KLE Society's School, Gadag

Subject: ENGLISH Grade: 9

Sl No	Month	Week	Unit/Sub Unit	Subject Enrichment activity	No of Periods/ Days
1	April-2026	1st	Grammar-Tenses		3
		2nd	Grammar-Tenses		5
		3rd	Writing Skill-Formal Letters, Letter to Editor. Suffix and Prefix.		5
		4th	Sequence of Tenses in different contexts of communication		5
		5th			-
3	June-2026	1st	L1- How I Taught My Grand Mother to read.	Act-I-Pair activity-Speak about your village/town	6
		2nd	Grammar-Modal Auxiliaries		5
		3rd	L2- The Pot Maker		6
		4th	L3-Winds of change		5
		5th	L4- Vitamin		2
4.	July-2026	1st	L4- Vitamin Writing Descriptive ,Narrative Essay		4
		2nd	Grammar –Reported Speech…..cont..	MT-1	5
		3rd	Grammar –Reported Speech…..cont..		6
		4th	L5- The World of Limitless Possibilities	ACT-2-Poster Making	5
		5th	Statements, questions, commands &requests		5
5.	Aug-2026	1st	L6-Twin Melodies…… cont…		1
		2nd	L6-Twin Melodies	MT-2	5
		3rd	Grammar-Conditional clause		5
		4th	Grammar-Subject-verb concord		5
		5th	Grammar-Determiners		5
6.	Sept-2026	1st	L7- Carrier of Words	ACT-3-Group Discussion on the roleof any five vocations.	5
		2nd			
		3rd			
		4th			
		5th	**Half Yearly Examination**		
7	Oct-2026	1st	**Half Yearly Examination**		
		2nd	**Half Yearly Examination**		
		3rd	**Mid Term Vacation**		
		4th	**Mid Term Vacation/**		3
		5th			6
8	Nov-2026	1st	L8- Follow That Dream	ACT-4-ASL	5

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		2nd	**Deepavali Holidays**		
		3rd	Grammar-Clauses- Noun Clause, Relative Clause		6
		4th	Editing, Sentence Rearrangement		5
		5th	Writing Skill-Writing a Notice		1
9	Dec-2026	1st	Writing informal invitation	MT-3	5
		2nd	Writing formal E-mail		5
		3rd	Writing Description,Magazine Article		6
		4th	**Annual Gathering 2026-27**		4
		5th	**Christmas Holidays**		
10.	Jan-2027	1st			1
		2nd			5
		3rd	**Revision for Annual Exam**		6
		4th			6
		5th			5
11	Feb-2027	1st	**Revision for Annual Exam**		6
		2nd			6
		3rd	**Annual Exams-2026-27**		6
		4th	**And Results**		6
12	Mar-2027	1st	**Grade 10 Classes**		
		2nd			
		3rd			
		4th			

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Subject: Kannada Grade: 9

Sl No	Month	Week	Unit/Sub Unit	Subject Enrichment activity	No of Periods/ Days
1	April-2026	1st	ಭಾಷೆ ಮತ್ತು ವ್ಯಾಕರಣಾಂಶಗಳ ಪರಿಚಯ		3
		2nd	ವರ್ಣಮಾಲೆಗಳು ಮತ್ತು ಅದರ ವಿಧಗಳು		5
		3rd	ಸಂಯುಕ್ತಾಕ್ಷರಗಳು ಮತ್ತು ಅದರ ಪ್ರಕಾರಗಳು		5
		4th	೧.೧ ಪ್ರಜಾನಿಷ್ಠೆ (ಗದ್ಯ)		5
		5th			-
3	June-2026	1st	ಕನ್ನಡ ಸಂಧಿಗಳು		6
		2nd	೨.೧ ಹೊಸ ಹಾಡು (ಪದ್ಯ)		5
		3rd	೩.೧ ಪುಟ್ಟ ಹಕ್ಕಿ (ಪೂರಕ ಪಾಠ)		6
		4th	ಸಂಸ್ಕೃತ ಸ್ವರ ಸಂಧಿಗಳು		5
		5th	ಸಂಸ್ಕೃತ ವ್ಯಂಜನ ಸಂಧಿಗಳು		2
4.	July-2026	1st	ಪತ್ರ ಲೇಖನಗಳು. ಗಾದೆಗಳು.		4
		2nd	೧.೨ ಬೆಡಗಿನ ತಾಣ ಜಯಪುರ (ಗದ್ಯ)	MT-1	5
		3rd	೨.೨. ಪಾರಿವಾಳ (ಪದ್ಯ)	**Activity-1**	6
		4th	ಸಮಾಸಗಳು	ಎ.ಎಸ್.ಎಲ್. (ASL)	5
		5th	ಸಮನಾರ್ಥಕ, ವಿರುದ್ಧಾರ್ಥಕ ಪದಗಳು, ಸ್ವಂತವಾಕ್ಯಗಳು.		5
5.	Aug-2026	1st	ತತ್ಸಮ–ತದ್ಭವಗಳು, ಜೋಡಿ ಪದ, ದ್ವಿರುಕಿ, ಅನುಕರಣಾವ್ಯಯಗಳು.		1
		2nd	೧.೩. ಆದರ್ಶ ಶಿಕ್ಷಕ ಸರ್ವೆಪಲ್ಲಿ ರಾಧಕೃಷ್ಣನ್ (ಗದ್ಯ)	MT-2	5
		3rd	೩.೨. ನನ್ನಾಸೆ (ಪೂರಕ ಪಾಠ)		5
		4th	ಪ್ರಬಂಧಗಳು. ವರದಿ.		5
		5th	೨.೩. ಹೇಮಂತ (ಪ್ಯದ್ಯ)		5
6.	Sept-2026	1st	೧.೪. ಜನಪದ ಕಲೆಗಳ ವೈಭವ (ಗದ್ಯ)		5
		2nd	ಧಾತು, ಕ್ರಿಯಾಪದ.		
		3rd	ಅರ್ಥವ್ಯತ್ಯಾಸ,		
		4th	ಪದ್ಯ, ಗದ್ಯಗಳ ಪುನರಾವರ್ತನೆ		
		5th	**Half Yearly Examination**		
7	Oct-2026	1st	**Half Yearly Examination**		
		2nd	**Half Yearly Examination**		
		3rd	**Mid Term Vacation**		
		4th	**Mid Term Vacation/**		3
		5th	೩.೩.ಉರಿದ ಬದುಕು (ಪೂರಕ ಪಾಠ)		6
8	Nov-2026	1st	ವಿಭಕ್ತಿ ಪ್ರತ್ಯಯಗಳು,		5
		2nd	**Deepavali Holidays**		
		3rd	೧.೫. ಹರಲೀಲೆ (ಗದ್ಯ)	**Activity-2**	6
		4th	ವಸ್ತುವಚಕಗಳು, ಗುಣವಾಚಕ, ದಿಗ್ವಾಚಕ,ಸಂಖ್ಯಾವಾಚಕ, ಸಂಖ್ಯೆಯವಾಚಕ.	ಶಿವನ ಅವತಾರಗಳನ್ನು ಕುರಿತು–4 ಕಥೆಗಳನ್ನು ಬರೆಯುವುದು. ಒಂದನ್ನು	5

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				ಹೇಳುವುದು.	
		5th	ಸರ್ವನಾಮಗಳು. ಕಾಲಗಳು.		1
9	Dec-2026	1st	ಎ.ಳ. ನಿನ್ನ ಮುತ್ತಿನ ಸತ್ತಿಗೆಯನಿತ್ತು ಸಲಹು (ಪದ್ಯ)	MT-3	5
		2nd	ವಿದ್ಯರ್ಥಕ, ನಿಷೇದಾರ್ಥಕ, ಸಂಭವನಾರ್ಥಕ ಪದಗಳು. ಕರ್ತರಿ, ಕರ್ಮಣಿ ಪ್ರಯೋಗಗಳು.		5
		3rd	ಷ.ಳ. ಗುಣಸಾಗರಿ ಪಂಡರಿಬಾಯಿ (ಪೂರಕಪಾಠ)		6
		4th	**Annual Gathering 2026-27**		4
		5th	**Christmas Holidays**		
10.	Jan-2027	1st	ಗ್ರಾಮ್ಯ, ಗ್ರಾಥಿಕ ರೂಪಗಳು.		1
		2nd	ಎ.ಖಿ. ಕನ್ನಡ ನಾಡುನುಡಿ (ಪದ್ಯ)		5
		3rd	**Revision for Annual Exam**		6
		4th			6
		5th			5
11	Feb-2027	1st	**Revision for Annual Exam**		6
		2nd			6
		3rd	**Annual Exams-2026-27**		6
		4th	**And Results**		6
12	Mar-2027	1st	**Grade 10 Classes**		
		2nd			
		3rd			
		4th			

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Subject: Grade: 9

Month	Week	Unit/Sub Unit	Subject Enrichment activity	No of Periods/ Days
April-2026	1st	**1.Number System** Introduction to rational numbers *Representing Rational numbers on Number Line,		8
	2nd	Finding rational number between any two rational numbers Density of rational numbers and proofs	Making spiral root of Irrational numbers	9
	3rd	Real Numbers and their Decimal Expansions Introduction to irrational numbers		8
	4th	Proof of Irrationality of $\sqrt{2}$ and $\sqrt{3}$ Square root spiral Rationalisation of denominators		8
	5th			
June-2026	1st	**2.Introduction to Polynomials:** Introduction Algebraic expressions, Degree of polynomial,		9
	2nd	Linear polynomials and applications		8
	3rd	Exploring linear patterns ,modeling linear growth and linear decay		9
	4th	Linear relationships, visualizing linear relationships		6
	5th	Slope and y-intercept of a line y=ax+b		4
July-2026	1st	**3.Lines and Angles** *Introduction *Basic terms and definitions *Pairs of Angles Theorems and examples on intersecting lines		6
	2nd	Theorem related sums	MT-1	6
	3rd	Theorems *Parallel Lines and a Transversal *Lines parallel to the same line		9
	4th	**4.Coordinate Geometry** Brief history of coordinate geometry, The 2-D Cartesian coordinate system, Distance between two points in the 2-D plane		8

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		5th	Midpoint of the line – segment between two points in the 2-D plane		6
	Aug-2026	1st	**5.Linear Equation In Two Variables** :Introduction to linear equations through practical examples		2
		2nd	*Solutions of a Linear Equation	MT-2	6
		3rd	Graph of a Linear Equation in Two Variables Graphical method for solving a pair of linear equations in two variables.		8
		4th	Nature of solutions consistency and inconsistency, solving linear equations by substitute and elimination method		9
		5th	**6.Sequences and progressions:** Introduction, general and recursive rule, Arithmetic progressions		8
	Sept-2026	1st	Visualizing an AP, Contexts leading to APs, Sum of first n natural numbers		7
		2nd	Geometric progressions ,nth term Visualising an GP, Contexts leading to GPs, Application of GP in fractals, Tower of Hanoi puzzle		9
		3rd	**7.Introduction to Euclid's Geometry: Axioms and Postulates:** History of geometry, Construction of square using Baudhayanas Sulbasutras, Definitions of Euclid's Axioms –measurements and rules for geometric objects		8
		4th	**8.Quadrilaterals :** Properties of parallelograms, Theorems and proofs related to parallelograms		9
		5th	**Half Yearly Examination**		
	Oct-2026	1st	**Half Yearly Examination**		
		2nd	**Half Yearly Examination**		
		3rd	**Mid Term Vacation**		
		4th	**Mid Term Vacation/**		
		5th	Midpoint Theorem and applications, Understanding the notion of central symmetry in context of parallelograms.		9

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			9.Exploring algebraic identities: Identities using geometric models, factorization,		
	Nov-2026	1st	Visualizing factorization of quadratic expressions through algebra tiles simplifying rational expressions **10.Surface area and Volume:** Surface area and volumes of spheres, hemispheres and right circular cones		9
		2nd	**Deepavali Holidays**		
		3rd	**11.Triangles: Congruence Theorems :** Practical applications of triangles, Proofs of conditions of congruence, Theorems		9
		4th	Propositions and their converse, problems based on applications of theorems on triangles		8
		5th	**12.Statistics :** Graphical representation of Data ,measures of central tendency	Representation of data using frequency polygons	2
	Dec-2026	1st	**13.Circles :**Practical applications and uses of circles, definitions, chords and the angles they subtend ,midpoints and perpendicular bisectors of chords	MT-3	8
		2nd	Distance of chords from the Centre, subtended angles by an arc, cyclicity of points		9
		3rd	**14.Area and perimeter:** Perimeter of shapes ,Perimeter of circle: Introduction to pi and its irrationality, Length of an arc		9
		4th	**Annual Gathering 2026-27**		
		5th	**Christmas Holidays**		
	Jan-2027	1st	Areas of rectangles ,parallelograms, triangles , area of sector of circle, Herons formula ,squaring a rectangle from Baudhayanas sulbasutras,circle derivation, herons formula special case of Brahmaguptas formula		4
		2nd	**15.Introduction to Probability:** Concept of probability, scale and empirical probability, Theoretical probability sample space and events, representing probability through tree diagrams and tables		9

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		3rd	**Revision for Annual Exam**		
		4th			
		5th			
	Feb-2027	1st	**Revision for Annual Exam**		
		2nd			
		3rd	**Annual Exams-2026-27**		
		4th	**And Results**		
	Mar-2027	1st	**Grade 10 Classes**		
		2nd			
		3rd			
		4th			

KLE Society's School, Gadag

Subject: Science (Biology) Grade: 9

1.6.2026

Sl No	Month	Week	Unit/Sub Unit	Subject Enrichment activity	No of Periods/ Days
1	April-2026	1st	**1.EXPLORATION:** Entering the world of secondary science		3
		2nd	**2.FUNDAMENTAL UNIT OF LIFE** * Structural organization of cells * Cell membrane * Cell wall		5
		3rd	* Cell wall		5
		4th	* Nucleus		5
		5th			-
3	June-2026	1st	* Cytoplasm * **Cell organelles** * Endoplasmic reticulum	**Lab activity:** To determines the mass percentage of water imbibed by raisins. **.**To demonstrates diffusion and osmosis using potato osmoscope. **.**To demonstrates plasmolysis using Rheoleaf/onion peel. . To prepare stained temporary mounts of (a) onion peel and to record observations and draw its labeled diagram.	6
		2nd	* Chloroplast * Golgi bodies		5
		3rd	* Mitochondria * Vacuoles		6
		4th	* Plastids * Lysosomes		5
		5th	Cell division and Notes dictating		2
4.	July-2026	1st			4
		2nd	**3. TISSUES**	MT-1	5

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Subject: Science (Biology) Grade: 9

1.6.2026

			* Introduction		
		3rd	* Plant tissues * Meristematic tissue * Permanent tissue		6
		4th	Animal tissue * Epithelial tissue * Muscoskeletal system s * Connective tissue * Nervous tissue		5
		5th	**11.REPRODUCTION: How life continues** **Introduction**		5
5.	Aug-2026	1st	**Reproduction.** Modes of reproduction,	Activity 1 Bisection of hibiscus flower	1
		2nd	sexual reproduction in plants and in animals, pollination.	MT-2	5
		3rd	Male and the female reproductive system		5
		4th	Variations in reproduction in animals		5
		5th	Fertilisation, Pregnancy and Child birth		5
6.	Sept-2026	1st	**Mother's Health during pregnancy**		5
		2nd	Notes dictating		
		3rd	**Diversity in living organisms** * Classification and Evolution * Hierarchy		
		4th	Kingdoms: * Monera		
		5th	**Half Yearly Examination**		
7	Oct-2026	1st	**Half Yearly Examination**		
		2nd	**Half Yearly Examination**		
		3rd	**Mid Term Vacation**		
		4th	**Mid Term Vacation/**		3
		5th	Fungi		6
8	Nov-2026	1st	Kingdom plantae		5
		2nd	**Deepavali Holidays**	Activity 2 Visit to Botanical and zoological garden	
		3rd	Types of kingdom plantae		6

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Subject: Science (Biology) Grade: 9

1.6.2026

		4th	Kingdom animalia		5
		5th	Vetebrates and Invertebrates		1
9	Dec-2026	1st	Adaptations as outcomes of structural change	MT-3	5
		2nd	**Scientific naming**		5
		3rd	Fossils as evidence		6
		4th	**Annual Gathering 2026-27**		4
		5th	**Christmas Holidays**		
10.	Jan-2027	1st	Biodiversity		1
		2nd	**Notes dictating**		5
		3rd	**Revision for Annual Exam**		6
		4th			6
		5th			5
11	Feb-2027	1st	**Revision for Annual Exam**		6
		2nd			6
		3rd	**Annual Exams-2026-27**		6
		4th	**And Results**		6
12	Mar-2027	1st	**Grade 10 Classes**		
		2nd			
		3rd			
		4th			

KLE Society's School, Gadag

Subject: Science (Chemistry) Grade: 9

1.6.2026

Sl No	Month	Week	Unit/Sub Unit	Subject Enrichment activity	No of Periods/ Days
1	April-2026	1st	5.EXPLORING MIXTURES AND THEIR SEPARATION Introduction		3
		2nd	Mixture * Types of mixtures		5
		3rd	* Solution Concentration of solution		5
		4th	* Solubility of a substances		5
		5th	Methods of separation		-
3	June-2026	1st	Distillation	LAB ACTIVITY	6
		2nd	Paper Chromatography		5
		3rd	Sublimation		6
		4th	Suspension ,Colloid , Tyndall effect		5
		5th	Notes		2
4.	July-2026	1st	**8. JOURNEY INSIDE THE ATOM** **INTRODUCTION**		4
		2nd	Atomic theory, Thomsons model of an atom	LAB ACTIVITY	5
		3rd	Gold foil experiment		6
		4th	Bohr's atomic theory		5
		5th			5
5.	Aug-2026	1st	Mass number		1
		2nd	Average atomic mass	MT-2	5
		3rd	Valency		5
		4th	Electron Distrubution		5
		5th	Discovery of proton, electron and neutron		5
6.	Sept-2026	1st	**9.ATOMIC FOUNDATIONS OF MATTER** Introduction		5
		2nd	Physical and Chemical change		
		3rd	Dalton's atomic theory		
		4th	Law of conservation of mass	LAB ACTIVITY	
		5th	**Half Yearly Examination**		
7	Oct-2026	1st	**Half Yearly Examination**		
		2nd	**Half Yearly Examination**		
		3rd	**Mid Term Vacation**		

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Subject: Science (Chemistry) Grade: 9

1.6.2026

		4th	**Mid Term Vacation/**		3
		5th	Law of constant proportions		6
8	Nov-2026	1st	How atoms combine		5
		2nd	**Deepavali Holidays**		
		3rd	Ionic bonds and their properties		6
		4th	covalent bonds and their properties		5
		5th	Writing of chemical formulae		1
9	Dec-2026	1st	Moecular mass	MT-3	5
		2nd	Electrical conductivity of solution		5
		3rd	Unit mass		6
		4th	**Annual Gathering 2026-27**		4
		5th	**Christmas Holidays**		
10.	Jan-2027	1st	Notes		1
		2nd	**Notes**		5
		3rd	**Revision for Annual Exam**		6
		4th			6
		5th			5
11	Feb-2027	1st	**Revision for Annual Exam**		6
		2nd			6
		3rd	**Annual Exams-2026-27**		6
		4th	**And Results**		6
12	Mar-2027	1st	**Grade 10 Classes**		
		2nd			
		3rd			
		4th			

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Subject: Science (Biology) Grade: 9

1.6.2026

Sl No	Month	Week	Unit/Sub Unit	Subject Enrichment activity	No of Periods/ Days
1	April-2026	1st	**1. Motion** Point of reference		3
		2nd	Motion is relative term		5
		3rd	Distance travelled		5
		4th	Displacement		5
		5th	Differences between distance and displacement		-
3	June-2026	1st	Uniform and,		6
		2nd	non-uniform motion		5
		3rd	Vector and scalar quantities, speed, velocity		6
		4th	Average speed and Uniform speed (numerical).		5
		5th	**MT-1**		2
4.	July-2026	1st	**Mt-1**		4
		2nd	Acceleration, Graphical representation of motion		5
		3rd	Derivations of equations of motion, circular motion.		6
		4th	Problems on equations		5
		5th	**2. Force and Laws of Motion** Newton's first law of motion		5
5.	Aug-2026	1st	Newton's second law of motion		1
		2nd	Newton's third law of motion,	**Activity 1** Illustration of momentum and inertia dependent on the mass and velocity.	5
		3rd	Law of conservation of momentum. Numerical on Newton laws of motion		5
		4th	Numericals		5
		5th	**M T –II**		5
6.	Sept-2026	1st	Lab experiment 1		5
		2nd	Activity on third law of motion		
		3rd	Half yearly revision		
		4th	Half yearly revision.		
		5th	**Half Yearly Examination**		
7	Oct-2026	1st	**Half Yearly Examination**		
		2nd	**Half Yearly Examination**		
		3rd	**Mid Term Vacation**		

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Subject: Science (Biology) Grade: 9

1.6.2026

		4th	**Mid Term Vacation/**		3
		5th	**4. Work, Energy and simple machines** Work and types of work		6
8	Nov-2026	1st	Power and simple machines		5
		2nd	**5. Sound** Sound and its propagation		
		3rd	Types of waves, Characteristics of sound waves	**Lab Activity** 4) To determine the velocity of pulse propagated through a stretched slinky.	6
		4th	Ultra sound waves and applications		5
		5th	problems		1
9	Dec-2026	1st	Mt -3	MT-3	5
		2nd	Lab experiment 1: To show sound travel in form waves and law of reflection(Angle of incidence=Angle of reflection).		5
		3rd	**Notes dictating**		6
		4th	**Annual Gathering 2026-27**		4
		5th	**Christmas Holidays**		
10.	Jan-2027	1st			1
		2nd	**Notes dictating**		5
		3rd	**Revision for Annual Exam**		6
		4th			6
		5th			5
11	Feb-2027	1st	**Revision for Annual Exam**		6
		2nd	**Revision for Annual Exam**		6
		3rd	**Annual Exams-2026-27**		6
		4th	**And Results**		6
12	Mar-2027	1st	**Grade 10 Classes**		
		2nd			
		3rd			
		4th			

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Subject: Social Science Grade: 9

Sl No	Month	Week	Unit/Sub Unit	Subject Enrichment activity	No of Periods/ Days
1	April-2026	1st	Bridge Course		3
		2nd	Understanding Social Science		5
		3rd	Understanding Social Science		5
		4th	Understanding Social Science		5
		5th			-
3	June-2026	1st	Democracy		6
		2nd	Building Blocks in Economics		5
		3rd	Building Blocks in Economics		6
		4th	Shaping of the Earth's Surface		5
		5th	Shaping of the Earth's Surface		2
4.	July-2026	1st	Early Humans and Beginning of Civilisation		4
		2nd	Early Humans and Beginning of Civilisation	MT-1	5
		3rd	Elections	Design a voter awareness poster or prepare a model of EVM/Ballot Box.	6
		4th	Atmosphere and Climate		5
		5th	Atmosphere and Climate		5
5.	Aug-2026	1st	State and Society(Up to 1000CE)		1
		2nd	State and Society(Up to 1000CE)	MT-2	5
		3rd	The Price Puzzle – What Drives the Market		5
		4th	The Price Puzzle – What Drives the Market		5
		5th	Oceans and Life		5
6.	Sept-2026	1st	Oceans and Life		5
		2nd	Life on Earth	Make a poster on biodiversity conservation or forest protection.	5
		3rd	Life on Earth		3
		4th	**Revision for Half Yearly Exam**		
		5th	**Half Yearly Examination**		
7	Oct-2026	1st	**Half Yearly Examination**		
		2nd	**Half Yearly Examination**		
		3rd	**Mid Term Vacation**		
		4th	**Mid Term Vacation/**		3
		5th	Authority		6
8	Nov-2026	1st	Authority		5
		2nd	**Deepavali Holidays**		

KLE Society's School, Gadag

Subject: Social Science Grade: 9

		3rd	From Ideas to Startups		6
		4th	From Ideas to Startups		5
		5th	From Ideas to Startups		1
9	Dec-2026	1st	Resistance and Resilience	MT-3	5
		2nd	Resistance and Resilience	Create a simple startup idea with logo, product name and advertisement poster.	5
		3rd	India and the World – I (1900 BCE – 1200 CE		6
		4th	**Annual Gathering 2026-27** India and the World – I (1900 BCE – 1200 CE		4
		5th	**Christmas Holidays**		
10.	Jan-2027	1st	Smart Ways to Manage your Finances		1
		2nd	Smart Ways to Manage your Finances		5
		3rd	**Revision for Annual Exam**		6
		4th			6
		5th			5
11	Feb-2027	1st	**Revision for Annual Exam**		6
		2nd			6
		3rd	**Annual Exams-2026-27 And Results**		6
		4th			6
12	Mar-2027	1st	**Grade 10 Classes**		
		2nd			
		3rd			
		4th			

KLE SOCIETY'S SCHOOL GADAG

Year planner 2026/27

Subject:- Health and physical education **Grade:- 9th**

SL no	Month	Athletic & Games	Health Education	Yoga	General Activities	No of Periods
01	April	Athletics (Running) Sprint(100Mtr,200Mtr & 400Mtr)	Benefits of health education	Suryanamaskar steps for all aasanas method of breath and no of counts.	Components of motor fitness: Speed, Agility & Co ordination.	
02		Middle Distance Run(800Mtr,1500Mtr)				
03		Long Distance Run(5000Mtr,10000Mtr) (Student knowledge)				
04		Rules of the Events.				
05						
06	June	Cross country , Half Marathon and Marathon	First Aid	Forward extension aasanas: Adhomukha upavisthta konasana,marich asana-1,janushirshana,traingamukaikapachimottanasan		
07		Cricket (Skills and practice matches)				
08						
09						
10						
11	July	Shot put History of the event, skills & rules of the event	Body management skills:- -Posture	Breath description about all paranayam : Suryanadi-Chandranadi,Nadishodhan,Bramhari,Bhastrika,Kapalabhati.	March past ,right salute & left salute.	
12						
13						
14						
15	August	Long jump History and skill a)The approach	Balance diet		Term 1-Khelo India fitness test(BMI,50Mtr	

		B)Take off c)Flight d)Landing		Standing aasanas: parivrutt trikonasana, Parshwa konasan, Veerbhadrasan.	speed, Sit and reach test)	
16						
17						
18	Septe mber	Kabbaddi History of the game a)Attacking skills b)Defending skills Roles of the game	Personal Cleanliness & Hygiene	Back ward Extention Asanas:Shalabasa n,Dhanurasan, Adhomukha Shwanasan, Ushtrasan,	Term 1-Khelo India fitness test (600Mtr run/walk, partial curl up test, push up.)	
19						
20						
21				.		
22	Octobe r	Basket ball a)History of the game b)Rules C)Skills	Use and maintenance of equipment	Brief description about Mudras: ApanaMudra, LingaMudra,Dnya naMudra,AdiMu dra		
23						
24						
25	Novem ber			Sitting Asanas: Gomukhasan, UttitaPadmasan, BaddaKonasa	Annual sports meet event practice	
26						
27						
28						
29	Decem ber			Breathing Exercisess, Meditation	Term 2-Khelo India fitness test(BMI,50Mtr speed, Sit and reach test)	
30						
31						
32	Januar y	Table Tennis a)History of the games b)Rules c)Skills		Twisting Asanas: Ardhamatsandra san,Marichasan, Vakrasan.	Term 2-Khelo India fitness test (600Mtr run/walk, partial curl up test, push up.)	
33						
34						
35						
36	Februa ry			Pranayamas: Sheetali,Sheetak ari, Sadanta		

				3Pranayama,		
	March					