2023-2024 SYLLABUS ENGLISH 1 CLASS IX

FIRST TERMINAL EXAMINATION:

1.COMPOSITION: 1PA (First Person Account)

2.LETTER WRITING: Friendly Letter

3. Notice and Email4. Comprehension

5.GRAMMAR: a)Active & Passive Voice

b)Narration Changec)Degree of Comparison

INTERNAL ASSESSMENT

SECOND TERMINAL EXAMINATION:

1.COMPOSITION: a)Descriptive Essay

b)Short Story

2. LETTER WRITING: a)Formal Letter

b)Friendly Letter-- Revision

3. Notice and Email--Revision

4. Comprehension

5.GRAMMAR: a)Correct form of verbs used

b)Correct form of words used

c)Writing sentences without using and, but or so

d)Do as directed (miscellaneous)

<u>INTERNAL ASSESSMENT</u>— PROJECT

(Listening Skills—Questions based on passage to be read out

Speaking Skills--- Based on Unseen topics)

UNIT TEST:

1. COMPOSITION: Argumentative Essay

2.Comprehension: Revision 3.GRAMMAR: Revision

THIRD TERMINAL EXAMINATION

1.COMPOSITION: a)Picture Composition

b)Revision of all the previous topics

2. Friendly & Formal Letter: -- Revision

3. Notice and Email—Revision

4. Comprehension

5. **GRAMMAR**: a)Changing sentences according to the specified parts of speech.

b)Do as directed (miscellaneous)c)Revision of all the previous topics.

INTERNAL ASSESSMENT— PROJECT

(Listening Skills—Questions based on passage to be read out

Speaking Skills--- Based on Unseen topics)

2023—2024 SYLLABUS ENGLISH II CLASS-IX

FIRST TERMINAL EXAMINATION

1.PROSE:

a) The Model Millionaire -Oscar Wilde

2.POETRY:

- a) A Work of Artifice Marge Piercy
- b) I Remember I Remember Thomas Hood

3.DRAMA

Julius Caesar Act 1- Scene 1

INTERNAL ASSESSMENT

SECOND TERMINAL EXAMINATION

1.PROSE

- a) BonkuBabu's Friend -Satyajit Ray
- b) Oliver Asks for More -Charles Dickens

2.POETRY

- a) Skimbleshanks: The Railway Cat T.S. Eliot
- b) The Night Mail -W.H.Auden

3.DRAMA

Julius Caesar Act 1 - Scenes 1, 2 and 3

INTERNAL ASSESSMENT -- PROJECT WORK

UNIT TEST

1.PROSE

a) The Boy who Broke the Bank - Ruskin Bond

2.DRAMA

Julius Caesar Act 2, Scene 1

THIRD TERMINAL EXAMINATION

PROSE

- a) The Homecoming-Rabindranath Tagore
- b) All previous prose pieces taught are included

POETRY

- a) A Doctor's Journal Entry for August 6,1945- Vikram Seth
- b) All previous poems taught are included

DRAMA

Julius Caesar Acts 1 and 2

INTERNAL ASSESSMENT -PROJECT WORK

The BSS School Bengali Syllabus

নবম শ্রেণি দ্বিতীয় ভাষা

First Term Examination: -

গদ্য — গিন্নি, লালু, বামা।

কবিতা — বঙ্গভূমির প্রতি, সভ্যতার প্রতি, আবার আসিব ফিরে।

ব্যাকরণ — সমোচ্চারিত ভিন্নার্থক শব্দ (নির্বাচিত), বিপরীতার্থক (নির্বাচিত), একই শব্দের বিভিন্ন অর্থে প্রায়োগ (নির্বাচিত)।

নির্মিতি — চিঠি (ব্যক্তিগত), বোধপরীক্ষণ, রচনা।

Internal Assessment

চিত্ররচনা

Second Term Examination :-

গদ্য — ক্যানভাসার, বামা, লালু।

কবিতা — কুলি মজুর, সিঁড়ি, আবার আসিব ফিরে।

ব্যাকরণ — অশুদ্ধি সংশোধন (নির্বাচিত), পদান্তর (নির্বাচিত), প্রকৃতি প্রত্যয় (নির্বাচিত), সমোচ্চারিত ভিন্নার্থক (নির্বাচিত)।

নি**মিতি** — চিঠি (বৈষয়িক, সম্পাদকীয়), প্রবন্ধ রচনা।

Internal Assessment

সৃজনশীল রচনা

Unit Test

প্রবন্ধ রচনা, অশুদ্ধি সংশোধন, এককথায় প্রকাশ।

Third Term Examination: -

গদ্য — অসহযোগী, দেবতার জন্ম, ক্যানভাসার।

কবিতা — রবীন্দ্রনাথের প্রতি, ফুল ফুটুক, না ফুটুক, সভ্যতার প্রতি।

ব্যাকরণ — এককথায় প্রকাশ (নির্বাচিত), বিরামচিহ্ন বা যতিচিহ্ন, বিপরীতার্থক শব্দ (নির্বাচিত), উপসর্গ অনুসর্গ (নির্বাচিত)।

নির্মিতি — রচনা, বোধপরীক্ষণ।

Hindi 2nd Language

Syllabus Class IX

FIRST TERM EXAMINATION

| | \sim | | | |
|----|--------|---|---|---|
| सा | हित्य | स | 1 | ₹ |

गद्य

- बात अठन्नी की
- काकी

पद्य

- साखी
- गिरिधर की कुंडलियां

व्याकरण

- संज्ञा,सर्वनाम, लिंग, वचन, कारक, विशेषण, क्रिया, क्रिया विशेषण, पर्यायवाची शब्द, विपरीतार्थक शब्द ,अनेकार्थी शब्द , अनेक शब्दों के लिए एक शब्द , अशुद्धि संशोधन ,मुहावरे और लोकोक्तियाँ

रचना

- कहानी लेखन
- चित्र पर आधारित प्रस्ताव लेखन
- पत्र लेखन (औपचारिक एवं अनौपचारिक)
- अपठित गद्यांश
- निबंध लेखन

Internal Assessment SECOND TERM EXMINATION

साहित्य सागर

गद्य

- नेताजी का चश्मा
- महायज्ञ का पुरस्कार

पद्य

- वह जन्मभूमि मेरी
- स्वर्ग बना सकते हैं

व्याकरण

- उपसर्ग, प्रत्यय, वाक्य, विरामचिन्ह, वाच्य, काल

रचना - प्रस्ताव लेखन (पूर्व पठित व्याकरण एवं रचना की पुनरावृत्ति) **Internal Assessment (PROJECT) UNIT TEST** साहित्य सागर - बड़े घर की बेटी (गद्य) - मेघ आए (पद्य) व्याकरण - उपसर्ग ,प्रत्यय **THIRD TERM EXAMINATION** साहित्य सागर गद्य - बड़े घर की बेटी - अपना अपना भाग्य पद्य - मेघआए - सूर के पद व्याकरण

* समस्त पूर्व पठित पाठों की पुनरावृति (व्याकरण एवं रचना सहित)

- अलंकार ,संधि , समास

Internal Assessment

(PROJECT)

MATHEMATICS SYLLABUS

2023-24

CLASS IX

Book: ICSE Understanding Mathematics Book-9 ML Aggarwal.

FIRST TERM EXAMINATION

- 1. Profit and loss.
- 2. Simple interest and compound interest.
- 3. Set Theory.
- 4. Cubes and cube roots.
- 5. Expansions.
- 6. Factorization.
- 7. Lines, angles and curve.
- 8. Triangle and its application.

INTERNAL ASSESSMENT

PROJECT.

SECOND TERM EXAMINATION

- 1. Rational and irrational numbers.
- 2. Simultaneous linear equations.
- 3. Problems on simultaneous linear equations.
- 4. Quadratic equation.
- 5. Indices.
- 6. Midpoint theorem.
- 7. Pythagoras theorem.
- 8. Rectilinear figure.
- 9. Mensuration.

(Chapters of First Term to be included).

INTERNAL ASSESSMENT

UNIT TEST

- 1. Statistics.
- 2. Trigonometrical Ratios.

PROJECT

THIRD TERM EXAMINATION

- 1. Logarithms.
- 2. Mensuration.
- 3. Theorems on Area.
- 4. Circles.
- 5. Trigonometric ratios of standard angles.
- 6. Coordinate geometry.

(All Chapters of First term, Second term and Unit Test to be included)

The BSS School Syllabus Class IX History And Civics

First Term Examination

History

Harappan Civilization Early Vedic Civilization The Later Vedic Age

Civics

Our Constitution And Its Salient Features

Internal Assessment

Second Term Examination

History

India In The 6th Century BC:Rise of Jainism And Buddhism The Mauryan Age The Sangam Age:Kingdoms And The Social And Economic Conditions The Age of The Guptas.

Civics

Elections And The Election Commission

Internal Assessment (Project)

Unit Test

History

South India And The Cholas

Civics

Local Self Government: Rural Local Institutions.

Third Term Examination

History

The Delhi Sultanate

The Mughal Empire

The Composite Culture:Bhakti Movement, Sufism And The Influence Of Christianity On Indian Society.

The Renaissance

The Reformation

Industrial Revolution And Capitalism And Socialism

Civics

Local Self Government: Urban Local Government.

SYLLABUS FOR CLASS IX 2023-24 GEOGRAPHY

FIRST TERM EXAMINATION:

- 1. Earth as a planet
- 2. Geographic grid—Latitudes and Longitudes
- 3. Rotation and Revolution
- 4. Earth's structure
- 5. A. Map pointing -World map
 - B. Basic introduction to toposheets

INTERNAL ASSESSMENT

SECOND TERM EXAMINATION:

- 1. Earth as a planet
- 2. Geographic grid—Latitudes and Longitudes
- 3. Rotation and Revolution
- 4. Earth's structure
- 5. Landforms of the earth
- 6. Rocks
- 7. Volcanoes
- 8. Earthquakes
- 9. Weathering
- 10. Denudation
- 11. Hydrosphere
- 12. A.Map pointing -World map
 - B. Basic introduction to toposheets

INTERNAL ASSESSMENT:(PROJECT WORK)

UNIT TEST:

- 1. Composition and structure of the atmosphere
- 2. Insolation

THIRD TERM EXAMINATION:

- 1. Earth as a planet
- 2. Geographic grid—Latitudes and Longitudes
- 3. Rotation and Revolution
- 4. Earth's structure
- 5. Landforms of the earth
- 6. Rocks
- 7. Volcanoes
- 8. Earthquakes
- 9. Weathering
- 10. Denudation
- 11. Hydrosphere
- 12. Composition and structure of the atmosphere
- 13. Insolation
- 14. Atmospheric Pressure and Winds
- 15. Humidity
- 16. Pollution
- 17. Sources of pollution
- 18. Effects of pollution
- 19. Preventive measures
- 20. Natural Regions of the World
- 21. Map pointing —World map

INTERNAL ASSESSMENT: (PROJECT WORK)

SYLLABUS Class 9

Subject: PHYSICS

First Term Examination

- 1. Measurements and Experimentation
- 2. Heat and energy

Internal Assessment: Practical Work

Second Term Examination

- 1. Motion in one dimension
- 2. Laws of Motion
- Pressure in Fluids and Atmospheric Pressure
- 4. Upthrust in Fluids, Archimedes' Principle and Floatation

Internal Assessment: Practical Work

Third term examination

- 1. Reflection of Light
- 2. Propagation of Sound Waves
- 3. Current Electricity
- 4. Magnetism
- 5. Heat and energy
- 6. Laws of motion

Internal Assessment: Unit Test

1. Reflection of light

Class- IX Subject- Chemistry

1st Term Examination

- 1. The language of Chemistry
- 2. Chemical changes and Reactions
- 3. Gas Laws

Internal Assessment: Project

2nd Term Examination

- 1. The language of Chemistry
- 2. Chemical changes and Reactions
- 3. Water
- 4. Atomic structure
- 5. Gas laws

Internal Assessment: Project

Unit Test

- 1. Periodic Table
- 2. Atmospheric Pollution
- 3. Practical Chemistry

3rd Term Examination

- 1. The language of Chemistry
- 2. Chemical changes and Reactions
- 3. Water

- 4. Atomic Structure
- 5. Periodic Table
- 6. Hydrogen
- 7. Gas laws
- 8. Atmospheric pollution
- 9. Practical Chemistry

Class IX Biology Syllabus – (2023-2024)

First Term:

- 1. Unit 1(Basic Biology)- Chapter 2- Cell: The Unit of Life.
- 2. Unit 1 (Basic Biology)- Chapter 3-Tissues: Plant and Animal Tissues.
- 3. Unit 2 (Flowering Plants)-Chapter 4-The Flower.
- 4. Unit 2 (Flowering Plants)-Chapter 5- Pollination and Fertilization.
- *Internal assessment

Second Term:

- 1. Unit 1(Basic Biology)- Chapter 2- Cell: The Unit of Life. (Revision from First Term)
- 2. Unit 1 (Basic Biology)- Chapter 3-Tissues: Plant and Animal Tissues. (,,)
- 3. Unit 2 (Flowering Plants)-Chapter 4-The Flower.(,,)
- 4. Unit 2 (Flowering Plants)-Chapter 5- Pollination and Fertilization. (,,)
- 5. Unit 3(Plant Physiology)-Chapter 6- Seed structure and Germination.
- 6. Unit 3 (Plant Physiology)- Chapter 7- Respiration in plants.
- 7. Unit 4 (Diversity in Living Organisms)- Chapter 8- Five Kingdom classification.
- 8. Unit 4 (Diversity in Living Organisms)-Chapter 9-Economic importance of Bacteria and Fungi.
- * Internal assessment (Project)

Unit test

1. Chapter 10 - Nutrition

Third Test Term:

- 1. Unit 5(Human Anatomy and Physiology)-Chapter 10-Nutrition.
- 2. . Unit 5 (Human Anatomy and Physiology)- Chapter 11- Digestive System.
- 3. Unit 5 (Human Anatomy and Physiology)- Chapter 12- Skeleton- Movement and Locomotion.
- 4. Unit 5(Human Anatomy and Physiology)-Chapter 13-Skin-"The Jack of All Trades."

- 5. Unit 5 (Human Anatomy and Physiology)-Chapter 14-The Respiratory System.
- 6. Unit 6 (Health and Hygiene)- Chapter 15-Hygiene (A Key to Healthy Life).
- 7. Unit 6 (Health and Hygiene)-Chapter 16- Diseases: Cause and Control.
- 8. Unit 6 (Health and Hygiene) Chapter 17-Aids to Health.
- 9. Unit 6 (Health and Hygiene) Chapter 18-Health Organizations.
- 10.Unit 6 (Health and Hygiene)-Chapter 19-Waste Generation and Management.

COMMERCIAL STUDIES

CLASS – IX

Syllabus breakup for the session 2023-24

1st Term (80 marks):

- Ch.1 Commercial and noncommercial activities
- **Ch.2 Business Activities**
- Ch.3 Profit and non-profit organizations
- Ch.4 Classification of Commercial organizations
- Ch.10 Marketing and Sales
- Ch.11 Finance and Accounts
- Ch.12 Human Resources
- Ch.19 Meaning, objectives and terminologies of accounting
- Ch.20 Basic accounting principles and concepts
- Ch.21 Accounting books and statements (Journal)

Internal Assessment: (20 marks)

2nd Term (80 marks):

All the chapters included in 1st term.

- Ch.21 Accounting books and Statements (Journal, Ledger, Trial Balance)
- Ch.5 Sole proprietorship and Hindu Undivided Family business
- Ch.6 Partnership
- Ch.13 Production
- Ch.14 Purchasing and Stores
- Ch.16 Communication in Commercial organizations

Project 1: (20 marks)

Classify the business enterprises (5-7) in your locality into industrial and commercial categories. Also support with pictures and supporting information regarding their business enterprises.

Unit test (20 marks):

- Ch.7 Joint Stock Company
- Ch.8 Cooperative Society
- Ch.9 Public Sector Enterprises
- Ch.15 General administration, Legal compliance and management information, system departments

3rd Term(80 marks):

All previous chapters included in previous terms and unit test.

- Ch.17 Verbal and nonverbal communication
- Ch.18 Different methods of communication
- Ch.21 Accounting books and Statements (Cash Book, Petty Cash Book, Bank Reconciliation Statement)
- Ch.22 Banking
- Ch.23 Trade
- Ch.24 Social Responsibility of Commercial organization towards the environment

Project 2: (20 marks)

To make a study of different elements of the types of communication used in businesses.

Class IX (SECTION III)

SYLLABUS BREAK UP (HOME - SCIENCE)

1stTERM EXAMINATION

TOPICS

- 1. Concept and Scope of Home Science
- 2. Food and Health
- 3. Nutrition and their function
- 4. Growth and development

In the month of March

PROJECT 1: Identification of pulses, cereals and spices.

To identify the samples of pulses, cereals and spices with their English as well as Indian names and images on the basis of the general understanding of Home – Science (It should be done in shoe – lace file).

INTERNAL ASSESSMENT

2ndTERM EXAMINATION

- 1. Play and Play School Early Child (kinds of play)
- 2. Disease and prevention
- **3.** Colour and it's application
- 4. Lighting in the home
- **5.** Sustainable Utilisation of Fuels and Energy
- **6.** Maintenance of sanitation and hygiene (Chapters of 1st term to be included)

In the month of May

<u>PROJECT 2</u>: Planning of Household budget and saving methods (Can find out from parents)

- 1. Calculate the net income
- 2. Tract spending
- 3. Set realistic goals
- 4. Making a plan
- 5. Adjust spending to stay an budget
- 6. Reviewing the budget
- 7. Types of saving method

In the month of July

<u>PROJECT 3</u>: Project On Prang Colour Wheel (with suitable pictures or drawings and their classifications) It should be done in shoe - lace file

UNIT TEST

- 1. Maintenance of sanitation and Hygiene
 - 2. Fibres: Properties and Uses (Wool)

In the month of October

<u>PROJECT 4</u>: Project On Various cuts of vegetables and fruits like slice, chop, dice, mince

- 1. Pictures on various cuts of fruits
- 2. To identify them
- 3. To write about the method of cutting

In the month of December

<u>PROJECT 5</u>: Collection of samples of fabrics and comparing them on their cost, durability, appearance and sustainability. (it should be done in a shoe-lace file)

THIRD TERM EXAMINATION

TOPICS

- 1. Fibres: Properties and Uses (Continuation)
- 2. Fabrics Structure (Woven fabrics)
- Communication and Extension

 (All the chapters of 1st term, 2nd term and Unit test included)

2023—2024 SYLLABUS COOKERY (SECTION III) CLASS-IX

FIRST TERM EXAMINATION

TOPICS:

- 1. NUTRITIVE VALUE OF FOODS
 - i. Introduction to food
 - ii. Role of food in providing adequate nutrition
 - iii. Food and nutrients: basic food groups as suggested by ICMR
 - iv. Study of all the macro nutrients and micro nutrients.

SECOND TERM EXAMINATION

TOPICS:

- 1. BASIC METHODS OF COOKERY AND PRINCIPLES INVOLVED
 - Need for cooking and principles of cookery: basic terminology used in cooking.
 - ii. Basic methods of cookery and its principles.
- 2. METHODS OF PREPARING AND COOKING FOOD TO PRESERVE NUTRITIVE PROPERTIES
 - i. Guidelines to be followed while cooking food

(Chapters of first term to be included)

INTERNAL ASSESSMENT:-

- PROJECT WORK
- UNIT TEST:
 - 1. BASIC METHODS OF COOKERY AND ITS PRINCIPLES

THIRD TERM EXAMINATION

TOPICS:

- 1. METHODS OF PREPARING AND COOKING FOOD TO PRESERVE NUTRITIVE PROPERTIES
 - i. Methods of enhancing food values
 - ii. Use of spices, leavening agents, thickening agents
 - iii. Importance of garnishing
 - iv. Use of herbs
- 2. PHYSICAL CHANGES IN FOOD DURING COOKING
 - Food components and major constituents: carbohydrate, protein, fats and inorganic mineral component
 - ii. Effect on cooking (heat) on different types of food

(Chapters of first term and second term to be included)

INTERNAL ASSESSMENT

- PROJECT WORK
- **UNIT TEST**:
- 1. METHODS OF ENHANCING FOOD VALUE, USE OF SPICES AND HERBS.

SYLLABUS

Mass Communication

Class IX-2023

First Terminal

- i) Communication
- ii) Mass Media

Second Terminal

- i) Communication
- ii) Mass Media
- ii) Print Media
- iii) Radio as a Medium

Internal Assessment -

Project Work

Unit Test

- i) Radio as a Medium
- ii) Introduction to Advertisement

Internal Assessment -

Project Work

Final Test

i) A Brief History of Internet

Internal Assessment –

Project Work

*(Previous chapters to be included)

SYLLABUS OF CLASS IX (2023-2024) ECONOMIC APPLICATIONS

FIRST TERM EXAMINATION

- 1 Meaning and Definition of Economics
- 2 Basic Concepts of Economics
- 3 Basic Problems of an Economy
- 4 Types of Economies
- 5 Sectors of the Indian Economy (introduction)

SECOND TERM EXAMINATION

- 1 Sectors of the Indian Economy (contd)
- 2 Agriculture, Industry and the Ecosystems

(Chapters of First Term to be included)

INTERNAL ASSESSMENT

PROJECT WORK

UNIT TEST

1 Infrastructure of the Indian Economy

THIRD TERM EXAMINATION

- 1 Consumer Awareness
- 2 Globalisation

(Chapters of First Term, Second Term and Unit Test to be included)

INTERNAL ASSESSMENT

PROJECT WORK

Session plan 2023-2024

Subject - Computer Application(6th Subject)

Class 9

- 1. Introduction to object oriented programming concepts
- 2. Values and data type
- 3. Operators in Java
- 4. Conditional statements in Java

Block Test 1 [100] (Topic 1,2,3,4 and 5)

- 5. Iterative constructs in Java
- 6. Input in Java
- 7. Mathematical library methods
- 8. Elementary concepts of objects and classes

Half Yearly[100] (Topic 1, 2, 3, 4, 5, 6, 7,8)+ Practical Assignment [100]

- 9. Nested for loops
- 10. Computing and ethics
- 11. More on basic input output (scanner and printer classes)

Annual Term [100] (All Chapters)+ Practical Assignment [100]

Syllabus for Physical Education for Class IX (OPTIONAL)

Session 2023 - 2024

FIRST TERM:-

SECTION - A (THEORY) :-

TOPIC: The Human Anatomy and Physiology

- 1. Skeletal System
- 2. Functions of the Skeletal System
- 3. Classification of Joints
- 4. Benefits of Exercise on the Skeletal System

SECTION - B (THEORY OF GAMES) :-

TOPIC: Football

- 1. Knowledge of the game
- 2. Law of the game
- 3. Equipments including clotings
- 4. Number of players
- 5. Positions of players on court
- 6. The positions of players while conduction a tie-breaker
- 7. Substitution
- 8. Non basic equipment
- 9. Officials
- 10. Duration of the match
- 11. How to start the game and restart the game
- 12. Ball in play and ball out of play
- 13. Determining the outcome of a match
- 14. The technical area
- 15. Fouls and misconduct
- 16. Cautionable offence
- 17. Sending off offence
- 18. Dealing the restart of play
- 19. Fundamental Skills and techniques
- 20. National and International governing bodies and tournaments
- 21. Terminology

TOPIC: Basketball

- 1. Knowledge of the game
- 2. Rules and regulation of the game
- 3. Equipment needed to conduct the game

- 4. Uniform
- 5. Duties of the captain and coach
- 6. Status of the ball
- 7. When the goal is considered
- 8. Jump ball

SECOND TERM:-

SECTION - A (THEORY) :-

TOPIC: Muscular System

- 1. Muscles
- 2. Muscle Contraction and its types
- 3. Difference between Voluntary Involuntary and Cardiac muscles
- 4. Difference between Isometric and Isotonic muscle contraction
- 5. Muscles of the body
- 6. Benefits of exercise on the muscular system

TOPIC: Games and Sports

- 1. Introduction and History
- 2. Difference between games and sports
- 3. Components and criteria of games and sports
- 4. Short notes on global association of international sports federations
- 5. GAISF

SECTION - B (THEORY OF GAMES) :-

TOPIC: Basketball

- 1. Composition of the basketball team
- 2. Substitution
- 3. Duration of play
- 4. How the ball is played
- 5. Scoring through goal
- 6. Alternating Possession
- 7. Throw in
- 8. Winner of a game
- 9. The aim of each team
- 10. Time out
- 11. The game lost by forfeit
- 12. The game lost by default
- 13. Violations and fouls
- 14. Fundamental Techniques and Skills
- 15. Officials
- 16. National and International governing bodies and tournaments
- 17. Terminology

THIRD TERM:-

SECTION - A (THEORY) :-

TOPIC: Respiratory System

- 1. The Respiratory System
- 2. Description and Function of parts of the Respiratory system
- 3. Mechanics of Breathing
- 4. Diffusion of respiratory gases in the alveoli
- 5. Oxygen debt
- 6. Second wind
- 7. Lactic acid accumulation
- 8. Benefits of exercise on the respiratory system
- 9. Vital capacity, tidal volume, aerobic and anaerobic respiration

TOPIC: Circulatory system

- 1. The heart
- 2. What is Circulatory system
- 3. Difference between arteries and veins
- 4. Mechanism of blood circulation
- 5. The blood vessels
- 6. The blood
- 7. Functions of blood
- 8. Benefits of exercise on the circulatory system

SECTION - B (THEORY OF GAMES) :-

TOPIC: Cricket

- 1. Knowledge of the game
- 2. Rules and regulations of the game
- 3. Game Equipment and player equipment
- 4. Types of matches
- 5. Officials and their duties
- 6. Short notes on different types of outs
- 7. Fundamental skills and techniques
- 8. National and international tournaments and governing bodies
- 9. Batsman's shots
- 10. Bowling styles
- 11. Terminology

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