

ST. FRANCIS XAVIER SCHOOL
SYLLABUS FOR CLASS X
ACADEMIC SESSION 2023 - 24
SUBJECT : ENGLISH LANGUAGE
PRESCRIBED TEXTBOOK: TOTAL ENGLISH (X)

HALF YEARLY		REHEARSAL	
CHAPTER NO./TITLE	TOPICS	CHAPTER NO./TITLE	TOPICS
1	Synthesis; Paragraph Writing; Comprehension Skills; Test Paper 1	9	Subject Verb Agreement; Types of Composition; A Specimen Summary; Test Paper 9
2	Transformation of Sentences (1); Stories; Comprehension--- Analysis with Suggested Answers; Test Paper 2	10	Direct and Indirect Speech; Descriptive Composition; Precision in Summary Writing; Test Paper 10
3	Transformation of Sentences (2); Characters; Comprehension--- Sense and Interpretation; Test Paper 3	11	Articles; Personal Writing; Selective Summary; Test Paper 11
4	Tenses and Their Uses (1); Critical Writing; Format of a Personal Letter; Test Paper 4	12	Adjectives; Narrative Composition; Letter Writing; Invitations; Test Paper 12
5	Tenses and Their Uses (2); Composition-- An Introduction; Formal Letters (1); Test Paper 5	13	Comparison of Adjectives; Argumentative Composition; Letters of Application; Test Paper 13
6	Sequence of Tenses; Gathering the Subject Matter; Formal Letters (2); Test Paper 6	14	Adverbs; Factual Writing; Letters of Complaint; Test Paper 14

	7	Conditional Sentences; Organisation and Planning; Notice and Email; Test Paper 7	15	Prepositions; Picture Composition; A Sample Letter; Test Paper 15
	8	Active and Passive Voice; Beginning and Ending; Summary Writing; Test Paper 8		Essay Test; Oral and Aural Assessment; ELSA
Financial Literacy Activity		Essay Test; Oral and Aural Assessment; ELSA Formal Letter: You have purchased an item on discount. You have an intuition that you have excess despite the discount. Write a letter to the Manager of the Departmental Store expressing your feelings about the 'unfair' transaction.		

SYLLABUS FOR UNIT TEST

Will be notified by the subject teacher at the appropriate time

**ST. FRANCIS XAVIER SCHOOL
 SYLLABUS FOR CLASS X
 ACADEMIC SESSION 2023 - 24
 SUBJECT : ENGLISH LITERATURE
 PRESCRIBED TEXTBOOKS: THE MERCHANT OF VENICE AND TREASURE TROVE**

		REHEARSAL	
CHAPTER NO./TITLE	TOPICS	CHAPTER NO./TITLE	TOPICS
Treasure Trove	1. I Know why the Caged Bird Sings 2. The Little Match Girl 1. The Patriot 2. The Blue Bead 3. Abu Ben Adheim 4. My Greatest Olympic Prize	Treasure Trove	1. Nine Gold Medals 2. All Summer in a Day 3. An Angel in Disguise
The Merchant of Venice	Act III Scene II - Scene V	The Merchant of Venice	Act IV and Act V
PROJECT TOPIC: Closely referring to 'The Blue Bead' discuss the fight between Sibia and the crocodile which ultimately led to the defeat of that creature. : Ist project :on or before 16.08.2023		PROJECT TOPIC : Referring closely to 'The Merchant of Venice' discuss the idea: The play would have been incomplete without the loan of three thousand ducats. (FLN) Final :on or before 24.01.2024 Entire syllabus for class X to be included	

SYLLABUS FOR UNIT TEST

Will be notified by the subject teacher at the appropriate time

ST. FRANCIS XAVIER SCHOOL
SYLLABUS FOR CLASS --X
ACADEMIC SESSION 2023 - 24
SUBJECT : HINDI
PRESCRIBED TEXT BOOK : साहित्य सागर पद्य, एकांकी संचय

HALF YEARLY		REHEARSAL	
CHAPTER NO./TITLE	TOPICS	CHAPTER NO./TITLE	TOPICS
8	भिक्षुक -सूर्यकांत त्रिपाठी निराला		
10	मातृ मंदिर की ओर -सुभद्रा कुमारी चौहान		
6	दीपदान -रामकुमार वर्मा		
	महाभारत की एक सांझ -भारत भूषण		
3	अग्रवाल		
व्याकरण	अशुद्ध वाक्य को शुद्ध करना मुहावरों का वाक्य में प्रयोग पर्यायवाची शब्द, विलोम शब्द अनेक शब्दों के लिए एक शब्द भाववाचक संज्ञा बनाना पत्र लेखन		Whole Syllabus of classes IX and X
PROJECT TOPICS: ऐतिहासिक तथा धार्मिक स्थल का वर्णन, चित्र अध्ययन, समाचार पत्र के माध्यम से, पत्रा धाया का चरित्र चित्रण Project submission date on or before : 31.08.23		PROJECT TOPICS : सूखी डाली एकांकी के आधार पर दादाजी का चर्चा Project submission date on or before : 30.11.23	

SYLLABUS FOR UNIT TEST

Will be notified by the subject teacher at the appropriate time

ST. FRANCIS XAVIER SCHOOL
SYLLABUS FOR CLASS X
ACADEMIC SESSION 2023 - 24
SUBJECT : BENGALI
PRESCRIBED TEXT BOOK : SONKOLITA

HALF YEARLY		REHEARSAL	
CHAPTER NO./TITLE	TOPICS	CHAPTER NO./TITLE	TOPICS
PROSE		PROSE	
7	দেবতার জন্ম	9	গন্ধটা খুব সন্দেহজনক
8	নীল মানুষের কাহিনী	10	লোকটি
POEM		POEM	
7	ফুল ফুটুক না ফুটুক	9	বাবু বলেন
8	অমলকান্তি	10	খোখো
GRAMMAR		GRAMMAR	
	রচনা,পত্র লিখন ,বিরাম চিহ্নের প্রয়োগ বোধপরীক্ষণ,সমার্থক শব্দ,একই শব্দের ভিন্ন অর্থে প্রয়োগ		রচনা,পত্র লিখন ,সমার্থক শব্দ,একই শব্দের ভিন্ন অর্থে প্রয়োগ বোধপরীক্ষণ,বাক্য পরিবর্তন ,বাচ্য পরিবর্তন,অনুকার অব্যয়
	এককথায় প্রকাশ ,বাগধারা , বানান শুদ্ধ।		এককথায় প্রকাশ ,বাগধারা , বানান শুদ্ধ,সাধু চলিত ।
PROJECT TOPIC :	ছাত্র জীবনের দায়িত্ব ও কর্তব্য	PROJECT TOPIC :	ক্যানভাসার
Project submission date : (on or before)	31.08.23	Project submission date : (on or before)	30.11.23.

SYLLABUS FOR UNIT TEST

Will be notified by the subject teacher at the appropriate time

ST. FRANCIS XAVIER SCHOOL
SYLLABUS FOR CLASS X
ACADEMIC SESSION 2023 - 24
SUBJECT :HISTORY AND CIVICS
PRESCRIBED TEXT BOOK : I.C.S.E.HISTORY AND CIVICS PART II

HALF YEARLY		ANNUAL	
CHAPTER NO./TITLE	TOPICS	CHAPTER NO./TITLE	TOPICS
Civics		Civics	
1.The Union Legislature	Federal Set Up,Lok Sabha,Rajya Sabha,Powers	5. The State Judiciary	Composition,Qualification of judges,Tenure, all powers.
	Functions,relation between two houses, Amendment of Constitution.	6. Subordinate Courts	Civil Courts, Criminal Courts, lok Adalat.
2.The Union Executive	president : election, Term Of Office , Powers.qualification,		
	Electoral College, Indirect Election,Impeachment,	History	
	Vice President Qualification,term,powers.	10 The Last Phase.	Cabinet Mission plan,Interim
3. Prime Minister, Council,Cabinet	Prime Minister,Council of Ministers ,Cabinet, A Coalition, Government,Collective Responsibility.		Government,Mountbatten Plan, Indian Independence Act.-provisions.
		11. The First World War	All causes,All resultsProvisions
4.The Union judiciary.	The Supreme Court- Composition,functions,powers, Duties,Independence of judiciary.		Treaty of Versailles.
History		12The RISE Of Dictators	Rise of Fascism in Italy,Nazism in Germany ,causes,ideologies, Similarities.
1.The First War Of Independence	Causes- political,Social,Religious,Economic, Military causes,Results.	13. The Second World War	causr,results.
2.Factors promoting the Growth of Nationalism	Causes,Precursors of Congress,Foundation of Congress,		
	Objectives of Congress,Social and Religious Reforms,	14. The United Nations	Purpose ,objectives,principles,
	Demands of the congress.		General Assembly, Security Council,Economic and Social Council, International Court
3.First Phase	The Early Nationalists,programme ,demands,		

of Indian National Movement	achievements,attitude of Government towards Indian National Congress.	15.Major Agencies of U.N.O.	Of justice, Secretariat. UNICEF,WHO,ILO,UNESCO, Formation,Functions.
4.Second phase Of the Movement	Rise of Assertives,partition of bengal, Methods and Programmes,Differences with Moderates,Contributions of Lal-BAL-Pal,	16. The Non Aligned Movement.	Meaning,Factors responsible for foundation of NAM ,chief architects,role of Nehru,objectives of NAM,role of NAM in world
5 Second Phase of National Movement.	Swadeshi Movement,Surat Split. Causes,Programme, Impact.		affairs,relevance of the NON-ALIGNED MOVEMENT.
6.Formation of Muslim League	Factors responsible for foundation,Aims, impact On The Nationa Movement. Lucknow pact ,provisions,significance,impact,		
7.The National Movement Durng First world War	Home Rule movement , Home Rule League,formation,function, August Declaration. Life sketch,causes of Non Cooperation		
8. Mahatma Gandhi and National Movement	movement, Programme, impact, Simon Commission, Purna swaraj, Civil Disobedience movement,causes,programme, results, Cripps mission,Attack ofJapan,quit India		
9.The National Movement 1935-42	Movement.		

PROJECT TOPICS:The UNITED NATIONS -Subtopics mentioned in the chapter.

Project submission date :on or before 16.08.23

PROJECT TOPICS : The UNITED NATIONS.

Project submission date :on or before 15.01.23

SYLLABUS FOR UNIT TEST

Will be notified by the subject teacher at the appropriate time

ST. FRANCIS XAVIER SCHOOL
SYLLABUS FOR CLASS X
ACADEMIC SESSION 2023 - 24
SUBJECT : GEOGRAPHY

PRESCRIBED TEXT BOOK : FRANK MODERN CERTIFICATE GEOGRAPHY PART II

CHAPTER NO./TITLE	TOPICS	CHAPTER NO./TITLE	TOPICS
1. Interpretation of Topographical maps G43S7 G43S10	Locating features with the help of a four or six figure Gridreference Definition of Contours, Contour Interval. Identification of landforms marked by Contours Interpretation of colour tints and conventional symbols Definition and Types of Scales Measuring Direct and Indirect distance Marking directions and calculating area Identify : Site of prominent villages / towns/ types of land use / land cover and means of communication Drainage and Settlement pattern Manmade and Natural features	8. Agriculture I Types of Farming Food crops 9. Agriculture II Cash Crops 10. Manufacturing Industries	Importance, Problems and Reforms. Subsistence, Commercial, Shifting, Intensive Agriculture, Extensive Agriculture Mixed Farming, Plantation Farming. Rice, Wheat, Millet, Pulses. Ground nut, Mustard, Soyabean. Sugarcane, Cotton, Jute, Tea, Coffee. Importance and Classification.
2. Map of India Mountains, Peaks, Plateaus: Plains Desert : Rivers:	Himalayas Karakorm, Aravali, Vindhya, Satpura, Western and Eastern Ghats, Nilgiri, Garo, Khasi, Jaintia Mt Godwin Austin (K2), Mt Kanchenjunga Deccan Plateau, Chota Nagpur Plateau Gangetic Plains, Coastal Plains-Konkan Kanara, Malabar, Coromandel, N. Circar Thar Indus, Ravi, Beas, Sutlej, Chenab, Jhelum, Ganga Yamuna, Ghaghra, Gomti, Gandak, Kosi, Chambal, Betwa, Son, Damodar, Brahmaputra, Narmada, Tapi, Mahanadi,	Agrobased Industry 11. Mineral based Industries 12. Transport Importance and Modes 13. Waste Management	Sugar, Cotton, Silk Textile. Iron and Steel : TISCO, Bhilai, Rourkela, Vishakhapatnam Petrochemical and Electronics. Roadways, Railways, Airways and Waterways Advantages and Disadvantages Impact of Waste Accumulation Spoilage of Landscape Pollution Waste and Health Hazard. Effect on Terrestrial and Aquatic life.

Water bodies: Godavari, Krishna, Cauveri, Tungabhadra
 Gulf of Kutch, Gulf of Kambhat, Gulf of Mannar, Palk Strait, Andaman sea, Chilka lake
 Lake Wular

Passes: Karakoram, Nathu la

Latitude : Tropic of Cancer

Longitude Standard Meridian

Direction of Winds SW Monsoons (Arabian sea branch and Bay of Bengal branch) NE Monsoons, Western disturbances

Distribution of Minerals Oil : Mumbai High, Digboi
 Iron : Singbhum, Coal: Jharia

Soil Distribution: Alluvial, Laterite, Black, Red soil

Cities Delhi, Mumbai, Kolkata, Chennai, Hyderabad
 Bengaluru, Kochi, Chandigarh, Srinagar
 Vishakhapatnam, Allahbad

Population Distribution : Dense and Sparse

3. Climate Factors Influencing, Variation, Seasons
 Distribution of Rainfall

4. Soils In India Formation
 Classification and Characteristics
 Distribution, Soil Erosion
 Soil Conservation

5. Natural Vegetation Importance of Forests, Types and Distribution
 Correlation with Environment
 Forest Conservation

6. Water Resources Sources: Surface and ground water
 Need For Conservation
 Rain water Harvesting and its Importance
 Irrigation : Methods and Importance

7. Mineral and Energy Resources Iron Ore, Manganese, Copper, Bauxite
 Uses and Distribution

Conventional Sources : Coal, Petroleum, Natural Gas: Distribution
 Advantages and Disadvantages

Hydel Power: Bhakra Nangal and Hirakud

Non Conventional Solar, Wind, Tidal, Geo thermal, Nuclear, Biogas

14. Waste Management

Map of India

Entire Syllabus Is Included In Rehearsal Examination.

Need for Waste Management
 Methods of Safe Disposal of Waste
 Needs and Methods of Reducing,
 Reusing and Recycling Waste.

Entire Syllabus

sources : Generation And Advantages

PROJECT TOPICS: Tourist Spot In India OR Transport In India

on or before 17.08.23

PROJECT TOPICS: Tourist Spot In India OR Transport In India

Final :on or before 30.11.23

SYLLABUS FOR UNIT TEST

Will be notified by the subject teacher at the appropriate time

ST. FRANCIS XAVIER SCHOOL
SYLLABUS FOR CLASS - X
ACADEMIC SESSION 2023 - 24
SUBJECT : MATHEMATICS

PRESCRIBED TEXT BOOK : UNDERSTANDING ICSE MATHEMATICS

HALF YEARLY		REHEARSAL	
Chapter No/Title	Topic	Chapter No/Title	Topic
1. Goods and Service Tax	Problems on G.S.T (FLN)	17. Mensuration	Cylinder ,Cone and Sphere
2. Banking	Problems based on Recurring Deposit	16. Construction	Tangent to a circle
4. Linear Inequation	Solving & representing on Number line		Circumscribed and Inscribed Circle
5. Quadratic Equation	Shreedhar Acharya formula, Roots and nature of roots, problem sums	14. Locus	Construction Principle
		15. Circle	Angle Property
6. Factorization	Remainder Theorem, Factor Theorem		Cyclic Property
10. Reflection	Graphical Method, Invariant Point, Combination of Reflection		Tangent and Secant Property
		3. Share and Dividend	Formula of Dividend
18. Trigonometric Identities	Identities (Proof)		Problems on Share and Dividend
	Angle & Area Principle, Size transformation	12. Equation of Straight Line	
13. Similarity	Section Formula, Collinearity of three points		Different Forms of Equations formation
11. Section Formula			Conditions of parallelism and perpendicularity
8. Matrices	Order of Matrix and Operation on Matrix, Multiplication Rules of two		
	Definition of Probability and Related Problems		
22. Probability			
21. Measures of Central Tendency	Calculating Mean by different Methods, Median of group data with graph (Ogive), Mode of group data with graph (Histogram)		
7. Ratio and Proportion	Basic Introduction, K - method,		

Problems based on Properties of Proportion

20. Heights & Distance

Angle of Elevation & Depression, Problems based on Height & Distance

9. Arithmetic and Geometric Progressions

Finding General term, Finding the sum of first n terms

PROJECT TOPIC :

1. Comparing Newspaper coverage by 3 daily News papers in 3 languages for 2 different days. 2. Home Budget

PROJECT TOPIC :

3. Survey of various types of Bank accounts, rates of interest offered.

Project submission date : 15.07.23
(on or before)

Project submission date : 11.11.23
(on or before)

SYLLABUS FOR UNIT TEST

Will be notified by the subject teacher at the appropriate time

ST. FRANCIS XAVIER SCHOOL
SYLLABUS FOR CLASS X
ACADEMIC SESSION 2023 - 24
SUBJECT : COMMERCIAL STUDIES
PRESCRIBED TEXT BOOK : ICSE COMMERCIAL STUDIES

HALF YEARLY		REHEARSAL	
CHAPTER NO./TITLE	TOPICS	CHAPTER NO./TITLE	TOPICS
1. Stakeholders In Commercial Organisation	Meaning of stakeholders,Distinction between- Stakeholders and shareholders,Stakeholders and Customers.Internal and External Shareholders.	9. Budgeting	Meaning of budget,Comparison between budgeting and and forecasting,Types of budget,Utility of budgets,limitations
2 .Marketing and Sales	Meaning ,Objectives and Importance of of marketing, Meaning and Differences between Product and Services	10.Sources of Finance Financial Litercay:Stock exchange and Economy	Meaning of capital market,Functions of capital market,Prefence Share,Debentures, Bonds,Retained Earning,Trade Credit,Inter Corporate deposits Shares,Meaning role,SEBI,grievance redressal
3. Advertising and Sales Promotion	Meaning,Objectives,Importance of Advertising. Meaning of sales promotion,Role and technique of sales Promotion.	11 Recruitment,Selection and Training	Meaning,Sources,Methods of recruitment ,Distinction between recruitment and selection,Steps involved in selection.Types and methods of training

4 .Consumer protection	Need for consumer protection,Meaning Types of consumer exploitation,Remedies available for redressal of grievances of consumer	12.Industrial Relations,trade Unions And Social Security	Meaning of Industrial relation,objectives,Methods to improve industrial relation,Trade Unions-functions,Problems,Measures for strenthening, Concept of Social security.
		Financial Literacy:Financial Inclusion Schemes	Empolyees provident fund
5. E-Commerce	Meaning ,benefits of E-Commerce,E-tailing,E-Advertising,E-Security,Enterpise Resource planning and its module.	13. Logistics and Insurance	Meaning of logistics,Need and modes of Transportation , Warehousing types,documents used in warehousing,Importance and Principles of Insurance.
Financial Literacy:Electronic Commerce	Meaning ,Uses,Safety ,Precautions,Use of ATM,Debit card,Major financial regulatory bodies in India	Financial Literacy: Insurance	Meaning,difference between Insurance and banking
6 .Capital And Revenue Expenditure	Meaning of Capital and Revenue Expenditure,Distnction between Capital and Revenue expenditure and reciept,Deferred revenue expenditure	14 .Banking	Meaning of baning, Types,Functions of Central bank,NEFT,RTGS,IMPS,E-Wallets,Credit and Debit Cards,financial fraudulent.
7. Final Accounts of Sole Proprietorship	Classification of Asset and liability,Format of Trading Profit and Loss Account,Balance Sheet	15.Striving For a Better Environment	Community participation and public awareness,Use of Eco friendly technology,The Environment protection act,Function of Central pollution Control Board
8.Fundamental Concepts of Cost	Concept of cost,Elements,Classifiactionand types of Cost.		

PROJECT TOPIC :
1.Balance Sheet and its features
2.Banking and types of account
Project submission date : (on
or before) 20.08.23

PROJECT TOPIC :
Recruitment and Selection
Project submission date : (on
or before) 12.12.23

SYLLABUS FOR UNIT TEST

Will be notified by the subject teacher at the appropriate time

ST. FRANCIS XAVIER SCHOOL
SYLLABUS FOR CLASS X
ACADEMIC SESSION 2023 - 24
SUBJECT : COMPUTER APPLICATIONS
PRESCRIBED TEXT BOOK : Understanding ICSE COMPUTER APPLICATIONS with BlueJ

HALF YEARLY		REHEARSAL	
CHAPTER NO./TITLE	TOPICS	CHAPTER NO./TITLE	TOPICS
5. User - Defined Methods	Syntax of Method, Defining a Method, Invoking a Method, Pass by value, call by reference, Pure and Impure function, Function Overloading.	6. Class as the Basis of all Computation (Objects and Classes)	Objects and Classes, Software object and class, User defined and Primitive data types, Access specifiers, Instance variable, Class variable and Local variable, Static data member, This keyword.
2. Library Classes	Java Packages, Wrapper Class, Methods of Wrapper Classes, Autoboxing, Unboxing	3. Arrays (Single Dimensional and Double Dimensional)	Need of Array, declaring an array, Single and Double dimensional array, linear searching, Binary searching, Bubble sorting, Selection sorting, Insertion, Deletion,
4. String Handling	Idea of String, String functions	8. Encapsulation and Inheritance	Data hiding, scope of variables, Inheritance, Visibility mode of Inheritance, Base class, Types of Inheritance.
7. Constructors	Need of Constructor, Invoking a Constructor, Features of Constructor, Types of Constructor, Constructor	Entire Syllabus is included along with project of total 20 programs.	
PROJECT TOPICS : 10 Programs from if-else, switch-case, Method overloading, string functions, constructors. [Each program should contain VDT and Sample input and output.]		PROJECT TOPICS : 10 Programs from Methods, Arrays, encapsulation and Inheritance, String. [Each program should contain VDT and Sample input and output.]	
Project submission date : on or before : 14.08.2023		Project submission date : on or before : 30.11.2023	

SYLLABUS FOR UNIT TEST

Will be notified by the subject teacher at the appropriate time

ST. FRANCIS XAVIER SCHOOL
SYLLABUS FOR CLASS X
ACADEMIC SESSION 2023 - 24
SUBJECT:ECONOMIC APPLICATIONS
PRESCRIBED TEXT BOOK : ICSE ECONOMIC APPLICATIONS

HALF YEARLY		REHEARSAL	
CHAPTER NO./TITLE	TOPICS	CHAPTER NO./TITLE	TOPICS
1. Elementary Theory Of Demand	Law of demand,Types,Demand Schedules , Individual demand curve to be distinguished from market demand curve, Determinants of demand, Exceptions,	5.Nature and Structure of Markets	Meaning and types of markets in detail,Features of different types of market.
3.Theory of Supply	Law of supply,Individual supply curves to be distinguished from market supply curve, Determinants of Supply,Exceptions,	6.The State Economic Development Financial Literacy: GST	Role of State,fiscal and monetary policy,Problems,types of taxes. Goods and Service Tax,Meanings,Rates,Benefits of GST
2.Elasticity of Demand and Supply	Meanings ,Types,Percentage method,Factors affecting Demand and Supply.	9.Central Bank	Functions of RBI-quantitative and qualitative methods for credit control.
4 .Factors of Production	Land,Labour,Capital,Entrepreneur: (meaning,characteristics,functions,importance)DOL,Capital Formation,	10. Inflation Financial literacy:Economic Depression	Meaning and types of inflation in details.Impact of inflation on various economic entities. Economic Depression,Recession,GDP,Economic cycle

7. Meaning and Functions of Money Meaning , Secondary and Primary functions.

8. Commercial Banks Meaning,functions of Commercial Bank,Credit creation,

PROJECT TOPIC : Prepare a project to understand the concept of :Law of Demand b.Law of supply

Project submission date : (on or before)

25.08.23

PROJECT TOPIC :

FMCG,Survey of the employees working on physical and mental labour,

Project submission date : (on or before)

30.11.23

SYLLABUS FOR UNIT TEST

Will be notified by the subject teacher at the appropriate time

ST. FRANCIS XAVIER SCHOOL
SUBJECT : PHYSICAL EDUCATION
CLASS – X
SYLLABUS 2023-2024

HALF YEARLY		REHEARSAL	
TOPICS & COMMANDS	BENEFITS & VALUES	TOPICS & COMMANDS	BENEFITS & VALUES
*General Warm-up	Improving body flexibility	*Stretching exercise	Muscle development
*Yoga Exercises	Stress relief, helps digestion	Flat race-100m. - 200m.	Improvement of stamina
*Indoor Games - Carrom	Developing mental ability & Psychomotor	Fitness Training-jogging, shuttle	Developing body fitness
*March past	Development of co-ordination skills	*Outdoor Games Basketball,	Development of team spirit

UNIT -2		REHEARSAL	
TOPICS & COMMANDS	BENEFITS & VALUES	TOPICS & COMMANDS	BENEFITS & VALUES

Stretching exercise	To increase strength and body flexibility	Fitness Training-jogging, shuttle	To increase strength, speed,
Tug of War	Improving body strength	Spoon and Marble Race	Improvement of dynamic
Balance race	Improvement of body balance		
Relay race	Improvement of stamina		

PROJECT: Biography of any Ideal Player

* The marked activities will be continued throughout the session

Project submission date : (on or before) 30.09.23

ST. FRANCIS XAVIER SCHOOL
SUBJECT : SUPW.
CLASS – X
SYLLABUS 2023-2024

HALF YEARLY

REHEARSAL

TOPIC

1. Each one teach one
2. Greeting card making
3. Pen Stand

TOPIC

1. Glass painting
2. Laundry work OR
Medicinal plants

* The marked activities will be continued throughout the session

Project submission date : (on or before) 30.09.23