



MOUNT CARMEL SCHOOL, CHANDIGARH
Syllabus for Junior Clubs
1st Term - April to September
(Session 2024 - 2025)

SCIENCE CLUB:

April

1. Recycle, Reduce, Reuse
(Methods of reducing, reusing and recycling) – Paper Bag Puppet Making
2. Earth Day Celebration Competition

May

1. Sustainable Development – To Make Bottle Compost
2. Biodiversity Day Activities – Collages/PPT

July

1. Harnessing Non- Conventional Sources of Energy – Wind Energy/Solar Energy/Tidal Energy
2. Interhouse Science Quiz

August

1. Presentation on the topic ‘ Sustainable Sources of Energy’
2. Oral Care
(Correct ways of brushing- Healthy Tooth and Sad Tooth)

September

- Nutrition Week Celebration
Balanced Diet – Healthy Sprouts (Tiffin Competition)

ENGLISH DRAMATIC CLUB

April

Facial Expression Game (Show Your Expression)

May

Role Play – Topic – Alien Visiting a Child’s House (Character- Alien, Child and Non-Living Things)

July

Story Dramatization

Mirror Mirror Game

August

Puppet Tales Theatre

Stage Director Says (Game)

GYMNASTIC CLUB:

April and May

Introduction of Gymnastics

1. Balancing Poses.
2. Bridge Position.
3. Cartwheel
4. Types of Gymnastics

July

- 1 What is Artistic Gymnastics?
- 2 Apparatus in Artistic Gymnastics.

August

- 1 What is Rhythmic Gymnastics?
- 2 Apparatus in Rhythmic Gymnastics.

I.T. CLUB:

April Drawing Using Various Tools in Tuxpaint
(Drawing in TuxPaint on Earth Day)

May Making Attractive Posters in MS Word

July Creating Animated Presentations in MS PowerPoint
Topic- Cyber Safety, Save Our Planet

August 1. Practicing Motion block in Scratch.
2. Animated stories in Scratch. (Short animated stories on their favorite Disney characters)

September 1. Practicing Looks block in Scratch.
2. Interactive Animated stories in Scratch.

NON -FLAME COOKING CLUB:

April
Table Manners and Healthy Eating Habits
Salad Decoration

May
Cheese Nachos
Peanut Masala

July
Papri Chaat
Healthy Bhelpuri
Fruit Chaat

August
Stuffed Kulcha Channa
Healthy Breakfast
Different Types of Sandwiches including Tiranga Sandwich

GERMAN CLUB:

April: Greetings in German

May: Counting Numbers in German (1 to 100)

July: Name of Colours in German (Primary Colours)

August: Fruits and Vegetables Name in German

September: Body parts in German

FOLK DANCE CLUB

April Goan Dance

May Goan Dance

July Haryanvi Folk Dance

August Patriotic Dance

September Punjabi Folk Dance

WESTERN DANCE CLUB

April Turn It Up Worship Song

May Every Move Worship Song

July Makeba

August Patriotic Dance

September Music in the Air

ART & CRAFT CLUB

April

1. Flower Making with Paper
2. Thank You Greeting Card

May

1. Silhouette Painting
2. Craft with Paper Straw

July

1. Craft with form sheet
2. Scratching technique in oil pastels

August

1. Decoration of Independence Day
2. Standees for Decoration

ADVENTURE CLUB

April:

- 1) Map Reading and Basic Route Planning
- 2) Things we need to carry while going on an adventure

May:

- 1) Construction of Shelter (Tent Making) Recognition of Symbols
- 2) First Aid Box

July:

- 1) Nature Scavenger Hunt
- 2) Tug of War Activity

August:

- 2) Field Trip

ENGLISH LITERARY CLUB

April:

- **Introduce yourself:**
 - Write a paragraph describing who you are, what your hobbies are, what passions you have etc
 - Share with the rest of the group and get to know one another better
- **Dumb Charades:**
 - Students to guess favourite English movieAfter the movie is guessed, they have to speak about an interesting event they liked in the movie.

May:

- **Synonyms and Antonyms**
 - Discuss what synonyms and antonyms are
 - Sort a bag of words as Synonyms or Antonyms
 - Spot all Synonyms in a short story given
- **Story Telling session**
- **Each student will have the opportunity to share a favourite story or anecdote**
Exploring different genres of stories (e.g., fairy tales, adventure stories, folktales)

July:

- **Limericks:**
 - Children will be explained what a limerick is specifying the rhyme scheme and giving various examples
 - Students will then be asked to write limericks of their own and read it aloud in class
- **Scrabble:**
 - Children will play the game of scrabble in groupsThis aims to build their vocabulary and spelling skills.

August:

- **Crosswords:**
 - Students will collaboratively solve a crossword in class using the clues given.
- **Enacting your favourite character:**
 - Children will pick their favorite character from a story/novel.They will then speak a few lines said by the character and act like them.

THEATRE CLUB - HINDI

- April** Theatre Games, Theatre Exercises
- May** Theatre Games , Exercises and Improvisation.
- July** Theatre Games, Exercises and Improvisation
- August** Theatre exercises and Story writing, how to stand and walk on the Stage.
- September**
Voice Exercise and Speech Work.

MUSIC CLUB

- April** : Thank You Lord
- May** : Showers of Blessing
- July** : Plant a Tree
- August** : Vande Maatram
- September** : Light of the World

FIRST AID CLUB

- April**
- Basic Knowledge of Medication
 - Requirements in the First Aid Kit
- May**
- Eye Injuries
 - Epistaxis
- July**
- Choking Hazards and Relief
 - First Aid to be given if anyone faints
- August**
- First Aid to be given if there is a fracture
 - First Aid to be given if someone is saved from drowning
- September**
- Muscle Sprain
 - Chest Pain

BHANGRA CLUB

- April** General Steps of Bhangra
Single Dhammal
- May** Single Jhummar

July General Bhangra - Lehria
Chaal
Luddi

August General Bhangra -Faslaan
Single Dhammal
Luddi

KARATE CLUB

April: 1. Introduction
2. Warm Up Exercises

May: 1. Stances (Standing Posture)
2. Hand Blocks
3. Punches

July: 1. Fighting Skill
2. Katas

August: 1. Punches Combinations
2. Kicks

September: 1.Punches and Kicks Combination
2.Katas (Piece Of Mind Skills)

HINDI LITERARY CLUB

April 1. Self - Introduction in Hindi Language.
2. Role Play (Importance of Education of a Girl Child)

May 1. Picture Reading (Analyse the Pictures)
2. Talk about your favourite Game, Trip, etc.

July 1. Reading (Newspapers' and Story Reading)
2. Crosswords (Synonyms and Antonyms)

August 1. Recitation (Patriotism)
2. Book Review (Panchtantra)

September Antakshari (Poet, Writer, Poem and Story Name)

TAEKWONDO CLUB

April 1. Introduction
2. Warm Up Exercises
3. Fighting Stances

- May** 1. Blocks
 2. Punches
- July** 1. Basic Kicks
 2. Combinations
- August:** 1. Advances Kicks
 2. Advances hand strikes

CARROM CLUB

April & May

Basic Shots and Techniques

- Practicing Finger Flick, Thumb Flick and Striker Control
- Understanding Carrom Coin Movements and Rebounds

July

- Learning Offensive and Defensive Tactics
- Developing Strategies for Singles and Doubles Matches

August

- Preparing for Local Or School-Level Tournaments
- Conducting Practice Matches And Mock Tournaments

CLASSICAL DANCE CLUB

April: 1 Bhoomi Pranaam

Footwork position called 'Naman' and basic standing position called 'Utpatti' with a focus on correct posture and breathing.
Simple tapping with the sole.

May: Tatkaar, the footwork with the basic syllables of Kathak in first 2 speeds.

July : Angles most widely used in 8 different directions called 'Kone Suchita'

August: First Two basic hand movements called Hastak.

A 5 step round, with a focus on correct sequence of the tapping and hand eye coordination.

ROLLER SKATING CLUB

Curriculum Summary-

- **For Beginners:** Introduction to roller sports by updating the kids with knowledge of necessary protective gears and types of roller skates. Confidence building and step by step guidance from walking on skates to rolling on the skates.
- **For Intermediate:** Introduction to various division and events of the sports. Analysing the child's ability and attributes and plan to train as per the chosen events.

- **For Professionals:** Advance training which includes overall speed, stamina, technical and strength building.

Training schedule:-

April

- Introduction of Skating
- Balance on skates
- Supportive walking
- Supportive walking and Fast tap
- Revision

May

- Fast tap and walking
- Supportive walking and fast tap
- Fun activities on skates
- Run 6 to 10 steps to build some momentum and then let skates roll
- Inform about basic skating posture and related exercise.

June

- Race day
- Revision of previous exercises and drills
- Skates control and momentum
- Fun activities on skates

July

- Fast tap and walking
- Supportive walking and fast tap
- Fun activities on skates
- Run 6 to 10 steps to build some momentum and then let skates roll
- Inform about basic skating posture and related exercise.

August

- Fast tap and walking
- Supportive walking and fast tap
- Fun activities on skates
- Run 6 to 10 steps to build some momentum and then let skates roll
- Inform about basic skating posture and related exercise.