



MOUNT CARMEL SCHOOL, CHANDIGARH
Syllabus for Junior Clubs
First Term - April to September
(Session 2026 - 2027)

SCIENCE CLUB:

April

1. World Health Day (April 7) – Healthy Snack Making Competition
2. Earth Day Celebration (April 22)
(Methods of Reducing, Reusing and Recycling) – Paper Bag and Puppet Making

May

1. National Science Day (May 2) – Space Quiz
2. Biodiversity Day Activities – Collages/Power Point Presentation

July

1. Make a Feather Album.
2. Fun with Science Experiments.

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 (Inter House Tiffin Competition)

ENGLISH LITERARY & DRAMATIC CLUB

- April :** Introduce Yourself
Mirror Mirror Game
- May :** Scrabble
Puppet Tales
- July :** Vocabulary Building (Synonyms and Antonyms)
Role Play (Community Helpers)
- August :** Crack the Word Challenge
Story Writing and Narration
- September:** Book Review
Monoacting

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 beautiful scenes using various tools in Tuxpaint.

May – Making attractive posters in MS Word.

July–Creating animated presentations in MS PowerPoint.

August–1. Practicing Motion Block in Scratch.

2. Animated Stories in Scratch.

September –1. Practicing Looks Block in Scratch.

2. Interactive Animated Stories in Scratch.

GERMAN CLUB:

April Greetings
(Badge Designing Activity)

May Animals Name
(Animals Charades)

July German Song

August Fruits Name
(German Fruit Salad Making Activity)

September Number Counting (0-1000)
(Bingo Game Activity)

INDIAN DANCE CLUB

April -Folk- Goan Dance
Classical - Namaskar , Body Postures

May -Folk- Goan Dance + Props Usage
Classical - 5 Steps Spins, Tukda

July -Folk- Haryanvi Dance
Classical - 3 Steps Spin, Footwork

August -Folk- Patriotic Dance
Classical - Padhant, Hand Movement Theory

September -Folk- Punjabi Folk Dance

WESTERN DANCE CLUB

April Warm Up (Stretching)
Basic Movement and Dance Steps
Dynamite

May Warm Up (Stretching)
Footwork, and Shuffle
Scooby Doo Papa

July Warm Up (Stretching)
Neck Movement and Dance Steps
Dreamers

August 1 Warm Up (Stretching)
2 Prop Dance Steps (How to use the props?)

CALIGRAPHY/ART & CRAFT CLUB

April Flower Making
Thank You Cards
Cursive Writing (A to Z)
Cursive Writing (Sentences)

May Silhouette Painting
Craft with Paper Straw
Arizona Font(A to Z)
Arizona Font(Sentences)

July Craft with form sheet
Scratching Technique in Oil Pastels
Creative Writing

August Decoration of Independence Day
Standies for decorations
Great Vibes Font(A to Z)
Great Vibes Font(Sentences)

ADVENTURE CLUB

April

- 1) Ball Stick Race
- 2) Bag Pack Activity

May

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

July

- 1) Recognition of Symbols
- 2) Field Trip

August

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

MUSIC CLUB

April This is How We Overcome

May God is Good

July I'm Thankful

August Aao Bacho Tumhe Dikhaye

September Thanks and Praise

HEALTH & WELLNESS CLUB

April

- Basic Knowledge of Medication *Table Manners and Etiquettes
- Requirements in the First Aid Kit

May

- Eye Injuries *Salad Decoration
- Epistaxis

July

- Choking Hazards and Relief *Fruit Chaat
- First Aid to be given if anyone faints

August

- First Aid to be given if there is a fracture * Sports & its Health Benefits
- First Aid to be given if someone is saved from drowning

September

- Muscle Sprain
- Chest Pain

BHANGRA CLUB

April	Warm Up Exercises Free Style Shoulder Shake
May	Bedi Chaal
July	Warm Up Exercises Luddi PaariChal
August	Phummiyan Sammi
September	Luddi Sammi HaathiChal

KARATE CLUB

April	Regular Warm - Up Jogging Running Jumping Endurance Kicks Kicks Punch Combination Fight Techniques
May	Warm Up Katas Front Kick Side Kick
Moving In Stances	Forward and Backwards Kicks Punches and Blocks
June	Regular Warm -Up Practise of Stances Kicks Punches Breaking Marbles Self Defence
July	Combinations Kicks, Punches and Blocks Fighting Skills Chest Punch Blocks
August	Regular Warm-Up Conditioning Front Kick Side Kick

5maswhesgri Kick
Chest Level Face Level
Double Step Combinations
Fighting Skills Along With Kicks and Punches
Hand Blocks

TAEKWONDO CLUB

April	Introduction Warm Up Exercises Fighting Stances
May	Blocks Punches
July	Basic Kicks Combinations
August:	Advances Kicks Advances Hand Strikes
September	Poomse & Tae Kicks Fighting Skills

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

ROLLER SKATING CLUB

Curriculum Summary-

- **For beginners:** Introduction to Roller Sports by telling the students about the necessary protective gears and types of roller skates.
- Confidence Building and step by step guidance from walking on skates to rolling on the skates.
Further, analyse the child's ability and attributes and plan to train as per the chosen events.

Training schedule-:

April

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

Learning Outcome- Student will learn the basic standing skate balance and the coordination of hands, shoulder and legs.

May

- Fast Tap and Walking
- Arch
- 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.

Learning Outcome- Student will learn balancing on dominant leg along with the coordination of 2nd leg with arm movement

July

- Race day
- Braking
- Skates control and momentum
- Inform about basic skating posture and related exercise.
- Fast tap and walking
- Fun activities on skates

Learning Outcome- Student will learn the technique to slow down the movement and to stop down the skate

August

- Scooter Pushes
- Supportive walking and fast taps
- 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.

Learning Outcome- This is the technique to speed up with the skates and they increase their speed

September

- Crosses
- Cross leg techniques

Learning Outcome-It's a technique to learn the coordination of Left leg for the better movement.

CHESS CLUB

April How to recognise the Chess pieces.

May How the pieces move, which is the best move when we start the game.

July Two Rook Check Mate.

August One Rook Check Mate.

YUVA TOURISM CLUB

April Introduction to Tourism
School Tour

May Characteristics of Tourism
Trip to Rock Garden

July List of World Famous Tourists Destinations
Trip to Lake and Buddha Park

August Seven Wonders of the World
Trip to Doll Museum.