENTENARY SCHOOL
SESSION – 2026-27
ANNUAL PEDAGOGICAL PLAN
CLASS XI

SUBJECT: ENGLISH CORE (301)			BOOKS: HORNBILL; SNAPSHOTS			
MONTH	CHAPTER	No. of Periods	TOPICS	LEARNING OBJECTIVES	LEARNING OUTCOMES	UT/PT/T1
JUNE'26	The Portrait of a Lady Writing-Poster A Photograph Writing-Speech	11	The Portrait of a Lady- Importance of grandparents; love between grandmother and grandson; separation and unfamiliarity; old age and acceptance of changing world. Poster- Use of poster, language, format A Photograph- Recollection of poet's mother's memories; impermanence of life; theme-loss. Speech- Use of speech, purpose, format, points to remember.	The Portrait of a Lady- Make learners familiar with unfamiliar words/ phrases/ proverbs/ idioms; Make them creative and language proficient; Interviewing grandparents or parents about their childhood-collect their photos with grandparents; mind mapping of the lesson; to value family relationships; to evaluate features of character, plot, and setting. Poster- Teach the Dos and Don'ts of poster. Format and permissible language of poster. A Photograph- Make students understand the poet's purpose and tone; value of time and people around them; poetic devices. Speech- To develop public speaking skills; teach the Dos and Don'ts of speech; format and permissible language.	Students would be able to The Portrait of a Lady- Infer implicit meanings of unfamiliar vocabulary words, phrases etc.; <u>Students will interview their grandparents and gather meaningful information about their childhood, values, and life.</u> <u>Ist Term Assessment -Write a critical appreciation of Train to Pakistan by Khushwant Singh, examining themes like Partition, human relationships, communal harmony, characterization, and the author's style and message.</u> Poster- Design posters with accuracy on different topics. A Photograph- Recite poem with voice modulation, expression; identify literary devices and analyse the use. <u>write the reference to context and paraphrase of the poem Ozymandias by Percy Bysshe Shelley, demonstrating understanding of the theme of impermanence, time, and human pride.</u>	

					Speech- Draft, prepare and deliver speech with accuracy on different topics.	
JULY'26	The Summer of the Beautiful White Horse Grammar: Reordering of sentences; Tenses and Clauses (gap filling) We're Not Afraid to Die...if We Can All Be Together The Laburnum Top The Address Grammar-	23	The Summer of the Beautiful White Horse- Armenia- its geographical location and history; Garoghlanian tribe; temptations at young age; adventure and exploration; honesty and trust; Pangs of conscience. Reordering of sentences- Structure of different types of sentences; reordering jumbled sentences without compromising the meaning Tenses and Clauses- Tense table; different types of clauses; gap-filling exercises We're Not Afraid to Die...if We Can All Be Together- Seafaring skills/ adventure on sea; importance of family; love and care for family members; determination and perseverance. The Laburnum Top- Symbiotic relationships existing in nature; poetic devices. The Address- World War II and the behaviour of the Nazis towards the Jews; war destroys life and peace restores everything; redemption of the past	The Summer of the Beautiful White Horse- Make learners familiar with unfamiliar words/ phrases/ proverbs/ idioms; Make them creative and language proficient; theme – importance of honesty and family reputation; mind map based on the sequence of events as given in the lesson. Reordering of sentences-learn about the structure of different types of sentences; to be able to understand the ways of reordering jumbled sentences without compromising the meaning Tenses and Clauses- Make the learners familiar with Tense table and clauses; practise exercises on gap-filling. We're Not Afraid to Die...if We Can All Be Together-Make learners familiar with unfamiliar words/ phrases/ proverbs/ idioms; Make them creative and language proficient; importance of a close-knit family and the bond shared by the members; different types of a ships and their uses during a voyage; share their best and memorable family moments. The Laburnum Top- Make students understand the poet's purpose and tone; poetic devices; various types of symbiotic relationships existing in nature.	The Summer of the Beautiful White Horse- Infer implicit meanings of unfamiliar vocabulary words, phrases etc.; write character sketch; <u>write a poem/paragraph/</u> share an anecdote on repentance and pangs of conscience. Reordering of sentences- Solve exercises on sentence reordering. Tenses and Clauses- Solve gap filling exercises We're Not Afraid to Die...if We Can All Be Together- Infer implicit meanings of unfamiliar vocabulary words, phrases etc.; write importance of staying calm in stressful situations; write character sketch; <u>write a story on the same theme.</u> The Laburnum Top- Recite poem with voice modulation, expression, and appropriate body language; identify literary devices and analyse the linguistic features; analyse and compare the similarities and differences in	1st UT- 27.07.26 Syllabus: The Portrait of a Lady; A Photograph; The Summer of the Beautiful White Horse; Writing-Speech; Grammar- Reordering of sentences

			and moving on in life.		views of Students will be able to compare and contrast the poem 'To a Skylark' by Percy Bysshe Shelley, demonstrating understanding of themes like nature, bird imagery, movement, sound, and poetic expression.	
				The Address- Make learners familiar with unfamiliar words/ phrases/ proverbs/ idioms; Make them creative and language proficient;	The Address- Infer implicit meanings of unfamiliar vocabulary words, phrases etc.; write a speech on war and its effects on civilians; importance of one's home and familiar things that belonged to an important family member.	
AUGUST' 26	The Voice of the Rain Discovering Tut: the Saga Continues Writing- Advertisements Grammar- Transformation of sentences Writing- Debate	20	The Voice of the Rain- Parallelism drawn between the rain and the song; cyclic movement of rain; role of plants in getting rain. Discovering Tut: the Saga Continues- Mystery surrounding the life and death of Tutankhamun; mummies and mummification; the positive and negative aspects of the Egyptian culture. Writing- Advertisements- Use of advertisements, purpose, format, types, points to remember.	The Voice of the Rain- Make students understand the poet's purpose and tone; poetic devices; parallelism drawn between the rain and the song; cyclic movement of rain; role of plants in getting rain. Discovering Tut: the Saga Continues- Make students familiar with phrases like forensic reconstruction, computed tomography etc.; an account of the struggles the research team faced while trying to unravel the death of King Tut; relate to various practices and traditions in their own culture and religion; the Egyptian civilization. Writing- Advertisements- Teach the Dos and Don'ts of	The Voice of the Rain- Recite poem with voice modulation, expression, and appropriate body language; identify literary devices and analyse the use, linguistic features; appreciates the impact of literary devices in poetry. Discovering Tut: the Saga Continues- Write facts on mystery surrounding the life and death of Tutankhamun; mummies and mummification; history of Egyptian culture. <u>Make a flow chart on steps involved in mummification in ancient Egypt.</u> Writing- Advertisements-	

	Reading-Comprehension		Transformation of sentences- Structure of different types of sentences; transform sentences without compromising the meaning. Debate writing- Show skills and abilities in an argument, highlight main points, logical reasoning, format of a debate. Comprehension- Types of passages; types of questions; steps to attempt reading comprehension.	advertisements; format and permissible language of different types of advertisements. Transformation of sentences- Learn about the structure of different types of sentences; to be able to understand the ways of transforming sentences without compromising the meaning. Debate writing- Teach the Dos and Don'ts of debate; format and permissible language of presenting arguments for or against the given topic; conduct debate in class. Comprehension- Learn to skim and scan different types of passages; steps to attempt the questions accurately and in less time; understand graphical data and chart; learn new words.	Write/ design different types of advertisements in proper format and with accuracy. Transformation of sentences- Solve exercises on transformation of sentences. Debate writing- Draft, prepare and present/write debate on different topics related to the social issues on inequality, discrimination, moral values etc. Comprehension- Read different types of passage and write the answers to questions that follow.	
SEPTEMBER'26	Writing-Note-making and summarisation Revision Conduct ASL	11	Note-making and summarisation- Types of passage; types of questions; how to make good notes; format; abbreviation; summary writing.	Note-making and summarisation- Make students familiar with note-making, suitable format, use of abbreviation, provide a title, write a summary.	Note-making and summarisation- Read passages, make notes in proper format, use appropriate abbreviation, provide a title, write a summary based on notes.	Half Yearly Exam: 17.09.26-30.09.26 Syllabus The Portrait of a Lady; We Are Not Afraid to Die, Discovering Tut, A Photograph; Laburnum Top, The Voice of Rain, The Summer of the Beautiful White Horse, The Address

						Writing- Advertisement, Poster, Speech, Debate Grammar- Reordering of sentences; Transformation of Sentences; Gap filling (Tenses and clauses) Reading: Comprehension passage, Note Making and Summarisation.
OCTOBER'26	Mother's Day Childhood Revision for 2nd UT	14	Mother's Day- Drama as a medium for conveying a social message; satirical and humorous depiction of the status of women, in particular, a housewife in a family; importance of mother in a family. Childhood- A stage of innocence, happiness, unconditional love; gain maturity; hypocrisy of society.	Mother's Day- Make students understand and speak about values like care and concern, empathy, compassion, respect for elders, belongingness and tolerance; the struggles and sacrifices of parents and to draw inspiration from them; strengthen the family bonding with sharing and solving problems; accept the members of the family without complaining; realise the worth of sacrifice and struggles of parents for their children. Childhood- Make students understand the poet's purpose and tone; poetic devices. Students talk about their favourite childhood activity/person.	Mother's Day- <u>Make a card for their mother; dramatisation of the play by different groups.</u> Childhood- Recite poem with voice modulation, expression, and appropriate body language; identify literary devices and analyse the use, linguistic features; appreciates the impact of literary devices in poetry. <u>Reference poem on the same theme. Summary writing.</u>	2nd UT- 26.10.26 The Voice of the Rain; Discovering Tut; Writing- Debate; Grammar- Tenses, Clauses (Gap filling)

NOVEMBER'26	The Adventure Father to Son Revision: Advertisements & Debate	17	The Adventure- Science fiction based on Catastrophe Theory and Lack of Determinism in Quantum Theory; war and peace; alternative solutions to a conflict. Father to Son- Generation gap; communication gap; importance of mutual understanding, tolerance and acceptance.	The Adventure- Make learners familiar with unfamiliar words/ phrases/ proverbs/ idioms; Make them creative and language proficient; take interest in Indian History; think of an alternative ending; reading for pleasure. Father to Son- Make students understand the poet's purpose and tone; poetic devices. Students talk about their problems in understanding their parents' expectation and vice versa.	The Adventure- Infer implicit meanings of unfamiliar vocabulary words, phrases etc.; draw contrast between the present world and the parallel world; explain the true meaning of democracy. <u>Define the theories mentioned in the story.</u> Father to Son- Identifies literary devices and analyse the use, linguistic features; appreciates the impact of literary devices in poetry. Prepare a speech or debate on a topic related to generation gap/parenting. List the causes and effects of Generation Gap.	
DECEMBER'26	Birth (5) Revision: Poster & Speech	20	Birth- Struggles of a medical practitioner, bringing a baby to this world. Theoretical knowledge vs practical knowledge.	Birth- Make learners familiar with unfamiliar words/ phrases; stream of consciousness technique in writing; narrative skills; importance of skills and experience in professional life; importance of intuition; never to give up hope.	Birth- Provide a different ending to the story; write a conversation between the doctor and Joe Morgan after 15 years; character sketch; write about doctor's duty towards their patients. Differentiate between theoretical knowledge, practice and experience of a doctor through a Mind Map or a flow chart.	
JANUARY'27	Silk Road The Tale of Melon City Revision: Grammar Conduct ASL	20	Silk Road- Travelogue; Kora; Silk Road; pilgrimage; people of Tibet and their culture. The Tale of Melon City- Ironical representation; ignorance and corrupt power; satire as an important genre; mocks at any government system; comedic chain of events.	Silk Road- Make learners familiar with unfamiliar words/ phrases/ proverbs/ idioms; Make them creative and language proficient; take interest in Tibetan culture and lifestyle; author's journey towards Manasarovar and his experience; hardships faced by the author. The Tale of Melon City-	Silk Road- write a first-person travel narrative inspired by Silk Road, using vivid description and reflective tone. Design a mind map depicting the life and travels of Nick Middleton. The Tale of Melon City- <u>Present role play/ drama on the lesson</u> ; express the irony on the	3rd UT- 04.01.27 Syllabus: Mother's Day; Father to Son; Birth; Writing-Advertisements; Grammar-Transformation

				Make learners familiar with Satire/ unfamiliar words/ phrases/ proverbs/ idioms; Make them creative and language proficient; folly of ignorance and irrationality; absurdity and indifference of the political system.	justice system; comment on 'just and placid' king.	of Sentences
FEBRUARY'27	REVISION		ANNUA EXAM Mid February 2027 onwards			
MARCH'27	REVISION		ANNUA EXAM Mid February 2027 onwards			

SURENDRANATH CENTENARY SCHOOL
SESSION: 2026-27
ANNUAL PEDAGOGICAL PLAN
CLASS XI
SUBJECT: HISTORY (027)

Subject: History(027)					
Book: The Themes in World History					
Month	Chapter	No. of pr.	Topics	Learning Objective	Learning Outcome
June '26	Chap.1 Writing and City Life	16	➤ .Introduction to World History ➤ Mesopotamia and its geography ➤ The Significance of Urbanization ➤ Movement of goods into cities	➤ To define and understand the scope and nature of History as a discipline. ➤ To familiarize the learner with interwoven social and cultural aspects of civilization and brief about the connection between city life and culture of contemporary civilizations. ➤ To discuss weather writing is significant as a marker of civilization	At the completion of this unit students will be able to: ➤ Explain the meaning and definition of History as an integrating discipline. ➤ State the fields of history and its relationship with other discipline. ➤ Explain the approaches to study history. ➤ Understand the concept of chronology.

JULY '26	Chap.1 Writing and City Life	7	1. Writing and City Life ➤ The Development of Writing ➤ The System of Writing ➤ Literacy ➤ The Uses of Writing ➤ Urbanization in Southern Mesopotamia ➤ Life in the city ➤ A Trading Town in a Pastoral Zone ➤ The legacy of Writing	➤ Familiarize the learner with the nature of early urban center ➤ Familiarized with the ways of reconstructing human evolution. ➤ Discuss whether the hunting- gathering people can be used to understand early societies ➤ To use a table to bring out the connection between city life and culture of contemporary civilization	At the completion of this unit students will be able to: ➤ Elucidate the interwoven Social and cultural aspects of civilization in order to understand the connection between city life and culture of contemporary civilizations through their writings. ➤ Analyse the outcomes of a sustained tradition of writing ➤ Explain the connection between the growth of human civilization and the tradition of writing
	Chap. 2 An Empire Across three Continents	18	2. An Empire Across three Continents ➤ Time line -2 ➤ Geographical features of Roman Empire ➤ The Early Empire ➤ The Third Century Crisis ➤ Gender , Literacy ,Culture ➤ Economic Expansion ➤ Controlling Workers ➤ Social Hierarchies ➤ Late Antiquity ➤ Map Practice	➤ Familiarize the learner with the history of a major world empire.. ➤ To familiarize the learner with the dynamics of the Roman Empire history of a major world empire. ➤ To discuss implications of Roman's contacts with the subcontinent empires and explain slavery was a significant elements in the economy.	
	Revision and chapter test	7	CHAPTER: 1 & 2		

August 26	Chap.3 Nomadic Empire	15	➤ Brief Introduction of Nomadic Empire ➤ Sources of History about Mongol ➤ Mongol as a Pastoralists and Hunter- gatherers ➤ Mongol Society ➤ Relation between Nomadic and Settled Societies ➤ Genghis Khan and his descendants ➤ Strategies and Skills of Genghis Khan ➤ Military Organization under Genghis Khan ➤ Political Organization under Genghis Khan and sons ➤ Trade and Communication system under Genghis Khan ➤ Mongols after Genghis Khan ➤ Peace between Nomadic and Settled Communities ➤ Expansion of Mongol Territories ➤ Civil Administration ➤ Legal Code of Laws:Yasa ➤ Law as the identity of Mongols ➤ The Mongols in the World History	➤ To understand the varieties of nomadic societies and their institutions. ➤ To locate the places in the map and comprehend the spread of the nomadic society. ➤ Discuss whether state formation is possible in nomadic societies. ➤ To understand the legal code of conduct introduced by Genghis Khan ➤ Learner will familiarize the expansion of Islam rule in Europe and Africa under Mongols. ➤ Make the learner understand the nature of the economy and society of this period and the changes within them. ➤ Show how the debate on the decline of feudalism helps in understanding process of transition.	At the completion of this unit students will be able to: ➤ Gain a comprehensive understanding of the historical context, development and major events related to nomadic empires This includes of knowledge of key empire, their leaders, territorial expansions and interactions with settled societies. ➤ Develop the ability to analyze and evaluate the reasons for the rise and fall of Nomadic Empire. ➤ Compare and contrast different nomadic empires to identify similarities and differences in their political, social, economic and cultural aspects. This help in understanding the diversity and complexities of nomadic societies. ➤ Engage in critical thinking by evaluating primary and secondary sources related to nomadic empires. This includes analyzing historical text, accounts, art work and archaeological findings to develop informed interpretations and draw conclusions. ➤ Explain the myriad
	Chap. No. 4	12	The Three Orders:		

Sep. 26	Revision of Chap.1 ,2,,3,4	14	➤ Revision and Term-1 Examination Sources of History about Changes Occurred in Europe	To Explore the intellectual trends and events in the period	At the completion this chapter students will be able to:
	And Term -1 Examination	12	➤ The Revival of Italian Cities	➤ To appreciate the paintings and buildings of the period	➤ analyses the causes, events, and effects of the Renaissance, Reformation Scientific Revolution and age of Exploration
Oct,2026	Chap.No.5	17	➤ Universities and Humanism	➤ To make a comparative study on women and monuments of Renaissance periods.	➤ Relate the different facets of Italian cities to understand the characteristics of Renaissance, Humanism and Realism.
	Changing Cultural Traditions		➤ The Humanist of History	➤ To engage in a debate around the idea of Renaissance .It's positive and negative impact.	➤ Compare and Contrast the condition of Women in the Renaissance period.
			➤ Contemporary View of Historians	➤ To discuss the Roman Catholic Church's response to the Protestant Reformation	➤ Reorganize major influences on the architectural, artist and literary developments in order to understand the facades of Renaissance.
			➤ Science and Philosophy: Arab's Contribution	➤ Learner familiarize about the Printing Press and the First printed books.	
			➤ Artists and Realism	➤ Make the Learner understand the new concept of Human and Humanism who broke the hypocrisy of the Church officials.	
			➤ Architecture :Paintings Sculptors, Relief	➤ To make the students familiarize about the causes and consequences of the Protest Reformation Movement lead by Martin Luther.	
			➤ The First Printed Books	➤ Advantages/Disadvantage printing press.	
			➤ A new Concept of Human Beings		
			➤ The Position of Women in Europe		
			➤ Aspiration of Women		
			➤ Debate within Christianity		
			➤ Criticism of Church		
			➤ Reformers in Christianity		
			➤ Reformation Movement		
			➤ The Copernican Revolution		
			➤ Scientific Revolution		
			➤ European Renaissance in the Fourteenth Century		
			➤ Other Factors for Changes in Europe		
			➤ New Developments		
			➤ Map Practice		

SURENDRANATH CENTENARY SCHOOL
SESSION – 2026-27
ANNUAL PEDAGOGICAL PLAN
CLASS XI

Subject: POLITICAL SCIENCE Book : 1) INDIAN CONSTITUTION AT WORK (BOOK-1) 2) POLITICAL THEORY (BOOK-2)					
Month	Chapter	No. of pr.	Topics	Learning Objective	Learning Outcome
April '26					
May '26					
June '26	•Constitution: Why and How?(B1) •Rights in the Indian Constitution (B1)	28	•Constitution: Why and How? •Why do we need a Constitution? •Fundamental Identity of People •Authority of the Constitution •How was the Indian constitution made? •Provisions adapted from Constitution • The importance of Rights •Fundamental rights in the Indian constitution •Directive Principles of state policy • Relationship between the fundamental rights and directive principles of state policy •What is Politics? •What do we study in Politics? •Why should we study Political theory? •The ideal of freedom •The sources of constraints •The Ham principle • Negative and positive liberty	Familiarize students with:- •key aspects of the working of the constitution •key features of the Indian constitution and other constitution of the world •Conditions and circumstances in which the constitution of India was made •Fundamental rights enshrined in the constitution •Manner of protection of rights •Role of Judiciary in protecting and interpreting these rights •Comparison between fundamental rights and directive principles of state policy	After completion of the chapter, Students will be able to: •Appreciate the need for a constitution •Critically evaluate how constitutions govern the distribution of power in society. •Analyze the working of the constitution in real life •Learn to respect others, think critically, and make informed decisions.

July '26	• Political theory: An introduction • Freedom • Election and its representation (B1)	28	• Election and Democracy • Election system in India • Why did India adopt FPTP system • Electoral reforms	Meaning and importance of political theory in political science • Contribution of political thinkers • How should society be organized? • Why do we need a government? • Struggle of Nelson Mandela and Aung San • Election process in India • Structure and function of Election Commission of India • Rationale for free and fair Elections • Need for electoral reforms	• Define the term politics and identify various political theories • Appreciate the contribution of political thinkers (Jean Jacks Rousseau.) • Appreciate the ideal of freedom • Demonstrate spirit of enquiry • Explain the ideas of J S Mill in Harm principle. • Identity different types and methods of election • Demonstrate and innate role played by Election Commission
August '26	• Equality (B2) • Social Justice (B2) • Legislature (B1) • Executive (B1)	28	• Why does equality matter? • Three dimensions of equality • How can we promote equality? • What is Justice? • Just distribution • John Rawls theory of Justice • Free markets v/s State Intervention • Why do we need a Parliament? • Why do we need two houses of Parliament? • What does the Parliament do? • How does the Parliament make Laws? • How does the Parliament regulate itself? • What is an Executive? • Different types of Executives • Permanent Executive • Prime minister and the council of ministers	Concept of Equality • Different dimensions of equality- political ,economic,and social • Various ideologies of Socialism, Marxism, liberalism and Feminism • Different methods to promote Equality • Meaning of social Justice • Principles of Justice followed in different • Arguments of John Rawls on fair and Just society • Importance of legislature • Types of Legislature • Powers and functions of Indian	• Understand the moral and political ideals of equality • Assess how equality is perceived through different ideologies • Recognize the means and methods to promote equality. Classify the different dimensions of Justice • State John Rawl's theory of veil of ignorance.

				Parliament •Distinction between Parliamentary and Presidential forms of Executive •Power and position of President of India Importance and functioning of the government machinery	
September '26	•Judiciary(B1) •Federalism (B1) Revision from book1 and book2	14	•Why do we need an independent Judiciary? •Structure of Judiciary •Jurisdiction of Supreme court •Judicial Activism •Judiciary and Parliament •What is federalism? •Federalism with a strong central government •Conflicts in India's federal system	• Need of an independent Judiciary •Different jurisdictions of the Supreme court • Distinction between Judicial activism,JudicialReview,and Judicial Over-reach •key ideas and basic concepts of federalism •Provisions of the Indian constitution regarding federalism •Need to have a strong central government in India owing to its diversity and size.	•Identify the different aspects which makes the Judiciary independent •Examine the reasons why Judiciary has become proactive •Explain the basic features of a Federation. •Discuss the various Constitutional provisions that led to a strong centre in India. •Understand the Panchayati Raj system of local government in India, its emergence and significance.
October '26	•Rights(B2) •Local government (B1)	28	•What are Rights? •Where do rights come from? •Kind of Rights • Legal Rights and State • Why local government •Growth of local government's in India •73 rd and 74 th amendments and its implementation	•Definition and significance of Rights • Rights as guaranteed to all the citizens • Importance of Human Rights •Different kinds of rights Political, Civil,SocioEconomic,Cultural and Educational •Importance and need for local government •Functions and responsibilities of local government bodies	•Justify the significance of 73 rd and 74 th Constitutional amendments • Acknowledge and examine the significance of decentralization •Introspect and realize the need to empower local government bodies

November '26	•Constitution as a living document (B1) • Citizenship (B2)	28	•Are constitutions static? •How to amend the constitution? •Why have there been so many amendments •Basic structure and the evolution of the constitution •Constitution as a living document •Citizenship: Introduction •full and equal membership •Universal Citizenship •Global Citizenship	•Working of the Indian constitution •Response of the Indian constitution to the changing circumstances •Process of amending the Indian Constitution • Debates associated with citizenship • Issues about refugees or illegal migrants •Concept of global Citizenship	•Analyze the working of the constitution •Know the various amendments that have taken place and the controversies •Appreciate why the constitution is called as a living legend. •Explainthe meaning of Citizenship •Discuss the probable solutions or alternatives to solve Citizenship issue
December '26	•The philosophy of the constitution (B1)	28	•what is meant by the philosophy of the constitution •What is the Political philosophy of our constitution •Procedural achievements •Limitations	•Meaning and need fir a Political philosophy approach to the constitution • Intentions and concerns of those who framed the constitution •Philosophy of Indian constitution • Strengths and limitations of the constitution	• Appreciate the philosophical vision of our constitution •Recognize the core features of the Indian constitution •Evaluate the strengths and limitations of the constitution
January '27	•Nationalism (B2) •Secularism (B2)	28	•Introducing Nationalism •Nations and Nationalism •National Self determination •Nationalism and Pluralism •What is Secularism •Secular State •The western and Indian model of Secularism •Criticism of Indian Secularism	•Emergence and phases of Nationalism •Distinction between state,nation,and Nationalism •Concept of National self-determination • Difference betweenNationalism and Pluralism	•Understand the concept of Nationalism •Assess the strengths and limitations of Nationalism •Examine the concept of national self determination •Define Secularism •Differentiate between Inter-religious and Intra- Religious Domination •Recognize the concept of a Secular State.
February '27	•Revision Book1and Book2	14	REVISION	ANNUAL EXAMINATION	-----

SURENDRANATH CENTENARY SCHOOL
SESSION – 2026-27
ANNUAL PEDAGOGICAL PLAN
CLASS XI

Subject: **GEOGRAPHY (029)**

Book: **1. FUNDAMENTALS OF PHYSICAL GEOGRAPHY (FOR CLASS XI, NCERT)**

2. INDIA, PHYSICAL ENVIRONMENT (FOR CLASS XI, NCERT)

3. PRACTICAL WORK IN GEOGRAPHY PART I (FOR CLASS XI, NCERT)

Month	Chapter	No. of pr.	Topics	Learning Objective	Learning Outcome
May	Chap.1 Geography as a discipline Chap. 1 India Location Chap.1 Introduction to Maps	15	B1. Geography as a discipline - Geography as an integrating discipline, as a science of spatial attributes. - Branches of Geography: Physical and Human Geography, Biogeography. - Physical geography and its Importance B2. India-Location - Size - India and its Neighbours B3. Introduction to Maps - Essential of Map Making - History of Map Making - Maps: Types - Uses of Maps	- To define and understand the scope and nature of Geography as a discipline. - To understand the geographical location of India on Globe and its significance. - To know about the development of Cartography chronologically.	At the completion of this unit students will be able to: - Explain the meaning of geography as an integrating discipline. - State the fields of geography and its relationship with other discipline. - Explain the approaches to study geography. - Acknowledge the importance of maps in today's world.
June	Chap.2 The Origin and Evolution of the Earth Chap.3 Interior of the	17	B1. The Origin and Evolution of the Earth - Early Theories - Modern Theories - Evolution of the Earth - Evolution of Lithosphere - Evolution of Lithosphere and Hydrosphere	- To acquire knowledge about earth's origin through various theories. - To understand various stages in the evolution of the Earth. - To understand that the	At the completion of this unit students will be able to: - Describe the Big bang, planetesimal theory, Nebular Hypothesis related to the origin of the Universe. - Describe direct and indirect sources of information about

	Earth Chap.2 Structure and Physiography Chap.2 Map Scale		• Origin of Life B1. Interior of the Earth • Sources of Information about the Interior • Earthquake • Earthquake Waves • Effects of Earthquake • Structure of the Earth • Volcanoes and Volcanic Landforms B2. Structure and Physiography • The peninsular Block • The Himalayas and other Peninsular Mountains • Indo-Ganga-Brahmaputra Plain • Physiography B3. Map Scale • Methods of Scale • Conversion of Scale *Human Activities (Extra Topic)	☐ configuration of the surface of the Earth is largely a product of the Exogenic and Endogenic processes operating in the interior of the Earth. ☐ To understand the evolution of different geological structure in India. ☐ To acquire knowledge about physiographic divisions and their sub-divisions. To know about the importance of scale in map making for achieving accuracy.	the interior of the Earth. • Discuss earthquakes—its causes and effects, define: Epicentre, Hypocentre, Earthquake waves and its propagation, shadow zones, measuring the intensity of earthquakes. • Explain the interior structure of the Earth. • Explain volcanoes, its types and volcanic landforms. • Explain the evolution of various geological structures in different parts of the country. • Describe major physiographic divisions and the processes of their formation.
July	Chap.4 Distribution of Seas and Oceans Chap.5 Geomorphic Processes Chap.6 Landform and	31	B1. Distribution of Oceans and Continents • Continental Drift • Ocean Floor Configuration • Distribution of Earthquakes and Volcanoes • Concept of Sea Floor Spreading • Plate Tectonics B1. Geomorphic Processes • Geomorphic	☐ To describe the theory of Alfred Wegner. ☐ To understand the present configuration of continents and oceans through Plate Tectonic Theory. ☐ To understand various exogenic and endogenic processes responsible to bring changes in the configuration of the surface	At the completion of this unit students will be able to: Provide evidence in support of continental drift and force for drifting. • Explain post drift studies, conventional current theory, mapping of the ocean floor, ocean floor configuration, concept of sea floor spreading. • Describe the theory of Plate Tectonics and different types of Plate Boundaries.

	their Evolution Chap.3 Latitude Longitude and Time		Processes • Weathering • Mass Movements • Landslides • Erosion and Deposition • Soil Formation B1. Landform and their Evolution • Running Water • Ground Water • Glaciers • Waves and Currents • Winds B3. Latitude, Longitude and Time • Parallels of Latitude • Meridians of Longitude • Longitude and Time International Date Line	☐ of the earth. To understand the nature of different erosional and depositional agents and landforms made by them. ☐ To relate longitude with the time and latitude with the temperature conditions.	• Trace the movement of Indian Plate. • Differentiate between geomorphic processes and geomorphic agents. • Describe factors that affect soil formation. • Define the following terms: Exfoliation, Denudation, weathering etc. • Describe and draw various erosional and depositional landforms created by different agents. • Compare and analyze various landforms. • Locate different landforms (mountains, plateaus, plains) on the outline map of the world.
August	Chap.3 Drainage System	30	B2. Drainage System • Drainage Systems of India • Extent of usability of River Water. Revision and Half Yearly Examination	☐ To understand the drainage system and drainage patterns of Indian rivers. ☐ To understand the extent of useability of river water and the problems associated with it.	At the completion of this unit students will be able to: • Understand the major drainage system of India. • Analyze the causes of river water pollution. • Differentiate between the Himalayan rivers and the Peninsular Rivers.
September	Chap.7 Composition and Structure of Atmosphere	31	B1. Composition and Structure of Atmosphere • Composition of Atmosphere • Structure of Atmosphere • Elements of Weather and Climate	☐ To understand the composition and Structure of Atmosphere. ☐ To Understand Indian monsoon and its Mechanism.	At the completion of this unit students will be able to: • Describe the composition and characteristics of different layers of atmosphere. • Discuss the factors affecting the climate of country and its

Chap.4 Climate Chap.4 Map Projections		B2. Climate • Unity and Diversity in Monsoon Climate • Factors Determining the Climate of India • The Nature of Indian Monsoon • The Rhythm of Seasons • Traditional Indian Seasons • Distribution of Rainfall • Monsoons and Economic Life in India • Global Warming B3. Map Projections • Need of Map Projection • Elements of Map Projection • Classification of Map Projections • Constructing some Selected Projections	❓ To list the weather conditions that prevail during different seasons. ❓ To analyze the variations in distribution of rainfall in India. To understand how to ❓ represent a spherical earth on a plane sheet of paper with the help of projections.	effects on country's economic life. • Understand the annual cycle of four main seasons in India. • Realise the causes and problems of climate changes. • Understand the concept of Global Warming. • Learn the formula for some important map projections.
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October	Chap.8 Solar Radiation, Heat Balance and Temperature Chap.9 Atmospheric Circulation and Weather Systems Chap.5 Topographical Maps	21	B1. Solar Radiation, Heat Balance and Temperature - Solar Radiation - Terrestrial Radiation - Heat Budget of the Planet Earth - Temperature B1. Atmospheric Circulation and Weather System - Atmospheric Pressure - Forces affecting the Velocity and Direction of Wind - General Circulation of the Atmosphere B3. Topographical Maps - Methods of Relief	☐ To understand the heating and cooling of the atmosphere and the resultant temperature distribution over the surface of the earth. ☐ To understand the general atmospheric circulation and the forces that control the circulation. ☐ To understand the meaning of various terms related to the topic. ☐ To know the causes and consequences of air circulation.	At the completion of this unit students will be able to: - Differentiate between Solar radiation and Terrestrial Radiation. - Give reasons for variability of insolation at the surface of the earth. - Explain the heat budget of the planet Earth. - Describe factors controlling temperature distribution. - Explain inversion of temperature. - Describe the permanent pressure belts and the prevailing winds. ☐ Explain different types of winds.
			Representation - Contours - Types of Slopes - Types of Landforms - Valley - Identification of Cultural Features from Topographical Sheets - Interpretation of Topographical Maps - Map Interpretation Procedure	☐ To learn about the ways to decode different types of maps.	- Differentiate between tropical and extra tropical cyclones. - Read different types of maps with proper understanding.

November	Chap.10 Water in the Atmosphere Chap.11 World Climate and Climate Change To be tested through internal assessments in the form of projects and presentation) Chap.5 Natural Vegetation Chap.6 Introduction to Remote	22	B1. Water in the Atmosphere • Evaporation and Condensation • Precipitation • Types of Rainfall • World Distribution of Rainfall B1. World Climate and Climate Change • Koeppen's Scheme of Classification of Climate • Climate Change • Global Warming B2. Natural Vegetation • Types of Forests • Forest Conservation • Wildlife • Wildlife Conservation in India • Biosphere Reserves B3. Introduction to Remote Sensing • Stages in Remote Sensing • Sensors • Resolving Powers of the Satellites	☐ To understand continuous exchange of water between the atmosphere, the oceans and the continents through the processes of evaporation, transpiration, condensation and precipitation. ☐ To define three broad approaches that have been adopted for classifying climate—Empirical Classification, Genetic Classification and Applied Classification. ☐ To describe various types of climates and their groups/subtypes. To understand the relationship between vegetation belts and the climate.	At the completion of this unit students will be able to: • Explain the process of precipitation and its different forms. • Analyze the variation in the distribution of rainfall in the world. • The topic can be presented in class through PPT or Project Work after conducting extensive and guided research by the students. • Recognize the importance of forest cover in the country and its spatial distribution. • Learn about number of species of plants and animals in India. • Appreciate the efforts in conservation of forests and wildlife.
	Sensing		• Data Products • Interpretation of Satellite Imageries • Elements of Visual interpretation		

December	Chap.12 Water (Oceans) Chap.13 Movement of Ocean Water Chap.14 Biodiversity and Conservation To be tested through internal assessments in the form of projects and presentation) Chap.6	27	B1. Water (Oceans) - Hydrological Cycle - Relief of the Ocean Floor - Divisions of the Ocean Floors - Minor Relief Features - Temperature of Ocean Waters - Salinity of Ocean Waters B1. Movement of Ocean Water - Waves - Tides - Ocean Currents B1. Biodiversity and Conservation - Biodiversity - Loss of Biodiversity - Conservation of Biodiversity B2. Natural Hazards and Disasters - Classification of Natural Disasters - Natural Disasters and Hazards in India - Earthquakes - Tsunami - Tropical Cyclone - Floods - Drought	To explain water cycle and summarize how an increase in demand for water leads to a water crisis. ☐ To illustrate major and minor ocean floor features. (mid-oceanic ridges, seamounts, submarine canyons, guyots and atolls.) ☐ To describe horizontal and vertical distribution of oceanic temperature. To evaluate the factors affecting the salinity of ocean waters. ☐ To define and differentiate between tides and currents. To describe the formation of sea waves. ☐ To analyze the importance of tides. ☐ To classify and describe major ocean currents and its effects. ☐ To describe the three, major realms of the environment.	At the completion of this unit students will be able to: - Describe the basic processes involved in hydrological cycle with the help of a well labelled diagram. - Describe the relief features of the ocean floor. - Explain the process of heating and cooling of oceanic water and factors that affect temperature distribution in the ocean. - Describe the salinity of ocean water.
January	Natural Hazards and Disasters To be tested through internal assessments in the form of projects and presentation)	27	- Landslides - Disaster management - Conclusion	To explain the concept of ecology. ☐ To analyze the features and types of aquatic ecosystems and biomes with examples.	
February		30	Revision and Annual Examination		

SURENDRANATH CENTENARY SCHOOL, RANCHI
ANNUAL PLAN (2026-2027)

CLASS: XI SUBJECT: ECONOMICS					BOOKS : NCERT TEXTBOOK ,SANDEEP GARG (Blue Print)	
MONTH	CHAPTER	No. of Periods	LEARNING OBJECTIVES	LEARNING OUTCOMES	TOPICS	UT/PTM/TERMINAL
JUNE	CH- Introduction of microeconomics	5	➤ Identify the central problems of an economy. ➤ How to maximize satisfaction by making choice out of scarce resources.	● Differentiate between economics and economy. ● Analyse the interdependence between micro and macroeconomics. ● Discuss the role of production possibility frontier to determine the different combination of goods to be produced.	● Meaning of micro economics ,macroeconomics, positive and normative economics. Central problems of an economy :what, how and for whom to produce. concepts of production possibility curve and opportunity cost. ● Meaning of utility ,marginal utility ,law of diminishing marginal utility, conditions of consumer's equilibrium using marginal utility analysis. ● Indifference curve analysis, consumer's budget ,conditions for Consumer's equilibrium.	
	Consumer's equilibrium	10	➤ Differentiate between micro and macro economics. ➤ Determine the composition of goods by using PPF. - Define utility. ➤ Explain the condition of equilibrium. ➤ Compare between cardinal and ordinal utility approach. ➤ Determine consumer's equilibrium by indifference curve analysis.	● Evaluate marginal rate of transformation to find out rate of sacrificing one good in order to obtain another good. ● Differentiate between Cardinal and ordinal utility approach. ● Discuss how the consumers arrive at. Equilibrium in case of single commodity and 2 commodities. ● Derive indifference curve. ● Analyse the relationship between budget line and indifference curve.	ACTIVITY1 Subject Enrichment: Pictorial presentation of central problems of economy. ACTIVITY --2 Art Integrated: Role play by students. Skills: Creative Thinking ACTIVITY-3 Subject Enrichment: PPT making by students to explain utility analysis.	

JULY	CH- Introduction of Statistics. Collection and Organization of data Theory of Demand	6 10 6	➤ Gain understanding about what economics is about. ➤ Compare between economic and non economic activities ➤ Appreciate the purpose of data collection. ➤ Compare between primary and secondary data. ➤ Familiarize themselves with various methods of collection of data. ➤ Identify the technique of sampling. ➤ Define law of demand. ➤ Explain the reason behind negative relationship between price and demand. ➤ How the behavior of consumers will vary for different types of goods. ➤ Relate the cases where law of demand does not hold true.	● Differentiate between economics as a science and as an art. ● Discuss the functions of statistics in economic, planning and industrial sectors. In Economics. ● Criticize the limitations of statistics and its uses. ● List different types of collection of data. Discuss their benefits and drawbacks. ● Selection of proper source for particular investigation. ● Analyse the benefit of sampling method over census method. ● Determine the relationship between price and quantity. ● Present the relationship diagrammatically. ● Use formulae to solve numerical .	● What is Economics? Meaning , scope, functions and importance of statistics in economics. ● Sources of data, collection of data by sampling ,methods of collecting data, some sources of secondary data, Census of India and NSSO. ● Meaning and Types of variables; Frequency distribution ● Demand ,Market demand ,determinants of demand ,movement along and shifts in the demand curve. Group discussion- ‘For all the commodities law of demand does not hold true.’ ACTIVITY-1 Students will be divided into teams and will be given products to sell .some students will act as buyers .Now the teacher will observe who is selling more products and how the demand will change due to various factors .students at the end have to analyze the situations. Skill :Creativity and Critical thinking ART INTEGRATED LEARNING:PPT will be prepared by the students to show demand function ,factors affecting it and elasticity of demand.	UT 1 20.7.2026
AUGUST	CH- Elasticity of Demand	6	➤ Form the concept of elasticity of demand. ➤ Explain different types of elasticity of demand.	● Analyse the need for calculating elasticity of demand. ● Identify the types of commodities depending upon their elasticity.	● Price elasticity of demand, factors affecting price elasticity of demand, measurement of price elasticity, percentage change method, total expenditure method. ● Meaning of production function ,short run, long run,	UT 2 12.10.2026

	Production function SDG:(12) Responsible consumption and production Presentation of data	7 7	➤ Calculate price elasticity of demand by using formulae. and comment on that. ➤ Familiarize with the idea of production function. ➤ Compare between short term and long run production function. ➤ List different types of production function in terms of returns to factor. ➤ Elaborate the need for tabular and pictorial presentation of data. ➤ Present the data in form of table. ➤ Draw suitable diagrams and graphs to represent a given set of data.	● Solve numerical problem using formulae. ● List different types of elasticity. ● Determine the behavior of the producer at different periods of time. ● Relate the law variable proportion with various returns to factor. ● Determine graphical relationship between TPP and MP. ● Solve numerical problems. ● Draw suitable diagrams and graphs to represent a given set of data. ● Present the data in form of tables. ● Appreciate the need for tabular and pictorial presentation of a given set of data.	● TP, AP ,MP, Returns to factor. ● Tabular presentation, and diagrammatic presentation, Geometric forms, Frequency diagrams, Arithmetic line graphs. Subject Enrichment: Activity1:Case study based quiz on production function. Activity 2:Collect raw data and form table in A 4 size paper. Art integrated learning:students will either reuse any good or produce some thing out of waste by keeping cost minimization in mind.It will lead to sustainable production and consumption.	
SEPTEMBER	REVISION Measures of central tendency	7 10	➤ Represent a whole set of data by a single number. ➤ Identify different types of averages. ➤ Calculate different types of averages. ➤ Draw meaning conclusions from a given set of information.	● Analyze the objectives and functions of averages. ● Calculate mean median mode. ● Find out combined mean ,missing frequencies. ● Discuss the merit demerits of mean median and mode.	● Revision ● TERM 1 EXAM. ● TERM 1 EXAM ● Arithmetic mean ● Median Group discussion- ‘Importance of median in our daily lives’ ACTIVITY-1	TERM 1

OCTOBER	CH- Measures of central tendency	12	➤ Use median and mode in different situations. ➤ Develop an understanding of the most suitable average in a given situation.	● Analyze the need for suitable measure of central tendency. ● Use the formulae for all the three types of series.	● PUJA VACATION ● Meaning of production function ,short run, long run, ● Median ● Mode ● Cost:Short run costs-Total cost,Total variable cost;Average cost Average fixed cost,average variable cost .	
	Cost	2	➤ Define cost from the point of view of producers. ➤ Compare between short run and long run cost function. ➤ Explain average cost and marginal cost.	List different types of cost. Discuss the relationship between law of variable proportion and shapes of cost curves.	ACTIVITY - 1 <u>Subject Enrichment:</u> Fun activity with pack of cards to teach them mean ,median,mode.	
NOVEMBER	Cost	6	➤ Relate between the short run cost curves ➤ Solve numerical ➤ Define revenue. ➤ Explain the relation ship between revenue concepts. ➤ Solve practicals ➤ Elaborate the concept of profit. ➤ Determine producer's equilibrium with the help of MR MC approach. ➤ Define supply ➤ Explain the factors affecting it. ➤ Understand Price elasticity of supply. ➤ List different types of supply elasticity. ➤ Relate time period and supply.	● Differentiate between variable cost and fixed costs. ● Understand the relation between production functions and cost curves. ● Calculate revenue. ● Diagrammatically present the revenue curves. ● Analyze the nature of revenue curves in different forms of market. ● List factors which are affecting individual as well as market supply. ● Explain their effects. ● Analyze the behavior of producer at different time periods. ● Solve numerical.	● Cost;Meaning of marginal cost and their relationships ● Revenue-Total,Average and Marginal Revenue-meaning and their relationship ● Producer's equilibrium-meaning and its condition in terms of marginal revenue marginal cost. ● Supply, market supply, determinants of supply ,supply curve and its slope, movement along and shifts in supply curve. Elasticity of supply and its measurements. ACTIVITY - 1 Word puzzle for supply and demand will be given to the students.	
	Revenue	5				
	Producer's equilibrium	5				
	supply	6				

DECEMBER	Measures of dispersion	7	➤ Understand and appreciate the need to measure dispersion.	• List various measures of dispersion. • Differentiate between absolute and relative measures of dispersion.	• Meaning and properties, scatter diagram, Measures of correlation Karl Pearson’s method, Spearman’s rank correlation • Index number ;meaning, types-wholesale price index, consumer price index ,index of industrial production • ,Uses of index numbers ,inflation and index number ,numerical problems. • WINTER VACATION	UT-3 14.12.2026
	Correlation	7	➤ Calculate and compare various measures of dispersion.	• Find correlation between between variables.	ACTIVITY-1 Worksheet will be given to solve.	
	Index number	6	➤ Familiarize with the concept of correlation. ➤ Calculate correlation through different method.	• Will present diagrammatically with the help of scatter diagrams. • Calculate correlation by using Spearman’s Rank correlation or Karl Pearson’s method.		
			➤ Define the term index number. ➤ Calculate index no . ➤ Appreciate its usefulness. ➤ Identify and explain its limitations.	• Measure relative changes in prices over different period of time. • Use index number in finding inflation or change in standard of living.		
JANUARY	Index Number	4			• Perfect competition-Features,, • Determination of market equilibrium and effects of shifts in demand and supply • Simple applications of demand and supply, price ceiling and price floor. • Revision	PTM January
	Main market forms	4				
	Price determination and simple application SDG:(16) Peace justice and strong institution.	7	➤ Define the term market. ➤ Explain the features of perfectly competitive market. ➤ Elaborate the demand supply mechanism of perfect competition. ➤ Determine market equilibrium	• Role of index number in realizing the need for increase in salary or wages. • List the features which makes a market perfectly competitive. • Differentiate between perfect competition and pure competition. • Determine the demand curve under perfect competition. • Apply their knowledge in practical situation • Analyze the need of price floor and price ceiling.	ACTIVITY - 1 EXPERIENTIAL LEARNING: Market survey by the students to understand the mechanism of perfectly competitive market and find its benefits and drawbacks. Moreover effect of covid 19 on demand supply of any market will be analyzed by the students.	

			under perfect competition. ➤ Effects of changes in demand supply on equilibrium. ➤ Simple applications of tools of demand and supply.	● Analyze the changes in demand and supply in different situation.		
FEBRUARY	REVISION		➤		REVISION FINAL EXAM.	FINAL EXAM



ANNUAL PEDAGOGICAL PLAN (2026-27)

**Subject:-Physical Education
(048)**

Physical Health Education LAB MANUAL (Blue Print)

Month	Chapters	No. of Periods	Learning objective	Learning outcome	Topics	UT/ PT/ T -1
Jun	Changing trends & Career in Physical education	12	1. To make them understand about Amin and objectives of Physical Education 2. To make them understand about Career Options in Options in Physical Education. 3. To make them Competitions in Various Sports at National and International Level.	1. Students will study life long nutrition fitness and mental health awareness. 2. Students make careers and occupation in health field and community health. 3. Learn about health classroom lectures, activity and video clip group discussion.	Week -3 Amis & Objectives of physical education. Changing Trends in sports playing surface, wearable gears & technological. Week -4 Career option in physical education. Khelo-Indian and Fit India program. Activity -2 Subject Enrichment; Activity-2 Art Integrated Skills	
July	Olympism SDG-3 Good Health and well being.	10	1. To make them understand Olympics, Paralympics and Special Olympics 2. To make them understand about Olympic Symbol, Ideals, Objectives and Values of Olympism	1. To develop interest and competence in lifetime participation in games & sports. 2. To develop good body machanics and	Week-1 Ancient and modern Olympics. Concept and Olympics values. Week-2 Symbols, motto, flag, Oath and Anthem, Olympic Movement structure- IOC, NOC,	5 th Subject UT - 1 13.07.2026
Aug.						6 th Subject UT - 1

			3. To make them understand about International Olympic Committee.	skills in a variety of dynamic forms of movements applied in game and sports. 3. To develop social aim.	IFC, Other members. Week-3 Meaning & Importance of Yoga, Introduction to Ashtanga Yoga Week-4 Introduction of yogic kiyas (Shat Karma)	24.08.2026
Sep	Physical Faintness, health and wellness.	20	1 To make them understand about Meaning and Importance of Physical Fitness, Wellness and Lifestyle. 2. To make them understand about Components of Physical Fitness and Wellness. 3. To make them understand about Components of Health0 Related Fitness.	1. Gain knowledge in general metabolic principles, primarily fuel sources for the working muscle during exercise. 2. Knowledge of Hydration guidelines for safety and performance and know how to evaluable and monior hydration status. 3. Understand the role of nutrition in recovery from injuries.	Week-1 Meaning and importance wellness. Health and physical Fitness. Week-2 Components/ Dimensions of wellness Week-3 Health and physical Fitness. Traditional sports. Week-4 Regional Games for promoting wellness. Activity-1 Subject Enrichment:	Half Yearly Exam 17.09.2026 to 30.09.2026
Oct	Yoga and Lifestyle SDG-3 Good	14	1. To make them understand about Definitions of Test, Measurement and	1. Student will learn how to take Friends test SAI Khelo of india	Week -1 Concept of test, Measurement & Evaluation in physical	5 th Subject UT - 2 05.10.2026

	Health and well being		Evaluation. 2. To make them understand about Importance of Test, Measurement and Evaluation in Sports. 3. To make them understand about Calculation of BMI and Waist-Hip Ratio.	Fitness test in school. 2. Students will learn how to compute basal metabolic rate (BMR). 3. Student will learn how to take BMI, Flamingo Balance, Plate taping test.	education sports. Week-2 Classification of test in physical education sports. Week-3 Test administration guidelines in physical Education and sports .	
Nov	Fundamentals of Anatomy , Physiology in sports	20	1. To make them understand about Definition and importance of Anatomy, Physiology and Kinesiology . 2. To make them understand about Function of skeletal System, classification of bones and Types of joints.	1. Student will learn how to take Friends test_ SAI Khelo India Fitness test in school. 2. Students will learn how to compute Basal metabolic rate (BMR)	Week -1 Definition & Importance of Anatomy & Physiology in exercise and sports. Week-2 Function of skeletal system, classification of bone and types of joints. Week-3 Definition & Importance of Anatomy & Physiology in exercise and sports. Week-4 Function and structure of Respiratory system.	6 th Subject UT - 2 23.11.2026
Dec	Fundamentals of Kinesiology and	18	1. To make them understand about Properties and Function of Muscles	1. Student will learn how to use the Newton's law of motion & its	Week -1 Definition and Importance of Kinesiology and	5 th Subject UT - 3 07.12.2026

	Biomechanics in sports.		2. To make them understand about Structure and Function of Respiratory System and Circulatory system 3. To make them understand about Equilibrium – Dynamic and Static and Centre of Gravity and its Application in sports	application in sports. 2. Students will learn how to use to the Dynamic & static and centre of gravity. 3. Students will learn how to use the Friction and projectile in sports.	Biomechanics in sports. Week-2 Principal of Biomechanics Week-3 Types of Body Movement- Flexion, Extension, Abduction, Rotation, Circumduction, Supination & Pronation Week-4 Axis and Planes- Concept and its application in body movements.	
Jan	Psychology & Sports	20	1. To make them understand about Definition and Importance of Psychology in Physical Education and Sports. 2. To make them understand about Define and Differentiate Between Growth and Development. 3. To make them understand about Developmental Characteristics at Different Stages of Development.	1. Understand the role of the brain in human performance and apply psychological techniques and theories of human performance. 2. Demonstrate effective written and oral skills in various apply health, physical activity. 3. Develop and apply health, physical and	Week-1 Definition & Importance of Psychology in Physical Education & Sports. Week-2 Adolescent Problem & Their Management Week-3 Team Cohesion and sports	

				psychological principles as they related to human performance.		
Feb	Training and Doping in Sports	16	1. To make them understand about Meaning and Concept of Sports Training. 2. To make them understand about Principles of Sports Training .	1. Provide Facility and preceptor mentorship to produce graduates who are future leader's and outstanding clinicians. 2. Contribute to the athletic training profession though the scholarship and leadership of the faculty, staff and students.	Week-1 Concept and Priciples of sports Training Week-2 Training Load: Over Load, Adaptation and Recovery Week-3 Concept of Doping and its disadvantages.	6th Subject UT - 3 01.02.2027 Annual Exam Mid Feb. 2027 Onwards

SURENDRANATHCENTENARYSCHOOL SESSION -2026-27
ANNUAL PLAN CLASS -XI

Book-An Introduction to Indian art, NCERT
Subject-Painting (049)

MONTH	CHAP TER	No. of period s	TOPICS	LEARNING OBJECTIVE	LEARNING OUTCOME
JUNE 26	L-1	2	ARTan Introduction	➤ Introduction ➤ Six Limbs of Indian Paintings (Sha dang) ➤ Element of Art ➤ Charact eristic ofthe Colour ➤ Principles of Art.	➤ Students can grow knowledge about Fine Art(Pain ting) ➤ About Six Limbsof ancient Arts measurement. ➤ Learner cangain knowledge principaltheory of Art collaboratewith Math's
JULY 26	L-1	2	Pre- HistoricRockPainti ngs	➤ Introduction ➤ Periodof Rock Paintings ➤ Indian Rock Painting ➤ Subject matter and Description	LearnerscanKnow about ➤ What isthe Pre-Historic Rock Painting? ➤ First Discoveryin India ➤ Development andReasonsfor suchPainting ➤ Periodand techniqueofRock Paintings ➤ Sometimes learnerscanalso be taken on educational touristosee near Prehistoric Caves Paintings.
AUGUST '26	L-2	2	ArtofIndusvalley	➤ Introduction ➤ Features ofIndus valley civilization ➤ Artform Location Subject Matter Description	➤ Grow knowledge about Indus valley civilization culture and first city civilization plan. ➤ Formof Art: Seal spotter sculpture, gold jewelry , terracottafigure esetc. ➤ Two major sites of this civilization Harappa and Mohenjo-Daro showcase excellent tow n planning ➤ Collaborate with Art Inte grated Project
SEPT.'26	L-3	2	Buddhist JainandHindu Art	➤ Introduction ➤ Artefacts of The Mauryan Period ➤ Lion capital from Sarnath ➤ Design and significance	➤ Learner will know aboutthebeginning of new religiousandsocial movements in the Gangetic valley in theformofBuddhism and JainisminMauryanPeriod. ➤ Sarnath Lion Capital, AshokChakra these are Our National symbols ➤ Stupaetc.

				➤ The Shunga Period ➤ Kushan Period ➤ Gupta Period	➤ Collaborate with History
NOV'26	L-5	2	Indian Templesculpture	➤ Introduction ➤ Basic form of Hindu Temple. ➤ Classification of Indian Temple ➤ Description ➤ Subject matter	➤ Learn about Ancient Temple Architectural study. ➤ Comparative Study of South and north we will be able to know in which style the temple building was constructed
DEC'26	L-6	2	Indian Bronzes	➤ Introduction ➤ South Indian Bronzes. ➤ Subject Matter ➤ Description.	➤ Know about Indian Bronzes statue Chola and Pallava Period. ➤ Lost wax technique ➤ Nataraj and umadevi Bronzes statue.
JAN'27	L-7	2	Artistic Aspects of the Indo-Islamic Architecture.	➤ Introduction ➤ Characteristic of Indo-Islamic Architecture ➤ Subject Matter ➤ Description	➤ Learn about Indo-Islamic Architecture is the Architecture of the Indian subcontinent produced by and for Islamic Patron and purposes. ➤ Categories on the basis of style ➤ Students will be able to study Indo-Islamic Architecture ➤ Art and its beauty in group
FEB'27	Revision		Revision	➤ Revision	➤ Final Term