

LAKE MONTFORT SCHOOL-BENGALURU-49**YEAR PLAN 2025-26****Grade: 7****ART & CRAFT**

MONTH	CHAPTER / CONTENT	TEST / EXAM
JUNE	Letters model/Art/Welcome/Flowers	
JULY	Craft Work/Line Drawing/Lamos	
AUGUST	Water Colour basic/Eye/Birds/Fish/Independence Day/Wall painting	
SEPTEMBER	Pencil colours/shading & Paper cutting/ Teachers Day	
OCTOBER	Science Drawing & Landscape drawing/ Wall painting/ Auditorium Decoration/	
NOVEMBER	Face Painting, Wall Decorate / Annual Day / Children's Day/ Auditorium Decoration	
DECEMBER	Photo Frame and Greeting Card/ Christmas	
JANUARY	Natural Drawing, Free hand outline/Principal's Day/Montfort Feast/ farewell (Grade 12)/ LamExpo	
FEBRUARY	Model making, Vegetable curving/ Fancy Dress/Cloth Painting/Graduation (UKG)	
MARCH	Spray Painting and Stencil cutting/ Wall Painting	

SUBJECT: PHYSICAL EDUCATION

MONTH	CHAPTER / CONTENT	TEST / EXAM
JUNE	Practical - Basketball – Passing skills (chest,overhead,bounce pass) Theory class – Muscular strength, muscular endurance	
JULY	Practical - Athletic – Sprint (100 mts,200 mts), Long jump (cycling method) Theory – Cardio- vascular endurance, flexibility, physical synergy.	
AUGUST	Practical - Football – Passing skills (Push pass, long pass) Theory – study of Yoga	
SEPTEMBER	Practical - Basketball – Dribbling skills (low and high dribbling) Theory - Health	
OCTOBER	Practical - Athletic – Shot-put (Gliding, Rotation method) Theory – Physical awareness.	
NOVEMBER	Practical - Football – Trapping skills (instep,chest,thigh trapping) Theory - Physical awareness.	
DECEMBER	Practical - Basketball – Shooting skills (free throw, 2points, 3points) Theory –Motor fitness.	
JANUARY	Practical - Athletic – Discus throw(holding and rotation method) Theory – Motor fitness.	
FEBRUARY	Practical – Football – Shooting skills(Inside, outside, instep) Theory - Motor fitness.	
MARCH	Practical - Football – Throw-in, penalty kick, kicking. Theory – Active lifestyle.	

Sub: Music

MONT H	ACTIVITIES /TOPICS	FOCUS AREA
August	<ul style="list-style-type: none"> Introduction to Music Theory: Rhythm, Tempo, Basic Scales (Major & Minor) Introduction to the Staff, Notes, and Time Signatures Song 1: Learn a simple folk song 	<ul style="list-style-type: none"> Focus on rhythm, tempo, basic scales, and understanding the musical staff. Learn and perform a folk song, emphasizing rhythm, pitch, and expression.
Sept mber	<ul style="list-style-type: none"> Introduction to Music Theory: Rhythm, Tempo, Basic Scales (Major & Minor) Introduction to the Staff, Notes, and Time Signatures Song 1: Learn a simple folk song 	<ul style="list-style-type: none"> Focus on rhythm, tempo, basic scales, and understanding the musical staff. Learn and perform a folk song, emphasizing rhythm, pitch, and expression.
Octob er	<ul style="list-style-type: none"> IntroductiontoClassicalMusic:BasicsofIndianClassical (Carnatic&Hindustani)and Western Classical Music. MusicandEmotions:Howdifferentscalesandmodescreat edifferentemotionaleffects. Song2:Learnaclassicalcomposition(basedonthelevel). 	<ul style="list-style-type: none"> Understandinghow music evokes emotions. Introductiontoclassical music traditions and their emotional connections. Learn a classical composition, focusing on pitch, melody, and ornamentation.
Nove mber	<ul style="list-style-type: none"> IntroductiontoClassicalMusic:BasicsofIndianClassical (Carnatic&Hindustani)and Western Classical Music. MusicandEmotions:Howdifferentscalesandmodescreat edifferentemotionaleffects. Song2:Learnaclassicalcomposition(basedonthelevel). 	<ul style="list-style-type: none"> Understandinghow music evokes emotions. Introductiontoclassical music traditions and their emotional connections. Learn a classical composition, focusing on pitch, melody, and ornamentation.
Decem ber	<ul style="list-style-type: none"> ComplexRhythms:Introductiontorhythmicpatte rnsliketriplets, syncopation, and polyrhythms. (this would be taught through the language of KONNAKOL) Song3: Learn a modern or contemporary song (e.g., a popular song from a movie or musical) 	<ul style="list-style-type: none"> Focus on complex rhythmic structures, syncopation, and polyrhythms. Learn a modern song, incorporating rhythm, pitch, and vocal techniques.
Januar y	<ul style="list-style-type: none"> ComplexRhythms:Introductiontorhythmicpatte rnsliketriplets, syncopation, and polyrhythms. (this would be taught through the language of KONNAKOL) <p>Song3: Learn a modern or contemporary song (e.g., a popular song from a movie or musical)</p>	<ul style="list-style-type: none"> Focus on complex rhythmic structures, syncopation, and polyrhythms. Learn a modern song, incorporating rhythm, pitch, and vocal techniques.
Februa ry	<ul style="list-style-type: none"> Music Appreciation: Introduction to music from different cultures (folk, jazz, rock, etc.) Song 4: Learn and perform a song that incorporates different styles (e.g., a fusion of genres). 	<ul style="list-style-type: none"> Students will learn about various music genres and appreciate their unique elements. Focus on a fusion song that combines multiple musical styles. Final performance incorporating all learned concepts.
March	<ul style="list-style-type: none"> Music Appreciation: Introduction to music from different cultures (folk, jazz, rock, etc.) Song 4: Learn and perform a song that incorporates different styles (e.g., a fusion of genres). 	<ul style="list-style-type: none"> Students will learn about various music genres and appreciate their unique elements. Focus on a fusion song that combines multiple musical styles. Final performance incorporating all learned concepts.