



USHA MARTIN WORLD SCHOOL, PATNA

(Session: 2022–23)

SPLIT UP SYLLABUS: CLASS – XI

Subject:-ENGLISH

MONTH	Working Days (Approx.)	LESSONS / TOPICS
APRIL	17	HORNBILL-THE PORTRAIT OF A LADY-(3P), A PHOTOGRAPH-(2P), WE’RE NOT AFRAID TO DIE ...IF WE CAN ALL BE TOGETHER-(4P) NOTICE WRITING-(3P) FORMAL LETTER WRITING (APPLICATIONS)-3P GRAMMAR- DETERMINERS-2P
MAY	12	HORNBILL-,DISCOVERING TUT-(3P),LABOURNUM TOP-(2P),THE VOICE OF THE RAIN— (1P),CHILDHOOD-(2P),FATHER TO SON-(2P), GRAMMAR-MODALS—2P
June	07	FORMAL LETTER(LETTER OF ENQUIRY,COMPLAINT,REPLY,PLACING ORDER AND CANCELLATION)-(4P) SNAPSHOTS-THE SUMMER OF THE BEAUTIFUL WHITE HORSE-(3P)
July	23	SNAPSHOTS- (3P), WRITING ADVERTISEMENTS (COMMERCIAL & CLASSIFIED)—5P, SPEECH AND DEBATE WRITING-(5P), GRAMMAR- (TENSE)-(5P), NOTE-MAKING-(2P), ASL
August	19	GRAMMAR(CLAUSES AND VOICE)—(8P),FORMAL LETTER(LETTER TO THE EDITOR ,APPLICATION FOR JOB AND APPLICATION TO COLLEGE AUTHORITIES)-(5P),
September	22	GRAMMAR(DIRECT & INDIRECT SPEECH)-4P), PARAGRAPH EDITING OMISSION/MISSING WORD –(3P) FORMAL LETTER(LETTER TO THE EDITOR,APPLICATION FOR JOB,LETTER TO THE/APPLICATION TO SCHOOL PRINCIPAL AND COLLEGE AUTHORITIES)-(5P),INVITATION AND REPLIES-(5P),POSTER –(4P) P.A-1 EXAMINATION
October	19	SNAPSHOTS-MOTHER’S DAY-(4P), THE TALE OF MELON CITY, BIRTH-(3P), THE TALE OF MELON CITY-(3P), THE ADDRESS-(3P) WRITING- GRAMMAR-(EDITING OF THE PASSAGES)-2P
November	15	HORNBILL-LANDSCAPE OF THE SOUL-(4P), THE AILING PLANET-(3P), THE ADVENTURE, GRAMMAR PRACTICE (FILL IN THE BLANKS)-3P
December	20	HORNBILL- SILK ROAD-(3P), ARTICLE WRITING-(5P), REPORT WRITING-(5P), GRAMMAR PRACTICE (EDITING AND ERROR CORRECTION)-(5P), NOTE-MAKING PRACTICE-(2P) HALF YEARLY EXAMINATION
January	18	GRAMMAR-RE-ORDERING OF SENTENCES-(5P), TRANSFORMATION OF SENTENCES-(5P), WRITING- FORMAL LETTERS PRACTICE-5P SPEECH WRITING PRACTICE-3P P.A-2 EXAMINATION
February	19	WRITING –, DEBATE -4P , ARTICLE-4P , PRACTICE OF ADVERTISEMENTS & REPORT WRITING-4P GRAMMAR PRACTICE -4P, LONG QUESTION & ANSWER WRITING PRACTICE VALUE BASED (HORNBILL & SNAPSHOTS)-4P, ASL
March		ANNUAL / BOARD EXAMINATION



USHA MARTIN WORLD SCHOOL, PATNA

(Session :2022–23)

SPLIT UP SYLLABUS :CLASS – XI

Subject : Mathematics

MONTH	Working Days (Approx.)	LESSONS / TOPICS
APRIL	11	
MAY	06	
June	09	CH-1. SETS
July	14	CH-9. SEQUENCE & SERIES
August	15	CH-2. RELATIONS & FUNCTIONS CH-10. STRAIGHT LINES
September	14	CH-3. TRIGONOMETRIC FUNCTIONS P.A-1 EXAMINATION
October	12	CH-13. LIMITS CH-5. COMPLEX NUMBERS & QUADRATIC EQUATIONS
November	17	CH-13. DERIVATIVES CH-6. LINEAR INEQUALITIES
December	13	CH-11. CONIC SECTIONS CH-12. INTRODUCTION TO 3-DGEOMETRY HALF YEARLY EXAMINATION
January	19	CH-7. PERMUTATIONS & COMBINATIONS CH-16. PROBABILITY P.A-2 EXAMINATION
February	20	CH-8. BINOMIAL THEOREM CH-15. STATISTICS
March		ANNUAL / BOARD EXAMINATION



USHA MARTIN WORLD SCHOOL, PATNA

(Session :2022–23)

SPLIT UP SYLLABUS : CLASS – XI

Subject : Physics

Month	Working Day	Lesson	Activities	Life Skills
June	9	Ch-1 ,Physical world and fundamental mathematics		Able to be react positively under critical situations, copes with stress in an effective manner, Remains composed and collected in stressful situations.
July	25	Ch-2, Unit and Trigonometrical Function Differentiation	To determine surface tension of water by capillarytube method	Remains composed and collected in stressful situations, is sensitive towards the environment, is tolerant with diversity
Aug	25	Ch-3, Vector Integration Motion in Straight line (Ch-4)	To measure the cylinder of a diameter given by screw- gauge	Contributes frequently to group conversations, Exhibits good listening skills
Sep	19	Ch-5, Laws of motion Ch-6, Work energy and power P.A-1 EXAMINATION	To measure thickness of given sheet by screw-gauge.	Exhibits good listening skills, is able to make use of speech, action and expression while communicating
Oct	19	Ch-7, System of particles and rotational motion Ch-8, Gravitation	To measure diameter of small spherical body with the help of vernier calipers	Is able to make use of speech, action and expression while communicating, knows the difference between assertive, aggressive and submissive manners of communication
Nov	24	Ch-9, Mechanical properties of solids Ch-10, , Mechanical properties of fluids Ch-11, thermal properties of matters	To measure diameter of small cylindrical body withthe help of vernier calipers	Is able to interact effectively with peers and teachers, Ability to find creative and constructive solutions to problems and issues
Dec	23	Ch-12, Thermodynamics. Ch-13, Kinetic theory of gases Ch-14, Oscillations (CONTD....)	Find the time period of simple pendulum for different length of string	Ability to find creative and constructive solutions to problems and issues, can make independent judgement in crucial matters. HALF YEARLY EXAMINATION
Jan	22	Ch-14, Oscillations Ch-15, Waves P.A-2 EXAMINATION	To determine the weight orto different objects by beam balance.	Has fluency in expression, is independent in thinking, Assesses the statements and arguments, Examines the problems closely, Listens carefully and gives feedback, Tries to find out alternatives and solutions
Feb	24	Revision	To find the spring const ofhelical spring from load extension graph	Has fluency in expression, is independent in thinking, Assesses the statements and arguments, Examines the problems closely, Listens carefully and gives feedback, tries to find out alternatives and solutions.
Mar	6	ANNUAL EXAMINATION		



USHA MARTIN WORLD SCHOOL, PATNA

(Session : 2022–23)

SPLIT UP SYLLABUS : CLASS – XI

Subject : CHEMISTRY

MONTH	Working Days (Approx.)	LESSONS / TOPICS
APRIL	17	SOME BASIC CONCEPTS OF CHEMISTRY STRUCTURE OF ATOM
MAY	12	STRUCTURE OF ATOM
June	07	CLASSIFICATION OF ELEMENTS AND PERIODICITY IN PROPERTIE
July	23	CHEMICAL BONDING AND MOLECULAR STRUCTURE
August	19	ORGANIC CHEMISTRY: SOME BASIC PRINCIPLES AND TECHNIQUES/ HYDROCARBONS
September	22	STATES OF MATTER: GASES AND LIQUIDS STATES OF MATTER: GASES AND LIQUIDS P.A-1 EXAMINATION
October	19	S- BLOCK ELEMENTS P-BLOCK ELEMENTS
November	15	CHEMICAL THERMODYNAMICS / REDOX REACTIONS
December	20	EQUILIBRIUM UPTO/LE –CHATELIER’S PRINCIPLE / ENVIRONMENTAL CHEMISTRY HALF YEARLY EXAMINATION
January	18	Revision : ORGANIC CHEMISTRY P.A-2 EXAMINATION
February	19	Revision : inorganic / physical chemistry
March		ANNUAL / BOARD EXAMINATION



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SPLIT UP SYLLABUS : CLASS – XI

Subject : Biology

MONTH	Working Days (Approx.)	LESSONS / TOPICS
APRIL		
MAY		
June	07	Chapter 1 the living world
July	23	chapter 8 cell the unit of life
August	19	chapter 2 biological classification chapter 3 plant Kingdom
September	22	Chapter 4 Animal Kingdom chapter 5 morphology of flowering plants P.A-1 EXAMINATION
October	19	Chapter 6 anatomy of flowering plants Chapter 7 structural Organisation in animals
November	15	Chapter 10 cell cycle and cell division Chapter 11 transport in plants
December	20	Chapter 12 mineral nutrition Chapter 13 photosynthesis in higher plants Chapter 14 respiration in plants HALF YEARLY EXAMINATION
January	18	chapter 15 plant growth and development Chapter 16 digestion and absorption chapter 17 breathing and exchange of gases P.A-2 EXAMINATION
February	19	Chapter 18 body Fluids and circulation chapter 19 excretory products and their elimination Chapter 20 locomotion and movement
March		chapter 9 biomolecules chapter 21 neural control and coordination chapter 22 chemical coordination and integration Revision ANNUAL / BOARD EXAMINATION



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SPLIT UP SYLLABUS :CLASS – XI

Subject : ACCOUNTANCY

MONTH	Working Days (Approx.)	LESSONS / TOPICS
JUNE	09	<p>Introduction to Accounting</p> <ul style="list-style-type: none"> Accounting- concept, meaning, as a source of information, objectives, advantages and limitations, types of accounting information; users of accounting information and their needs. Qualitative Characteristics of Accounting Information. Role of Accounting in Business. <p>Basic Accounting Terms- Entity, Business Transaction, Capital, Drawings. Liabilities (Non Current and Current). Assets (Non Current, Current); Expenditure (Capital and Revenue), Expense, Revenue, Income, Profit, Gain, Loss, Purchase, Sales, Goods, Stock, Debtor, Creditor, Voucher, Discount (Trade discount and Cash Discount)</p> <p>Theory Base of Accounting</p> <p>Fundamental accounting assumptions: GAAP: Concept Basic accounting concept : Business Entity, Money Measurement, Going Concern, Accounting Period, Cost Concept, Dual Aspect, Revenue Recognition, Matching, Full Disclosure, Consistency, Conservatism, Materiality and Objectivity</p> <ul style="list-style-type: none"> System of Accounting. Basis of Accounting: cash basis and accrual basis Accounting Standards: Applicability in IndAS Goods and Services Tax (GST): Characteristics and Advantages.
JULY	24	<p>Recording of Business Transactions</p> <ul style="list-style-type: none"> Voucher and Transactions: Source documents and Vouchers, Preparation of Vouchers, Accounting Equation Approach: Meaning and Analysis, Rules of Debit and Credit. <p>Recording of Transactions: Books of Original Entry- Journal</p>
AUGUST	20	<ul style="list-style-type: none"> ➤ Special Purpose books: ➤ Cash Book: Simple, cash book with bank column and petty cashbook ➤ Purchases book ➤ Sales book ➤ Purchases return book ➤ Sales return book ➤ Journal proper <p>Note: Including trade discount, freight & cartage expenses for simple GST calculation.</p> <p>Ledger: Format, Posting from journal and subsidiary books, Balancing of accounts</p>
SEPTEMBER	24	<p>Bank Reconciliation Statement:</p> <ul style="list-style-type: none"> ➤ Need and preparation, Bank Reconciliation Statement <p>Depreciation, Provisions and Reserves</p> <ul style="list-style-type: none"> ➤ Depreciation: Meaning, Features, Need, Causes, factors ➤ Other similar terms: Depletion and Amortization ➤ Methods of Depreciation: ➤ Straight Line Method (SLM), ii. Written Down Value Method (WDV) <p>Note: Excluding change of method</p> <ul style="list-style-type: none"> ➤ Difference between SLM and WDV; Advantages of SLM and WDV ➤ Method of recoding depreciation:- Charging to asset account Creating provision for depreciation/accumulated depreciation account <p>P.A-1 EXAMINATION</p>

OCTOBER	13	<ul style="list-style-type: none"> ➤ Treatment of disposal of asset ➤ Provisions, Reserves, Difference between Provisions and Reserves. CONT.....
NOVEMBER	21	CONT..... <ul style="list-style-type: none"> ☐ Types of Reserves: <ul style="list-style-type: none"> i. Revenue reserve ii. Capital reserve iii. General reserve iv. Specific reserve v. Secret Reserve Difference between capital and revenue reserve REVISION & HALF-YEARLY EXAM
DECEMBER	23	Trial balance and Rectification of Errors <ul style="list-style-type: none"> • Trial balance: objectives, meaning and preparation (Scope: Trial balance with balance method only) • Errors: classification-errors of omission, commission, principles, and compensating; their effect on Trial Balance. • Detection and rectification of errors; <ul style="list-style-type: none"> (i) Errors which do not affect trial balance (ii) Errors which affect trial balance (iii) preparation of suspense account. HALF YEARLY EXAMINATION
JANUARY	22	Financial Statements Meaning, objectives and importance; Revenue and Capital Receipts; Revenue and Capital Expenditure; Deferred Revenue expenditure. Opening journal entry. Trading and Profit and Loss Account: Gross Profit, Operating profit and Net profit. Preparation. Balance Sheet: need, grouping and marshalling of assets and liabilities. Preparation. Adjustments in preparation of financial statements with respect to closing stock, outstanding expenses, prepaid expenses, accrued income, income received in advance, depreciation, bad debts, provision for doubtful debts, provision for discount on debtors, Abnormal loss, Goods taken for personal use/staff welfare, interest on capital and managers commission. Preparation of Trading and Profit and Loss account and Balance Sheet of a sole proprietorship with adjustments. P.A-2 EXAMINATION
FEBRUARY	22	REVISION WORK.
MARCH		ANNUAL EXAM



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SPLIT UP SYLLABUS : CLASS – XI

Subject :-Business Studies

MONTH	Working Days (Approx.)	LESSONS / TOPICS
APRIL	17	Chapter-1-Concept and characteristics of business—Business ,profession and employment-meaning , objectives –classification of business activities,
MAY	12	Continued ,Industries -types, meaning-Commerce -trade-types meaning business risk-nature and Causes.
June	07	Chapter:-I revision recognitions and reinterpretation of the topics .Correction of vacation Homework.
July	23	Chap -2. Forms of Business— Sole proprietorship, ,Joint Hindu family business, Cooperative Society, Joint stock company,--choice -formation of company- starting a business. Chap -3. Public, Private and Global Enterprises-type, forms, Changing roles -MNC –PPP
August	19	Chap -4. Business Services –Nature, Types, Banking , e-banking, Insurance, Communication Services. Chap -5. Emerging Modes of business-e-business – concept benefits, limitations, Online transactions- Security Measures to secure safe transaction.
September	22	Chap-6 Social Responsibility of Business and Business Ethics -Concept ,Need Kinds Responsibilities towards different groups P.A-1 EXAMINATION
October	19	Continued chapter 6 -Business environment and Protection. Business Ethics Chap-7 .Sources of Business Finance- concept, classification, sources -retained earnings,
November	15	Shares, trade credit, factoring, Lease, Deposit, Commercial papers, Debentures, Commercial Banks Financial Institutions -Factors affecting raising of funds .
December	20	Chap -8. Small Business-MSMED ACT –meaning, Nature-Administrative Set up – Role Government Assistance, Institutions and Schemes, Problems, Futures. HALF YEARLY EXAMINATION
January	18	Chap- 9. Internal Trade -Wholesale Retail trade types of retail trade .Role of Indian chamber Of Commerce, Documentation for trade. Chap- 10. International Trade – concept, features, characteristics, advantages, problems .Exports Imports Documentation and WTO. P.A-2 EXAMINATION
February	19	Revision Project preparation.
March		ANNUAL Examination -2022.



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SPLIT UP SYLLABUS : CLASS – XI

Subject : Economics

Month	Working Days (Approx.)	Lessons/Topic
April		
May		
June	07	(MICRO ECONOMICS) CHAPTER 1 :- MEANING OF MICRO AND MACRO ECONOMICS (MICRO ECONOMICS) CHAPTER 3 :- PRODUCERS BEHAVIOUR AND SUPPLY
July	23	(MICRO ECONOMICS) CHAPTER 3 :- PRODUCERS BEHAVIOUR AND SUPPLY & CHAPTER 4 :- FORMS OF MARKET
August	19	(STATISTICS) CHAPTER 1 :- CONCEPT OF ECONOMICS AND SIGNIFICANCE OF STATISTICS IN INDIA (MICRO ECONOMICS) CHAPTER 2 :- CONSUMER BEHAVIOUR AND DEMAND ELASTICITY CHAPTER 2 :- COLLECTION OF DATA
September	22	(STATISTICS) CHAPTER 3 :- CENSUS AND SAMPLE METHOD OF COLLECTION OF DATA CHAPTER 4 :- ORGANISATION OF DATA P.A-1 EXAMINATION
October	19	(STATISTICS) CHAPTER 5 :- PRESENTATION OF DATA – TEXTUAL AND TABULAR PRESENTATION CHAPTER 6 :- DIAGRAMMATIC PRESENTATION
November	15	(STATISTICS) CHAPTER 7 :- FREQUENCY DIAGRAM (HISTOGRAM, POLYGON, OGIVE) CHAPTER 8 :- AIRTHMETIC LINE – GRAPH OR TIME SERIES CHAPTER 9 :- MEASURES OF CENTRAL TENDENCY (MEAN)
December	20	(STATISTICS) CHAPTER 10 :- MEASURES OF CENTRAL TENDENCY (MEDIAN & MODE) CHAPTER 11 HALF YEARLY EXAMINATION
January	18	(STATISTICS) CHAPTER 12 :- CORRELATION (STATISTICS) CHAPTER 13 :- INDEX NUMBERS P.A-2 EXAMINATION
February	19	REVISION WITH CBSE SAMPLE QUESTION PAPERS
March		FINAL EXAMINATION



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SPLIT UP SYLLABUS :CLASS – XI

Subject : HISTORY

MONTH	WORK-ING DAYS	LESSION
JUNE	07	BOOK – Themes In World History Section:-1 Theme:-2 Writing & Clay life
JULY	23	BOOK – Themes In World History Section:-1 Theme:-2 Writing & Clay Life Section:-2 Theme:-3 An Empire Across Three Continents
AUGUST	19	BOOK – Themes In World History Section:-2 Theme:-5 Nomadic Empires
SEPTEMBER	22	BOOK – Themes In World History Section:-2 Theme:-5 Nomadic Empires P.A-1 EXAMINATION
OCTOBER	19	BOOK – Themes In World History Section:-3 Theme:-6 The Three Orders
NOVEMBER	15	BOOK – Themes In World History Section:-3 Theme:-7 Changing Cultural traditions
DECEMBER	20	BOOK – Themes In World History Section:-4 Theme:-10 Displacing Indigenous peoples HALF YEARLY EXAMINATION
JANUARY	18	BOOK – Themes In World History Section:-4 Theme:-10 Displacing Indigenous Peoples Section:-4 Theme:-11 Paths to Modernization P.A-2 EXAMINATION
FEBRUARY	19	Revision
MARCH		ANNUAL EXAMINATION



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SPLIT UP SYLLABUS :CLASS – XI

Subject : GEOGRAPHY

MONTH	WORKING DAYS (APROX.)	LESSION/TOPIC
JUNE	07	Book –(1) - Fundamentals Of Physical Geography UNIT-1 Chapter:-1 Geography as a discipline
JULY	23	Book –(1) - Fundamentals Of Physical Geography UNIT-2 Chapter:-2 The Origin & Evolution of the Earth Chapter:-3 Interior Of The Earth Book- (2) - India Physical Environment UNIT- 1 Chapter:-1 India – Location Book- (3) - Practical Work In Geography (Part – 1) Chapter:-1 Introduction to Maps
AUGUST	19	Book – (1) - Fundamentals Of Physical Geography UNIT-2 Chapter:-4 Distribution of Oceans & Continents UNIT-3 Book- (2) - India Physical Environment UNIT – 2 Chapter:-2 Structure & Physiography Book- (3) Practical Work In Geography (Part – 1) Chapter:-2 Map Scale
SEPTEMBER	22	Book – (1) Fundamentals Of Physical Geography UNIT-3 Chapter-6 Geomorphic Processes Book- (2) - India Physical Environment UNIT-2 Chapter:-3 Drainage System Book- (3) - Practical Work In Geography (Part – 1) Chapter-3 Latitude, Longitude & Time P.A-1 EXAMINATION
OCTOBER	19	Book – (1) - Fundamentals Of Physical Geography UNIT-3 Chapter:-7 Landforms & their Evolution Book- (3) - Practical Work In Geography (Part – 1) Chapter:-4 Map Projections
NOVEMBER	15	Book –(1) - Fundamentals Of Physical Geography UNIT-4 Chapter:-8 Composition & Structure Of Atmosphere Chapter:-9 Solar Radiation, Heat Balance & Temperature Chapter:-10 Atmosphere Circulation & Weather Systems Book-(2) - India Physical Environment UNIT – 3 Chapter:-4 Climate Book-(3) - Practical Work In Geography (Part – 1) Chapter:-5 Topographical Maps

DECEMBER	20	Book –(1) - Fundamentals Of Physical Geography UNIT-4 Chapter:-11 Water in the Atmosphere Chapter:-12 World Climate & Climate Change UNIT-5 Chapter:-13 Water (Oceans) Book-(2) - India Physical Environment UNIT – 3 Chapter:-5 Natural Vegetation HALF YEARLY EXAMINATION
JANUARY	18	Book –(1) - Fundamentals Of Physical Geography UNIT-5 Chapter:-14 Movements of Ocean Water Chapter:-16 Biodiversity & Conservation Book-(2) - India Physical Environment Book-(3) - Practical Work In Geography (Part – 1) Chapter:-7 Introduction to Remote Sensing P.A-2 EXAMINATION
FEBRUARY	19	Book –(1) - Fundamentals Of Physical Geography Revision Book-(2) - India Physical Environment UNIT – 4 Chapter:-7 Natural Hazards & Disasters & Revision REVISION
MARCH		ANNUAL EXAMINATION



USHA MARTIN WORLD SCHOOL, PATNA

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SPLIT UP SYLLABUS : CLASS – XI

Subject: POLITICAL SCIENCE

MONTH	Working Days (Approx.)	LESSONS / TOPICS
June	10	Introduction to political theory, Making of the constitution
July	24	Fundamental rights , Freedom
August	20	Equality , Rights,
September	24	System of Representational Democracy, Social justice , Constitution as a living document P.A-1 EXAMINATION
October	13	Citizenship, Executive in a parliamentary system
November	21	Legislature at the central and state level, Judiciary
December	23	Citizenship, Nationalism , Secularism HALF YEARLY EXAMINATION
January	22	Federalism , Local Government, P.A-2 EXAMINATION
February	22	Political philosophy underlying the constitution
March	Revision	ANNUAL EXAMINATION



USHA MARTIN WORLD SCHOOL, PATNA

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SPLIT UP SYLLABUS :CLASS – XI

Subject : Computer science

MONTH	Working Days (Approx.)	LESSONS / TOPICS
APRIL		
MAY		
June	07	Getting started with Python
July	23	Python Fundamentals, Data handling, Conditional and iterative statements
August	19	String Manipulation, Debugging Programs, List manipulation
September	22	Tuples, Dictionaries, Understanding Sorting P.A-1 EXAMINATION
October	19	Computer system overview, Data Representation, Boolean Logic, Insight into Program Execution.
November	15	Relational Database, Simple Queries in SQL, Table creation and data manipulation commands
December	20	Table Joins and Indexes in SQL, Basics of NoSQL database- Mongo DB HALF YEARLY EXAMINATION
January	18	Cyber Safety, Online Access and computer security P.A-2 EXAMINATION
February	19	Revision
March		ANNUAL / BOARD EXAMINATION



USHA MARTIN WORLD SCHOOL, PATNA

(Session : 2022–23)

SPLIT UP SYLLABUS : CLASS – XI

Subject: PAINTING 049

MONTH	Working Days (Approx.)	LESSONS / TOPICS
APRIL	17	UNIT 1 INTRODUCTION OF ART. Set 1 day 1-5 Introduction of art Set 2 day 1-5 Sadanga, elements of art, principal of art ,form,space, set 3 day 1_7 colour, Sketching
MAY	12	UNIT 2 PRE -HISTORIC ROCK PAINTING part 1 Set 4 day 1-5 introduction, location, Set 5 day 1-5 different periods Set 6 day 1_2 practice of drawing
June	07	UNIT 3 part 1 BUDDHIST,JAIN AND HINDU ART. Part 1 Set 6. Day 1-7 introduction . Features.
July	23	Unit 3 Set 7 day 1-5 study of different sculptures, Set 8 day 1-5 Part 2 AJANTA PAINTING – introduction Set 9 day 1-5 characteristics, different painting and sculpture details. Set 10 day 1-5 study Set 11 day 3 water colour
August	19	UNIT 3 part 1 TEMPLE ART,SCULPTURES,BRONZE AND ARTISTIC ASPECT OF INDO-ISLAMIC ARCHITECTURE Set 12 day 1-5 introduction, temple art techniques. Set 13 day 1-5 konark, Mahabalipuram,khajuraho, Trimurti. Set 14 day 1-5 Bronze sculpture,kailash temple. Set 15 day 1-4 study of design, composition
September	22	Unit 3 part 2 INDO-ISLAMIC ARCHITECTURE Set 16 day 1-5 introduction, features. Set 17 day 1-5 tajmahal , kutubminar,golgumbaj. Set 18 day 1-5 knowledge of different mediums. Set 19 day 1-5. Composition P.A-1 EXAMINATION
October	19	Set 20 day 1-5 colour collage. Set 21 day 1-5 Nature study Set 22 day 1-4. Study of Negative and positive composition
November	15	Set 23 day 1-5 oil pastel study Set 24 day 1-5 human anatomy study Set 25 day 1-5 arrangement of figure .
December	20	Set 26 day 1-5 Line drawing. Set. 27 day 1-5 dot painting Set 28 day 1-5 water colouring Set 29 day 1-5 study HALF YEARLY EXAMINATION
January	18	Set 30 day 1-5 sketching (pencil) Set 31 day 1-5 sketching (pencil colour) Set 32 day 1-7 study P.A-2 EXAMINATION
February	19	Revision
March		ANNUAL / BOARD EXAMINATION



USHA MARTIN WORLD SCHOOL, PATNA

(Session : 2022–23)

SPLIT UP SYLLABUS : CLASS – XI

Subject: PHYSICAL EDUCATION (048)

MONTH	Working Days (Approx.)	LESSONS / TOPICS
JUNE	7	<p>Unit I Changing Trends & Career in Physical Education</p> <ul style="list-style-type: none"> ● Concept, Aims & Objectives of Physical Education ● Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements ● Career Options in Physical Education ● Khelo-India and Fit-India Program
JULY	23	<p>Unit II Olympism</p> <ul style="list-style-type: none"> ● Ancient and Modern Olympics ● Olympism – Concept and Olympics Values (Excellence, Friendship & Respect) ● Olympics - Symbols, Motto, Flag, Oath, and Anthem ● Olympic Movement Structure - IOC, NOC, IFS, Other members <p>Unit III Yoga</p> <ul style="list-style-type: none"> ● Meaning & Importance of Yoga ● Introduction to Ashtanga Yoga ● Introduction to Yogic Kriyas (Shat Karma)
AUGUST	19	<p>Unit IV Physical Education & Sports for CWSN (Children with Special Needs - Divyang)</p> <ul style="list-style-type: none"> ● Concept of Disability and Disorder ● Types of Disability, its causes & nature (Intellectual disability, Physical disability) ● Aim & Objective of Adaptive Physical Education ● Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & Special Educator)
SEPTEMBER	22	<p>Unit V Physical Fitness, Health and Wellness</p> <ul style="list-style-type: none"> ● Meaning and Importance of Wellness, Health and Physical Fitness ● Components/Dimensions of Wellness, Health and Physical Fitness ● Traditional Sports & Regional Games for promoting wellness <p>Unit VI Test, Measurement & Evaluation</p> <ul style="list-style-type: none"> ● Concept of Test, Measurement & Evaluation in Physical Education & sports. Components of Diet <p>P.A-1 EXAMINATION</p>
		<ul style="list-style-type: none"> ● Classification of Test in Physical Education and Sports. ● Test administration guidelines in physical education and sports <p>Unit VII Fundamentals of Anatomy, Physiology in Sports</p>

OCTOBER	19	<ul style="list-style-type: none"> ● Definition and Importance of Anatomy and Physiology in exercise and sports ● Functions of Skeletal system, classification of bone and types of joints. ● Function and Structure of Circulatory system and heart. ● Function and Structure of Respiratory system.
NOVEMBER	15	<p>Unit VIII Fundamentals of Kinesiology and Biomechanics in Sports</p> <ul style="list-style-type: none"> ● Definition and Importance of Kinesiology and Biomechanics in sports ● Principles of Biomechanics ● Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation ● Axis and Planes – Concept and its application in body movements
DECEMBER	20	<p>Unit IX Psychology & Sports</p> <ul style="list-style-type: none"> ● Definition & Importance of Psychology in Physical Education & Sports ● Adolescent Problems & Their Management ● Team Cohesion and Sports <p>HALF YEARLY EXAMINATION</p>
JANUARY	18	<p>Unit X Training and Doping in Sports</p> <ul style="list-style-type: none"> ● Concept and Principles of Sports Training ● Training Load: Over Load, Adaptation, and Recovery ● Concept of Doping and its disadvantages <p>P.A-2 EXAMINATION</p>
FEBRUARY		REVISION
MARCH		ANNUAL /BOARD EXAMINATION