

NORTHPOINT DAY SCHOOL

CLASS XI SCIENCE

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SUBJECT:- ENGLISH LANGUAGE & LITERATURE

Sl. No.	Month	Chapter /Unit No.	Topics and sub topics
1	April' 24	Literature, Language & Comm. Skills	<ul style="list-style-type: none">▶ A Photograph▶ Poster Drafting▶ Gap Filling
2	May' 25	Literature, Language & Comm. Skills	<ul style="list-style-type: none">▶ The Portrait of a Lady▶ The Summer of the beautiful white horse▶ Situation Vacant -Ad

			<ul style="list-style-type: none"> ▶ Note Making <p>UNIT TEST - 1</p>
3	June' 25	Literature, Language & Comm. Skills	<ul style="list-style-type: none"> ▶ We're not afraid to die... ▶ The Laburnum Top ▶ For Sale & To let -Ad ▶ Debate writing
4	July' 25	Literature, Language & Comm. Skills	<ul style="list-style-type: none"> ▶ Discovering Tut ▶ The Voice of the rain ▶ Re ordering of sentences ▶ Speech writing
5	Aug' 25	Literature, Language & Comm. Skills	<ul style="list-style-type: none"> ▶ The Adventure ▶ The Address ▶ Childhood ▶ Situation Wanted ▶ Speech/Debate Writing ▶ Transformation of Sentences <p>MID-TERM EXAMINATION</p>
6	Sept' 25	Literature, Language	<ul style="list-style-type: none"> ▶ Silk Road
7	Oct' 25	Literature, Language & Comm. Skills	<ul style="list-style-type: none"> ▶ The Tale of melon City ▶ Father to son ▶ Comm Skills-SPEECH / DEBATE
8	Nov' 25	Literature, Language & Comm. Skills	<ul style="list-style-type: none"> ▶ Mother's Day ▶ Lost & Found ad ▶ Speech writing ▶ Comm Skills-DEBATE <p>UNIT TEST- 2</p>
9	Dec' 25	Literature, Language & Comm. Skills	<ul style="list-style-type: none"> ▶ Birth ▶ Revision [Writing Skills]

10	Jan' 26	Literature, Language	► Revision
		&Comm. Skills	
11	Feb' 26	Literature, Language & Comm. Skills	► For Sale & To Let Ads(Revision) ► Debate writing(Revision) ► The Adventure (Revision)
12	Mar' 26		FINAL TERM EXAMINATION

SUBJECT:-MATHEMATICS

Sl. No.	Month	Chapter /Unit No.	Topics and sub topics
1	April' 25	Unit-III: Coordinate Geometry 1.Straight Lines	<p>Few basic concepts required to link maths with other subjects (e,gPMI, logarithms ,trigonometry ,Binomial theorem.Limits and Derivatives.etc)</p> <p>1. Straight Lines: Brief recall of twodimensional geometry from earlier classes. Slope of a line and angle between two lines. Various forms of equations of a line: parallel to axis, point -slope form, slope-intercept form, two-point form, intercept form, Distance of a point from a line.</p>

2	May' 25	Unit-III: Coordinate Geometry 1.Straight Lines 2.Conic Sections	<p>1. Straight Lines: Various forms of equations of a line: parallel to axis, point slope form, slope-intercept form, two-point form, intercept form, Distance of a point from a line.</p> <p>2. Conic Sections: Sections of a cone: circles, ellipse, parabola, hyperbola, a point, a straight line and a pair of intersecting lines as a degenerated case of a conic section. Standard equations and simple properties of parabola, ellipse and hyperbola. Standard equation of a circle. ACTIVITY:1) To construct different types of conic sections. ACTIVITY:2) To construct an ellipse when two fixed points are given practically.</p>
3	June' 25	Unit-III: 3.	<p>3. Introduction to Three-dimensional Geometry: Coordinate axes and coordinate</p>

		<p>Introduction to Threedimensional Geometry</p> <p>Unit-I:1 Sets and Functions</p>	<p>planes in three dimensions. Coordinates of a point. Distance between two points.[section formula and related problems]</p> <p>1. Sets: Sets and their representations, Empty set, Finite and Infinite sets, Equal sets, Subsets, Subsets of a set of real numbers especially intervals (with notations). Universal set. Venn diagrams. Union and Intersection of sets. Difference of sets. Complement of a set. Properties of Complement.</p> <p>2. Relations &Functions: Ordered pairs. Cartesian product of sets. Number of elements in the Cartesian product of two finite sets. Cartesian product of the set of reals with itself (up to $R \times R \times R$)</p> <p>ACTIVITY:3) To represent set theoretic operations using Venn diagrams ,ACTIVITY: 4) To verify distributive law for three given non-empty. sets A, B and C.</p>
4	July' 25	<p>Unit-I:</p> <p>2. Relations & Functions</p>	<p>2. Relations &Functions: Definition of relation, pictorial diagrams, domain, co-domain and range of a relation. Function as a special type of relation. Pictorial representation of a function, domain, codomain and range of a function. Real valued functions, domain and range of these functions, constant, identity, polynomial, rational, modulus, signum, exponential, logarithmic and greatest integer functions, with their graphs. Sum, difference, product and quotients of</p>

			functions.
5	Aug' 25	3. Trigonomet	3. Trigonometric Functions: Positive and negative angles. Measuring angles in

		ric Functions Unit-IV: Calculus 1. Limits and Derivatives	<p>radians and in degrees and conversion from one measure to another. Definition of trigonometric functions with the help of unit circle. Truth of the identity $\sin^2x + \cos^2x = 1$, for all x. Signs of trigonometric functions. Domain and range of trigonometric functions and their graphs. Expressing $\sin(x \pm y)$ and $\cos(x \pm y)$ in terms of $\sin x$, $\sin y$, $\cos x$ & $\cos y$ and their simple applications. Deducing identities like the following: $\tan(x \pm y)$, $\cot(x \pm y)$</p> <p>Identities of $\sin \alpha \pm \sin \beta$, $\cos \alpha \pm \cos \beta$, Identities related to $\sin 2x$, $\cos 2x$, $\tan 2x$, $\sin 3x$, $\cos 3x$ and $\tan 3x$. (Trigonometric equation and General solutions) ACTIVITY:5) To prepare a model to illustrate the values of sine function and cosine function for different angles which are multiples of π and $\pi/2$.</p> <p>1. Limits and Derivatives: Derivative introduced as rate of change both as that of distance function and geometrically. Intuitive idea of limit. Limits of polynomials and rational functions trigonometric, exponential and logarithmic functions.</p>
			<p>Definition of derivative relate it to slope of tangent of the curve, derivative of sum, difference, product and quotient of functions. Derivatives of polynomial and trigonometric functions.</p>

6	Sept' 25	Unit-II: Algebra 1. Complex Numbers and Quadratic	1. Complex Numbers and Quadratic Equations: Need for complex numbers, especially $\sqrt{-1}$, to be motivated by inability to solve some of the quadratic equations. Algebraic properties of complex numbers. Argand plane(Polar form)
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		Equations 2. Linear inequalities 5.Sequence and Series	2. Linear inequalities. Algebraic solutions of linear inequalities in one variable and their representation on the number line.(Graph of linear inequalities) REVISION &FIRST TERM EXAM 5. Sequence and Series:(Introduction)
7	Oct' 25	Unit-II: 5.Sequence and Series	5. Sequence and Series: Arithmetic Mean (A.M.) Geometric Progression (G.P.), general term of a G.P., sum of n terms of a G.P., infinite G.P. and its sum, geometric mean (G.M.), relation between A.M. and G.M.[A.P. and related questions] ACTIVITY:6) To obtain formula for the sum of squares of first n-natural numbers. ACTIVITY:7) An alternative approach to obtain formula for the sum of squares of first n natural numbers.

8	Nov' 25	Unit-II: 3. Permutations and Combinations 4. Binomial Theorem	3. Permutations and Combinations: Fundamental principle of counting. Factorial n . $(n!)$ Permutations and combinations, derivation of Formulae for nPr and nCr and their connections, simple applications. : Historical perspective, statement and proof of the binomial theorem for positive integral indices. Pascal's triangle, simple applications. 4. Binomial Theorem: Historical perspective, statement and proof of the binomial theorem for positive integral indices. Pascal's triangle, simple applications.(questions based on general term,middle term ,independent term etc. may be asked in exam)
9	Dec' 25	Unit-II: 4. Binomial Theorem Unit-IV:	4. Binomial Theorem: Historical perspective, statement and proof of the binomial theorem for positive integral indices. Pascal's triangle, simple

		Calculus 1. Limits and Derivatives Unit-V Statistics and Probability 1. Statistics	applications.(questions based on general term,middle term ,independent term etc. may be asked in exam) ACTIVITY: 8)To construct a Pascal's Triangle and to write binomial expansion for a given positive integral exponent 1. Statistics: Measures of Dispersion: Range, Mean deviation, variance and standard deviation of ungrouped/grouped data.
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10	Jan' 25	Unit-V Statistics and Probability 1. Statistics 2. Probability	<p>1. Statistics: Measures of Dispersion: Range, Mean deviation, variance and standard deviation of ungrouped/grouped data.</p> <p>2. Probability: Events; occurrence of events, 'not', 'and' and 'or' events, exhaustive events, mutually exclusive events, Axiomatic (set theoretic) probability, connections with other theories of earlier classes. Probability of an event, probability of 'not', 'and' and 'or' events</p>
11	Feb' 25		<p>. Probability: Events; occurrence of events, 'not', 'and' and 'or' events, exhaustive events, mutually exclusive events, Axiomatic (set theoretic) probability, connections with other theories of earlier classes. Probability of an event, probability of 'not', 'and' and 'or' events</p> <p>ACTIVITY:9) To Visualise the position and coordinates of point in space practically.</p> <p>ACTIVITY: 10) To write the sample space, when a coin is tossed once, two times,</p>
			three times, four times.
12	Mar' 25		SECOND TERM EXAMINATION

SUBJECT:- PHYSICS

Sl. No.	Month	Chapter /Unit No.	Topics and sub topics
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1	April' 25	2	Units and Measurements Need for measurement: Units of measurement; systems of units; SI units, fundamental and derived units. significant figures.
2	May' 25	2,3	Dimensions of physical quantities, dimensional analysis and its applications. Kinematics Motion in a Straight Line: Frame of reference, Motion in a straight line, Elementary concepts of differentiation and integration for describing motion. Motion in a Straight Line: Uniform and non-uniform motion and instantaneous velocity, uniformly accelerated motion, velocity- time and

			<p>position-time graphs.</p> <p>PRACTICAL:</p> <p>1.To measure diameter of a small spherical/cylindrical body and to measure internaldiameter and depth of a given beaker/calorimeter using VernierCallipers and hence find its volume.</p> <p>2. To measure diameter of a given wire and thickness of a given sheet using screwgauge.</p>
3	June' 25	3,4	<p>Motion in a Straight Line:</p> <p>Relations for uniformly accelerated motion (graphical treatment).</p> <p>Motion in a Plane:</p> <p>Scalar and vector quantities; Position and displacement vectors, general vectors and their notations, equality of vectors, multiplication of vectors by a real number,</p> <p>PRACTICAL:</p> <p>3.To determine radius of curvature of a given spherical surface by a spherometer.</p>

4	July' 25	4	Motion in a Plane: addition and subtraction of vectors, Unit vector, resolution of a vector in a plane
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			,rectangular components, Scalar and Vector product of vectors.Motion in a plane, Cases of uniform velocity and uniform acceleration-projectile motion. Uniform circular motion. PRACTICAL: 4. Using a simple pendulum, plot its L-T ² graph and use it to find the effective length of second's pendulum.
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5	Aug' 25	5	<p>Laws of Motion: Intuitive concept of force, Inertia, Newton's first law of motion; momentum and Newton's second law of motion; impulse; Newton's third law of motion. Law of conservation of linear momentum and its applications.</p> <p>Equilibrium of concurrent forces. Static and kinetic friction, laws of friction, rolling friction, lubrication. Dynamics of uniform circular motion: Centripetal force, examples of circular motion (vehicle on a level circular road, vehicle on banked road).</p> <p>PRACTICAL:</p> <p>5. To find the weight of a given body using parallelogram law of vectors.</p> <p>6. To determine the surface tension of</p>
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			water by capillary rise method
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5	Sept' 25	6	<p style="text-align: center;">REVISION</p> <p style="text-align: center;">TERM- I EXAM</p> <p>Work, Energy and Power Work done by a constant force and a variable force; kinetic energy, work-energy theorem, power. Notion of potential energy, potential energy of a spring, conservative forces:</p> <p>Non-conservative forces, motion in a vertical circle; elastic and inelastic collisions in one and two dimensions.</p> <p>PRACTICAL:</p> <p>7. To determine the coefficient of viscosity of a given viscous liquid by measuring terminal velocity of a given spherical body.</p>
6	Oct' 25	7	<p>System of Particles and Rotational Motion</p> <p>Centre of mass of a two-particle system, momentum conservation and centre of mass motion. Centre of mass of a rigid body; centre of mass of a uniform rod. Moment of a force, torque, angular momentum, laws of conservation of angular momentum and its applications. Equilibrium of rigid bodies, rigid body</p>

			<p>rotation and equations of rotational motion, comparison of linear and rotational motions.</p> <p>Moment of inertia, radius of gyration. Values of moments of inertia for simple geometrical objects(no derivation). PRACTICAL:</p> <p>8. To determine Young's modulus of electricity of the material of a given wire.</p> <p>OR</p> <p>To find the force constant of a helical spring by plotting a graph between load and extension.</p>
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7	Nov' 25	8,9	<p>Gravitation</p> <p>Kepler's laws of planetary motion, universal law of gravitation. Acceleration due to gravity and its variation with altitude and depth. Gravitational potential energy and gravitational potential, escape speed, orbital velocity of a satellite</p> <p>Properties of Bulk Matter</p> <p>Mechanical Properties of Solids</p> <p>Elasticity, Stress-strain relationship, Hooke's law, Young's modulus, bulk modulus, shear modulus of rigidity, Poisson's ratio; elastic energy.</p>
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9	Dec' 25	9,10	<p>Mechanical Properties of Fluids:</p> <p>Pressure due to a fluid column; Pascal's law and its applications (hydraulic lift and hydraulic brakes). Effect of gravity on fluid pressure.</p> <p>Viscosity, Stokes' law, terminal velocity, streamline and turbulent flow, critical velocity, Bernoulli's theorem and its applications. Surface energy and surface tension, angle of contact, excess of pressure across a curved surface,</p> <p>application of surface tension ideas to drops, bubbles and capillary rise.</p>
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10	Jan' 26	11,12,13	<p>Thermal Properties of Matter</p> <p>Heat, temperature, thermal expansion; thermal expansion of solids, liquids and gases, anomalous expansion of water; specific heat capacity; C_p, C_v - calorimetry; change of state - latent heat capacity. Heat transfer-conduction, convection and radiation, thermal conductivity, Qualitative ideas of Blackbody radiation, Wein's displacement Law, Stefan's law</p> <p>Thermodynamics</p> <p>Thermal equilibrium and definition of</p>
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			<p>temperature (zeroth law of thermodynamics). Heat, work and internal energy. First law of thermodynamics. Second law of thermodynamics: gaseous state of matter, change of condition of gaseous state- isothermal, adiabatic, reversible, irreversible and cyclic processes</p> <p>Mechanical Properties of Fluids:</p> <p>Pressure due to a fluid column; Pascal's law and its applications (hydraulic lift and hydraulic brakes). Effect of gravity on fluid pressure.</p> <p>Viscosity, Stokes' law, terminal velocity,</p>
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			<p>streamline and turbulent flow, critical velocity, Bernoulli's theorem and its applications. Surface energy and surface tension, angle of contact, excess of pressure across a curved surface,</p> <p>application of surface tension ideas to drops, bubbles and capillary rise.</p> <p>Behaviour of Perfect Gases and Kinetic Theory of Gases</p> <p>Equation of state of a perfect gas, work done in compressing a gas. Kinetic theory of gases - assumptions, concept of pressure. Kinetic interpretation of temperature; rms speed of gas molecules; degrees of</p>
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			<p>freedom, law of equi-partition of energy (statement only) and application to specific heat capacities of gases; concept of mean free path, Avogadro's number.</p> <p>Oscillations</p> <p>Periodic motion - time period, frequency, displacement as a function of time.</p> <p>Periodic functions and their applications.</p> <p>Simple harmonic motion (S.H.M) and its equation; phase; oscillations of a loaded spring-restoring force and force constant; energy in S.H.M.</p>
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11	Feb' 26	14	Oscillations Kinetic and potential energies; simple pendulum derivation of expression for its time period. Waves: Wave motion. Transverse and longitudinal waves, speed of travelling wave, displacement relation for a progressive wave, Principle of superposition of waves, reflection of waves, standing waves in strings and organ pipes, fundamental mode and harmonics, Beats
			SYLLABUS COMPLETION REVISION
12	Mar' 26		SECOND TERM EXAMINATION

SUBJECT:- CHEMISTRY

Sl. No.	Month	Chapter /Unit No.	Topics and sub topics
1	April' 25	1	<u>Some Basic Concepts of Chemistry:-</u> General Introduction: Importance and scope of Chemistry. Nature of matter, laws of chemical combination, Dalton's atomic theory: concept of elements, atoms and molecules. Atomic and molecular masses.

2	May' 25	1	<p><u>Some Basic Concepts of Chemistry:-</u> (contd) mole concept and molar mass, percentage composition, empirical and molecular formula, chemical reactions, stoichiometry and calculations based on stoichiometry</p>
		2	<p><u>Structure of Atom:-</u> Discovery of Electron, Proton and Neutron, atomic number, isotopes and isobars. Thomson's model and its limitations. Rutherford's model and its limitations, Bohr's model and its limitations, concept of shells and subshells, dual nature of matter and light, de Broglie's relationship. PRACTICAL :- Salt analysis</p>
3	June' 25	2	<p><u>Structure of Atom:- (contd)</u> Heisenberg uncertainty principle, concept of orbitals, quantum numbers, shapes of s, p and d orbitals, rules for filling electrons in orbitals - Aufbau principle, Pauli's exclusion principle and Hund's rule, electronic configuration of atoms, stability of half-filled and completely filled orbitals. <u>Classification of Elements and Periodicity in</u></p>

		3	<u>Properties _</u> Significance of classification, brief history of the development of periodic table, modern periodic law and the present form of periodic table, periodic trends in properties of elements -atomic radii, ionic radii, inert gas radii, Ionization enthalpy, electron gain enthalpy, electronegativity, valency. Nomenclature of elements with atomic number greater than 100. PRACTICAL :- Salt analysis
4	July25	4	<u>Chemical Bonding and Molecular Structure :-</u> Valence electrons, ionic bond, covalent bond, bond parameters, Lewis's structure, polar character of covalent bond, covalent character of ionic bond, valence bond theory, PRACTICAL :- Salt analysis

5	August' 25	4 8 6	<p><u>Chemical Bonding and Molecular Structure (Contd) :-</u> resonance, geometry of covalent molecules, VSEPR theory, concept of hybridization, involving s, p and d orbitals and shapes of some simple molecules, molecular orbital theory of homonuclear diatomic molecules (qualitative idea only), Hydrogen bond.</p> <p><u>Redox Reactions:-</u> Concept of oxidation and reduction, redox reactions, oxidation number balancing redox reactions, in terms of loss and gain of electrons and change in oxidation number, applications of redox reactions.</p> <p><u>Chemical Thermodynamics :-</u> Concepts of System and types of systems, surroundings, work, heat, energy, extensive and intensive properties, state functions. First law of thermodynamics -internal energy and enthalpy, heat capacity and specific heat, measurement of ΔU and ΔH.</p> <p>PRACTICAL :- Salt analysis</p>
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6	Sept' 25	6	<p>Chemical Thermodynamics :- (contd) Hess's law of constant heat summation, enthalpy of bond dissociation, combustion, formation, atomization, sublimation, phase transition, ionization, solution and dilution. Second law of Thermodynamics (brief introduction) Introduction of entropy as a state function, Gibb's energy change for spontaneous and non- spontaneous processes, criteria for equilibrium. Third law of thermodynamics (brief introduction).</p> <p>Equilibrium. :- Equilibrium in physical and chemical processes, dynamic nature of equilibrium, law of mass action, equilibrium constant,</p>
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			<p>factors affecting equilibrium - Le Chatelier's principle.</p> <p>PRACTICAL :- Titration</p>
7	Oct' 25	7	<p>Equilibrium. :- (contd) ionic equilibrium- ionization of acids and bases, strong and weak electrolytes, degree of ionization, ionization of poly basic acids, acid strength, concept of pH, hydrolysis of salts (elementary idea), buffer solution, Henderson Equation, solubility product, common ion effect (with illustrative examples).</p>

10	Jan' 26	13	<p>Hydrocarbons:- (contd.)</p> <p>Alkenes - Nomenclature, the structure of double bond (ethene), geometrical isomerism, physical properties, methods of preparation, chemical reactions: addition of hydrogen, halogen, water, hydrogen halides (Markovnikov's addition and peroxide effect), ozonolysis, oxidation, mechanism of electrophilic addition.</p> <p>Alkynes - Nomenclature, the structure of triple bond (ethyne), physical properties, methods of preparation, chemical reactions: acidic character of alkynes, addition reaction of - hydrogen, halogens, hydrogen halides and water</p>
11	Feb'26	13	<p>Hydrocarbons:- (contd.)</p> <p>AromaticHydrocarbons: Introduction, IUPAC nomenclature, benzene: resonance, aromaticity, chemical properties: mechanism of electrophilic substitution. Nitration, sulphonation, halogenation, Friedel Craft's alkylation and acylation, directive influence of the functional group in monosubstituted benzene. Carcinogenicity and toxicity.</p> <p>REVISION</p>
12	March'26		2nd TERM EXAMINATION

SUBJECT:- BIOLOGY

Sl. No.	Month	Chapter /Unit No.	Topics and sub topics
1	April' 25	Chapter- 1,2 &3	The Living World: Biodiversity; Need for classification; three domains of life; taxonomy and systematics; concept of species and taxonomical hierarchy; binomial nomenclature: Plant Kingdom: Classification of plants into major groups; Salient and distinguishing features and a few examples of Algae, Bryophyta, Pteridophyta, Gymnospermae (Topics excluded – Angiosperms, Plant Life Cycle and Alternation of Generations) Biological Classification: Five kingdom classification; Salient features and classification of Monera.

2	May' 25	Chapter4, 5&6	<p>Morphology of Flowering Plants Morphology of different parts of flowering plants: root, stem, leaf, inflorescence, flower, fruit and seed. Description of family Solanaceae</p> <p>Anatomy of Flowering Plants Anatomy and functions of tissue systems in dicots and monocots.</p> <p>Biological Classification: Protista and Fungi into major groups; Lichens, Viruses and Viroids.</p> <p>Animal Kingdom: Salient features and classification of animals, non-chordates up to phyla level. (salient features and at a few examples of each category).</p>
3	June' 25	Chapter7 &8	<p>Cell-The Unit of Life Cell theory and cell as the basic unit of life, structure of prokaryotic and eukaryotic cells; Plant cell and animal cell; cell envelope; cell membrane, cell wall; cell organelles - structure and function; endomembrane system, endoplasmic reticulum, golgibodies, lysosomes,</p>

			<p>vacuoles, mitochondria, ribosomes, plastids, microbodies; cytoskeleton, cilia, flagella, centrioles (ultrastructure and function); nucleus.</p> <p>Animal Kingdom: Chordates up to class level (salient features and at a few examples of each category).</p> <p>Structural Organisation in Animals: Morphology, Anatomy and functions of different systems (digestive, circulatory, respiratory, nervous and reproductive) of frog.</p>
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4	July' 25	Chapter7 &9	<p>Biomolecules Chemical constituents of living cells: biomolecules, structure and function of proteins</p> <p>Structural Organisation in Animals:(Contd.) Morphology, Anatomy and functions of different systems (digestive, circulatory,respiratory, nervous and reproductive) of frog contd...</p>
5	August' 25	Chapter9 & 17	<p>Biomolecules carbohydrates, lipids, and nucleic acids; Enzyme - types, properties, enzyme action. (Topics excluded: Nature of Bond Linking Monomers in a Polymer, Dynamic State of Body Constituents – Concept of Metabolism, Metabolic Basis of Living, The Living State)</p> <p>Breathing and Exchange of Gases : Respiratory organs in animals (recall only); Respiratory system in humans; mechanism of breathing and its regulation in humans - exchange of gases, transport of gases and regulation of respiration, respiratory volume; disorders related to respiration - asthma, emphysema, occupational respiratory disorders.</p>
6	Sept' 25		REVISION & 1st TERM EXAMINATION

7	Oct' 25	Chapter10 & 18	Cell Cycle and Cell Division :Cell cycle, mitosis, meiosis and their significance Body Fluids and Circulation:Body Fluids and Circulation: Composition of blood, blood groups, coagulation of blood; composition of lymph and its function;Human circulatory system - Structure of human heart and blood vessels; cardiac cycle, cardiac output, ECG; double circulation; regulation of cardiac activity; disorders of circulatory system - hypertension, coronary artery disease, angina pectoris, heart failure.
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8	Nov' 25	Chapter-14, 19 & 20	<p>Photosynthesis in Higher Plants:Photosynthesis as a means of autotrophic nutrition; site of photosynthesis, pigments involved in photosynthesis (elementary idea); photochemical and biosynthetic phases of photosynthesis; cyclic and non-cyclic photophosphorylation; chemiosmotic hypothesis; photorespiration; C3 and C4 pathways; factors affecting photosynthesis. Respiration in Plants Exchange of gases; cellular respiration - glycolysis, fermentation (anaerobic),TCA cycle and electron transport system (aerobic); energy relations - number of ATP molecules generated; amphibolic pathways; respiratory quotient</p> <p>Excretory Products and their Elimination : Modes of excretion - ammonotelism, ureotelism, uricotelism; human excretory system – structure and function; urine formation, osmoregulation; regulation of kidney function - renin - angiotensin, atrial natriuretic factor, ADH and diabetes insipidus; role of other organs in excretion;</p>
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			<p>disorders - uremia, renal failure, renal calculi, nephritis; dialysis and artificial kidney, kidney transplant.</p> <p>Locomotion and Movement : Types of movement - ciliary, flagellar, muscular; skeletal muscle, contractile proteins and muscle contraction; skeletal system and its functions; joints; disorders of muscular and skeletal systems - myasthenia gravis, tetany, muscular dystrophy, arthritis, osteoporosis, gout.</p>
9	Dec' 25	Chapter /Unit No.	<p>TCA cycle and electron transport system (aerobic); energy relations - number of ATP molecules generated; amphibolic pathways; respiratory quotient</p> <p>Neural Control and Coordination : Neuron and nerves; Nervous system in humans - central nervous system; peripheral nervous system and visceral nervous system; generation and conduction of nerve impulse</p>

10	Jan'26		<p>Plant - Growth and Development: Seed germination; phases of plant growth and plant growth rate; conditions of growth; differentiation, dedifferentiation and redifferentiation; sequence of developmental processes in a plant cell; plant growth regulators - auxin, gibberellin, cytokinin, ethylene, ABA.</p> <p>Chemical Coordination and Integration: Endocrine glands and hormones; human endocrine system - hypothalamus, pituitary, pineal, thyroid, parathyroid, adrenal, pancreas, gonads; mechanism of hormone action (elementary idea); role of hormones as messengers and regulators, hypo - and hyperactivity and related disorders; dwarfism, acromegaly, cretinism, goiter,</p>
			exophthalmic goitre, diabetes, Addison's disease. Note: Diseases related to all the human physiological systems to be taught in brief
11	Feb 26		<i>Revision for Second Term</i>
12	Mar.26		<i>Second Term Examination</i>

SUBJECT:-PHYSICAL EDUCATION

Sl. No.	Month	Chapter /Unit No.	Topics and sub topics
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1	April' 25	1	(Unit-1) Changing Trends and Careers in Physical Education 1. Concept, Aims & Objectives of Physical Education 2. Development of Physical Education in India – Post Independence 3. Changing Trends in Sports- playing surface, wearable gear and sports equipment, technological advancements 4. Career options in Physical Education 5. Khelo-India Program and Fit – India Program
2	May' 25	2	(Unit-2)Olympism Value Education 1. Olympism – Concept and Olympics Values (Excellence, Friendship & Respect) 2. Olympic Value Education – Joy of Effort, Fair Play,

			Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind (Unit-2)3. Ancient and Modern Olympics 4. Olympics - Symbols, Motto, Flag, Oath, and Anthem 5. Olympic Movement Structure - IOC, NOC, IFS, Other members. Practical-1: Fitness tests administration. (SAI Khelo India Test)
3	June' 25	3	(Unit–3) Yoga 1. Meaning and importance of Yoga 2. Introduction to Astanga Yoga 3. Yogic Kriyas (Shat Karma) 4. Pranayama and its types. 5. Active Lifestyle and stress management through Yoga Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.

4	July' 25	4	(Unit – 4) Physical Education and Sports for Children with Special Needs 1. Concept of Disability and Disorder 2. Types of Disability, its causes & nature (Intellectual disability, Physical disability).
5	Aug' 25	4,5	(Unit – 4)3. Disability Etiquette Aim and objectives of Adaptive Physical Education. 5. Role of various professionals for children with special 4. needs (Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special Educator) (Unit – 5) Physical Fitness, Wellness, and Lifestyle 1. Meaning & importance of Wellness, Health, and Physical Fitness. 2. Components/Dimensions of Wellness, Health, and Physical Fitness 3. Traditional Sports & Regional Games for promoting wellness 4. Leadership through Physical Activity and Sports 5. Introduction to First Aid – PRICE

6	Sept' 25		REVISION FIRST TERMINAL EXAMINATION
7	Oct' 25	6	Unit–6) Test, Measurement & Evaluation 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. (Unit–6) 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 4. Somato Types (Endomorphy, Mesomorphy&Ectomorphy) 5. Measurements of health-related fitness

8	Nov' 25	7	<p>(Unit-7) Fundamentals of Anatomy, Physiology in Sports 1. Definition and importance of Anatomy and Physiology in Exercise and Sports. 2. Functions of Skeletal System, Classification of Bones, and Types of Joints.</p> <p>(Unit-7) 3. Properties and Functions of Muscles. 4. Structure and Functions of Circulatory System and Heart. 5. Structure and Functions of Respiratory System</p>
9	Dec' 25	8	<p>(Unit – 8) Fundamentals Of Kinesiology And Biomechanics in Sports 1. Definition and Importance of Kinesiology and Biomechanics in Sports. 2. Principles of Biomechanics (Unit – 8) Fundamentals Of Kinesiology And Biomechanics in Sports 3. Kinetics and Kinematics in Sports 4. Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation 5. Axis and Planes – Concept and its application in body movements</p>
10	Jan' 26	9	<p>(Unit-9) Psychology and Sports 1. Definition & Importance of Psychology in Physical Education</p>

			& Sports; 2. Developmental Characteristics at Different Stages of Development; (Unit-9) Psychology and Sports 3. Adolescent Problems & their Management; 4. Team Cohesion and Sports; 5. Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness Practical-3 Anyone one IOA recognized Sport/Game of choice. Labelled diagram of Field & Equipment. Also mention its Rules, Terminologies & Skills
11	Feb' 26	10	(Unit-10) Training & Doping in Sports 1. Concept and Principles of Sports Training 2. Training Load: Over Load, Adaptation, and Recovery (Unit-10) Training & Doping in Sports 3. Warming-up & Limbering Down – Types, Method & Importance 4. Concept of Skill, Technique, Tactics & Strategies 5. Concept of Doping and its disadvantages.
12	Mar' 26		REVISION ANNUAL EXAMINATION

Syllabus for Class-11

Hindi

Code- 302

UnitTest- 1 (40 marks)

आरोह-(गद्य भाग)- नमक का दरोगा,मियां नसीरुद्दीन,अपू के साथ ढाई साल।

(पद्य भाग)- चंपा काले काले अक्षर नहीं चीन्हतीं।

लेखन- प्रतिवेदन लेखन और अनुच्छेद लेखन।

MID- TERM EXAM (80 marks)

आरोह (गद्य भाग)- विदाई संभाषण, गलता लोहा, रजनी, जामुन का पेड़ + (PA-1 syllabus)

(पद्य भाग)- गज़ल, हे भूख! मत मचल, हे मेरे जूही के फूल जैसे ईश्वर + (PA-1 syllabus)

वितान- भारतीय गायिकाओं में बेजोड़- लता मंगेशकर।

अभिव्यक्ति और माध्यम- पाठ- 1,2,9

लेखन- प्रतिवेदन लेखन, स्ववृत्त लेखन, रचनात्मक और पत्र लेखन।

परियोजना कार्य- सत्यजीत रे: एक यथार्थवादी फिल्मकार। कथन को सिद्ध कीजिए।

ए.एस.एल- ऑनलाइन गेमिंग अच्छा है या बुरा?

Unit Test- 3 (40 marks)

आरोह- (गद्य भाग)- भारत माता

(पद्य भाग)- सबसे खतरनाक, आओ मिलकर बचाएं

वितान- राजस्थान की रजत बूंदें

अभिव्यक्ति और माध्यम- पाठ-10

लेखन- रचनात्मक लेखन, स्ववृत्त लेखन।

ANNUAL EXAMINATION (80 marks)

आरोह- संपूर्ण पाठ्यक्रम।

वितान- आलो आंधारी + (संपूर्ण पाठ्यक्रम)

अभिव्यक्ति और माध्यम- पाठ-1,2,9,10,14,15,16

लेखन- प्रतिवेदन लेखन, रचनात्मक लेखन, स्ववृत्त लेखन और पत्र लेखन।

परियोजना कार्य- कृष्णचंदर: हास्य- व्यंग्य का सम्राट। कथन की पुष्टि कीजिए।

ए.एस.एल- मानसिक स्वास्थ्य का महत्व।

Syllabus for Class-11

Bengali

Code- 105

UnitTest - 1 (40 marks)

गद्य- তেলনাপোতা আবিষ্কার পদ্য- লালন শাহ ফকিরের গান

नाटक- আগুন (নির্বাচিত অংশ) ব্যাকরণ - বাচ্য পরিবর্তন

Mid- Term Examination (80 marks)

গদ্য- বিড়াল, পদ্য- নুন, সাম্যবাদী (ভারতীয় কবিতা),
সহায়ক পাঠ পঞ্চতন্ত্র- আজব শহর কলকাতা
নাটক- আগুন (নির্বাচিত অংশ) ব্যাকরণ- উক্তি পরিবর্তন , বাংলা শব্দ ভান্ডার (তদ্ভব,
তৎসম) নির্মিতি- সংলাপ (কমপক্ষে ছয় জোড়া সংলাপ)

Unit Test- 3(40 marks)

গদ্য-পুঁইমাচা, পদ্য - চারণ কবি

সহায়ক পাঠ পঞ্চতন্ত্র- আড্ডা

নাটক- আগুন (বাকী অংশ)

ব্যাকরণ বাংলা শব্দ ভান্ডার অর্ধতৎসম , দেশি-বিদেশি

ANNUAL EXAMINATION (80 marks)

গদ্য- পদ্য- Full syllabus সহায়ক পাঠ পঞ্চতন্ত্র - বই কেনা নির্মিতি - সারাংশ লিখন
(১০০ শব্দের মধ্যে সিলেবাস)