

Baluni Public School

Sikandarpur, Dayalbagh, Agra ANNUAL PLANNER (2023-24) GRADE –7

SUBJECT	MATHS
BOOK NAME:	Perfect Maths – " Collins"
MONTH (APRIL)	Chapter :1,2 Chapter Name: Ch-1 Integers Ch-2 Fraction and Decimals Creative learning Worksheet:- 1,2,3,4,5,6
MONTH (MAY)	Chapter :3 Chapter Name: Rational Numbers Creative learning Worksheet:- 21, 22, 23, 24
MONTH (JUNE)	Chapter Name: Holiday homework from collins book 'worksheet Worksheet of Rational Numbers, Integers and Fraction and decimals.
MONTH (JULY)	Chapter :4 Chapter Name: Exponents and powers Creative learning Worksheet:- 32, 33, 34
MONTH (AUGUST)	Chapter :7,9 Chapter Name: Ch:-7 Ratio and proportion, unitary method Ch:-9 Lines and angle Creative learning Worksheet:- 7,16, 12,13
MONTH (SEPTEMBER)	Chapter :12 Chapter Name: Ch-12 practical geometry Chapter data handling and probability Creative learning Worksheet: 25,8,9
MONTH (OCTOBER)	Chapter :8 Chapter Name: Percentage and it's application Creative learning Worksheet:- 18,19,20
MONTH (NOVEMBER)	Chapter :5,6 Chapter Name: Ch-5 Algebraic expression Ch-6 Linear equation in one variable Creative learning Worksheet:- 29,30,31,10,11
MONTH (DECEMBER)	Chapter: 10,11 Chapter Name: December: Ch-10 Traingles and it's properties Ch-11 congruence of triangles Creative learning Worksheet:- 14,15, 17
MONTH (JANUARY)	Chapter :15,13 Chapter Name: Ch-15 perimeter and area Ch-13 symmetry Creative learning Worksheet:- 26,27,28,35,36
MONTH (FEBRUARY)	Chapter: 14 Chapter Name: visualising shapes Chapter: 16 Chapter Name: Data handling and probability Creative learning Worksheet:- 37

SUBJECT	SCIENCE
BOOK NAME:	EXPERIENCE SCIENCE
MONTH (APRIL)	Biology: chapter- 1
	Chapter Name: Nutrition in plants
	Physics: chapter -13
	Chapter Name: Motion and Time
MONTH (MAY)	Biology: chapter- 2
	Chapter Name: Nutrition in animals
	Chemistry: chapter- 3
	Chapter Name: Fibre to fabric
MONTH (JUNE)	Biology: chapter- 7
	Chapter Name: Weather, climate and adaptation
MONTH (JULY)	Biology : chapter-9
	Chapter Name: Soil
	Chemistry: chapter-4
MONTH (ALIQUET)	Chapter Name: Heat
MONTH (AUGUST)	Biology: chapter -10
MONTH (CERTEMPER)	Chapter Name: Respiration
MONTH (SEPTEMBER)	Biology: chapter- 11
	Chapter Name: Transportation in plants and animals Physics: Chapter 14
	Chapter Name: Electric current
MONTH (OCTOBER)	Biology :chapter- 12
MONTH (COTOBER)	Chapter Name: Reproduction in plants
	Physics: Chapter -15
	Chapter Name: Light
MONTH (NOVEMBER)	Biology: chapter- 16
,	Chapter Name: Water
	Chemistry: chapter- 5
	Chapter Name: Acids, Bases and Salts
MONTH (DECEMBER)	Biology: Chapter- 17
	Chapter Name: Forest
	Physics :Chapter -8
	Chapter Name: Wind, Storms and Cyclones
MONTH (JANUARY)	Biology: chapter- 18
	Chapter Name: Wastewater story
	Chemistry: Chapter- 6
	Chapter Name: Physical and Chemical changes
MONTH (FEBRUARY)	REVISION
MONTH (MARCH)	REVISION

SUBJECT	ENGLISH
BOOK NAME:	Grammar Gear , Communicate with Cambridge and creative learning
MONTH (APRIL)	(English lit) Unit 1 Chap A. Dal Delight Chap B. The American slurp (English language) Chap 1 Noun Learning objective:- Students will learn to identify the different types of nouns. effectively use nouns in sentence composition. Chap 2 Noun Function Learning objective:- Students will learn to use noun and it's function in our daily lives.
	Chap 3 Formation of Adjective Learning objective Students will learn about adjectives and how they are used to describe nouns. CREATIVE LEARNING Worksheet 2
MONTH (MAY)	Chapter : (English literature)
	Unit 1 chap c Deep in our Refrigerator
	Chapter : (English language)
	Ch-4 Confusing Adjective Learning objective :- Students will learn about adjectives and how they are used to describe nouns. Students will also learn how including adjectives into their sentences can improve their writing skills. Ch-5 Determiners Learning objective :- These help us know which noun we are taking about; they help us to 'determine' which noun is being reffered to. CREATIVE LEARNING WORKSHEET 4
MONTH (JUNE)	REVISION OF APRIL AND MAY CHAPTERS CREATIVE LEARNING WORKSHEET 8
MONTH (JULY)	Chapter: (English literature) UNIT 2 CHAP A THE LAST LEAF CHAP B HIS FIRST FLIGHT Chapter: (English language) Chap 6 Tenses Continued Learning objective Students will be able to use present continuous tense in their real life context. Chap 7 verb continuous
	Learning objective Students will accquire about the verb in continuous tense. English writing Diary writing

MONTH (AUGUST)

Chapter: (English literature), Poem-If

Unit 2 chap c

UNIT 3 CHAP A DHYANCHAND CHAP B GAMES OF INDIA

Chapter :- (English language)

Chap 8 verb (Transitive and intransitive)

Learning objective :-

Students will be able to. Learn about To identify the direct object of the transitive verb in a sentence.

Chap 9 Finite and infinite

Learning objective

Students will be able to accquire A finite verb is a 'working' verb with a subject; it can be any tense. A non-finite verb which is also called in infinitive verb has no subject and can't be in all the tenses.

English writing

Informal letter + passage

Creative learning

Worksheet 7

MONTH (SEPTEMBER)

Chapter : (English literature)

Unit3 chap C My native land

Unit 4 chap A The goal not secured

UNIT 4 CHAP B THE AMAZING STORY OF KIPCHOGE KEINO

Chapter: (English language)

Chap 10 Subject/verb/ Agreement

Learning objective

STUDENTS WILL BE ABLE TO ACCQUIRE EXAMINE AND DISCOVER THE AGREEMENT OF SUBJECT AND VERB IN A SENTENCE.

CHAP 11 VERBS (MODALS)

LEARNING OBJECTIVE :STUDENTS WILL GIVE AND RECEIVE INSTRUCTIONS USING MODALS. STUDENTS WILL DIFFERENTIATE BETWEEN THE MODALS USED FOR POSSIBILITY, OBLIGATION, AND NECESSITY BY IDENTIFYING THESES TYPES OF MODALS IN THE LANGUAGE AROUND THEM.

CHAP12 PHRASES

LEARNING OBJECTIVE

STUDENS WILL BE ABLE TO IDENTIFY AND DEFINE PREPOSITIONS, PREPOSITIONAL PHRASES AND OBJECTS OF THE PREPOSITION. DIFFERENTIATE BETWEEN AN OBJECT OF THE PREPOSITION AND OTHER OBJECTS.

CREATIVE LEARNING

WORKSHEET 12

MONTH (OCTOBER)

Chapter: (English literature)

Unit 4 chap c Nine medals

UNIT 5 CHAP A. FIRE IN THE FOREST UNIT 5 CHAP B THE WORLD IN A WALL

Chapter Name: (English language)

Chap 13 pronoun and kinds

Learning objective

Students will accquire to differentiate between subject and object pronouns. identify singular and plural pronouns as well as first, second and third person pronouns.

Chap 14 Conjunctions

Learning objective

The students to get a better understanding on how sentences are formed, and also develop a stronger vocabulary.

Chap 13 Active and Passive

Learning objective

Students will accquire how to use active and passive voice in a appropriate way also to use in certain contexts. Create sentences in the active and passive voice. To expose them to the correct usage of active/passive.

Creative learning Worksheet 13

MONTH (NOVEMBER)

Chapter : (English literature)
Unit 5 chap c throwing a tree

UNIT 6 CHAP A HOW I TAUGHT MY GRANDMOTHER TO READ

Chapter: (English language)

Chap 16 punctuation Learning objective

Students will learn about punctuation how to use it in sentences.

Chap 17 Sentences and it's kinds

Learning objective

THE STUDENTS WILL DEMONSTRATE CORRECT USE OF PERIODS, QUESTION MARKS, AND EXCLAMATION MARKS.

CHAP 18 PHRASES AND CLAUSES

LEARNING OBJECTIVE

STUDENTS WILL BE ABLE TO CREATE GRAMMATICALLY CORRECT SENTENCES USING PHRASES AND CLAUSES. STUDENTS WILL EXPLORE THE DIFFERENCES BETWEEN PHRASES AND CLAUSES.

CHAP 19 KINDS OF CLAUSE

LEARNING OBJECTIVE

STUDENTS WILL BE ABLE TO LEARN ABOUT THE KINDS OF PHRASES AND HOW TO USE IT IN SENTENCES.

CREATIVE LEARNING WORKSHEET 1AND3

MONTH (DECEMBER)	Chapter: (English literature) Unit 6 Chap b Boyhood days UNIT 6 CHAP C SOUND AND SENSE Chapter: (English language) Chap 20 subordinate clause Learning objective Students will be able toidentify examples of subordinate clauses in writing. Explain the role of subordinate clauses. Chap 21 Relative and Reflexive phrases and clauses Learning objective Students will be able to learn about relative and Reflexive type of phrases and clauses. English writing Story writing+ vocabulary Creative learning Worksheet 6
MONTH (JANUARY)	Chapter: (English literature) Unit 7 chap A The Bermuda triangle Unit 7 chap B The Hounds of the Baskervilles Play Chapter: (English language) Chap 22. Conditional type O and type 1 Learning objective STUDENTS WILL BE ABLE TO LEARN TO UNDERSTAND THAT CONDITIONALS ARE STATEMENTS THAT ARE CARRIED OUT WHEN CERTAIN CRITERIA ARE MET. CHAP 23 SENTENCES (SIMPLE, COMPOUND AND COMPLEX) LEARNING OBJECTIVE STUDENTS WILL BE ABLE TO LEARN ABOUT HOW TO IDENTIFY SENTENCE STRUCTURE CONCERNS IN EXAMPLE SENTENCES. DEFINE SENTENCE FRAGMENT, RUN-ON SENTENCE, PASSIVE VOICE AND MODIFIER. DEMONSTRATE IMPROVED SENTENCE WRITING ABILITIES.
MONTH (FEBRUARY)	Chapter: (English literature) Unit7 ChapC The way through the woods Chapter: (English language) Chap 24 Direct and indirect speech Learning objective Students will be able to: define direct speech and indirect speech. Distinguish between direct and indirect speech. English writing:- formal letter + Extract (poem) Creative learning Worksheet 14
MONTH (MARCH)	

SUBJECT	HINDI
BOOK NAME:	कादंबरी (hindi lit) व्याकरण रचना (hindi lang) संस्कृत वेदिका (sanskrit)
MONTH (APRIL)	Chapter : 1, 2 Chapter Name हम सब सुमन उड़न परी Hindi lang: पाठ 1 भाषा लिपि और व्याकरण, पाठ 2 वर्ण विचार, पाठ 3 शब्द विचार Worksheet : पाठ 1 भाषा लिपि, पाठ2 वर्ण विचार, पाठ 3 शब्द विचार संस्कृतः पाठ 1 वंदना, पाठ 2 वार्तालाप
MONTH (MAY)	Chapter : 3 Chapter Name: ईद Hindi lang: पाठ 4 वाक्य विचार, पाठ 5 उपसर्ग Worksheet : पाठ 4 संज्ञा एवं भेद, पाठ 5 लिंग, पाठ 6 वचन संस्कृतः पाठ 3 मूर्खाणम् उपदेश प्रकोपाय
MONTH (JUNE)	Chapter : 4 Chapter Name: नेताजी का पत्र Hindi lang: पाठ 6 प्रत्यय, पाठ 7 समास Worksheet : पाठ 7 कारक, पाठ 8 सर्वनाम, पाठ 9 विशेषण संस्कृतः पाठ 4 मम दिनचर्या
MONTH (JULY)	Chapter :5,6 Chapter Name: मधुर भाषण, मीरा के पद Hindi lang: पाठ 8 संज्ञा, पाठ 9 लिंग Worksheet : पाठ 10 किया, पाठ 11 काल, पाठ 12 अविकारी शब्द संस्कृतः पाठ 5 वीर रे पृरश्चल, पाठ 6 रवेः रश्मयः
MONTH (AUGUST)	Chapter : 7, 8 Chapter Name: 20 साल बाद, जब मैंने अपनी पहली पुस्तक खरीदी Hindi lang: पाठ 10 वचन, पाठ 11 कारक Worksheet: पाठ 13 समानार्थी शब्द, पाठ 14 विलोम शब्द पाठ 15 अनेक शब्दों के लिए एक शब्द संस्कृत: पाठ 7 मूषक: पुनर्मूषको भव, पाठ 8 बुद्धि चातृर्यम्
MONTH (SEPTEMBER)	Chapter : 9,10 Chapter Name: गोभी का फूल, सरिता Hindi lang: पाठ 12 सर्वनाम, पाठ 13 विशेषण Worksheet : पाठ 16 अनेकार्थी शब्द, पाठ 17 उपसर्ग, पाठ 18 प्रत्यय संस्कृतः पाठ 9 शिष्टाचार, पाठ 10 होलिकोत्सवः
MONTH (OCTOBER)	Chapter :11,12 Chapter Name: सिकन्दर और गुरू पश्चाताप Hindi lang: पाठ 14 किया, पाठ 15 काल Worksheet : पाठ 19 संधि, पाठ 20 वाक्य, पाठ 21 शुद्ध—अशुद्ध संस्कृतः पाठ 11 प्रहेलिकाः, पाठ 12 हिमालयः
MONTH (NOVEMBER)	Chapter :13,14 Chapter Name: बचपन बचाओ भिखारी Hindi lang: पाठ 16 वाच्य 17 किया—विशेषण Worksheet : पाठ 22 विराम चिन्ह, पाठ 23 मुहावरे, संस्कृतः पाठ 13 संख्याप्रयोगः, पाठ 14 भारतस्य हृदयः मध्यप्रदेशः
MONTH (DECEMBER)	Chapter : 15,16 Chapter Name: कोर्णाक, उद्यमी नर Hindi lang: पाठ 18 सम्बंधबोधक अव्यय पाठ 19 समुच्यबोधक अव्यय Worksheet : पाठ 24 कहानी लेखन, पाठ 25 चित्र वर्णन, पाठ 26 अपठित् गद्यांश संस्कृतः पाठ 15 महात्मा बुद्धः, पाठ 16 मित्रम् प्रति पत्रम्

MONTH (JANUARY)	Chapter: 17, 18 Chapter Name: चोरी, सोना Hindi lang: पाठ 20 विसमियादिबोध पाठ 21 संधि, पाठ 22 विराम चिन्ह, पाठ 23 मुहावरे, पाठ 24 लोकोत्तियाँ Worksheet: पाठ 27 अपठित काव्यांश, पाठ 28 अनुच्छेद लेखन
	संस्कृतः पाठ 17 लालनगीतम्, पाठ 18 सुभाषितानि
MONTH (FEBRUARY)	Chapter : पुनरावृत्ति Chapter Name: Hindi lang: पाठ 25 अनुच्छेद लेखन पाठ 26 कहानी लेखन पाठ 27 संवाद लेखन पाठ 28 पत्र लेखन 29 निबंध लेखन Worksheet : पाठ 29 रचनात्मक अभिव्यक्ति संस्कृतः पुनरावृत्ति
MONTH (MARCH)	पुनरावृत्ति

SUBJECT	SOCIAL STUDY
BOOK NAME:	let's Explore social science
MONTH (APRIL)	HISTORY CHAPTER 1 TRACING CHANGES THROUGH A THOUSAND YEARS. CHAPTER -2 NEW KINGS AND KINGDOMS GEOGRAPHY CHAPTER- 1 OUR ENVIRONMENT. POLITICAL SCIENCE -CHAPTER1 ON EQUALITY MAP WORK- 4 MAPS CREATIVE LEARNING BOOK WORKSHEET 1, 11,22,2
MONTH (MAY)	CHAPTER -3 THE DELHI SULTANATE GEOGRAPHY CHAPTER -2 INSIDE OUR EARTH. POLITICAL SCIENCE -CHAPTER-2 ROLE OF GOVERNMENT IN HEALTH. MAP WORK- 4 MAPS CREATIVE LEARNING BOOK WORKSHEET -3,12,23.
MONTH (JUNE)	June lesson plan Do map work -fill 5 maps Make a model on Smart City.
MONTH (JULY)	CHAPTER -4 THE MUGHAL EMPIRE GEOGRAPHY CHAPTER -3 OUR CHANGING EARTH POLITICAL SCIENCE -CHAPTER-3 HOW THE STATE GOVERNMENT WORK. MAP WORK- 4 MAPS CREATIVE LEARNING BOOK WORKSHEET -4,13,24
MONTH (AUGUST)	CHAPTER -5 RULERS AND BUILDINGS GEOGRAPHY CHAPTER -4 AIR POLITICAL SCIENCE -CHAPTER -4-GROWING UP AS BOYS AND GIRLS. MAP WORK- 4 MAPS CREATIVE LEARNING BOOK WORKSHEET -5,14,25
MONTH (SEPTEMBER)	GEOGRAPHY CHAPTER -5 WATER POLITICAL SCIENCE -CHAPTER 5-WOMEN CHANGES THE WORLD. MAP WORK- 4 MAPS CREATIVE LEARNING BOOK WORKSHEET -15,26
MONTH (OCTOBER)	HISTORY-6- TOWNS, TRADERS AND CRAFTSPERSONS. GEOGRAPHY CHAPTER -6 NATURAL VEGETATION AND WILDLIFE. POLITICAL SCIENCE -CHAPTER 6-UNDERSTANDING MEDIA. MAP WORK- 4 MAPS CREATIVE LEARNING BOOK WORKSHEET -6,16,27

MONTH (NOVEMBER)	HISTORY-7-TRIBES NOMADS AND SETTLED COMMUNITIES GEOGRAPHY CHAPTER-7-HUMAN ENVIRONMENT- SETTLEMENTS, TRANSPORT AND COMMUNICATION. POLITICAL SCIENCE -CHAPTER 7-MARKET AROUND US. MAP WORK- 4 MAPS CREATIVE LEARNING BOOK WORKSHEET -7,17,18,19
MONTH (DECEMBER)	HISTORY-8-DEVOTIONAL PATH TO THE DIVINE. GEOGRAPHY CHAPTER-8-HUMAN ENVIRONMENT INTERACTION LIFE IN THE TROPICAL AND SUBTROPICAL REGION. POLITICAL SCIENCE -CHAPTER 8-A SHIRT IN THE MARKET. MAP WORK- 4 MAPS HISTORY-9- THE MAKING OF RELIGIOUS CULTURES. GEOGRAPHY CHAPTER-9- LIFE IN THE DESERT. POLITICAL SCIENCE -CHAPTER 9-STRUGGLE FOR EQUALITY. MAP WORK- 4 MAPS CREATIVE LEARNING BOOK WORKSHEET -9,21 ACTIVITY- IN AFRICA MAP MARK THE SAHARA DESERT AND IT'S CITIES AND NILE RIVER LEARNING BOOK WORKSHEET -8,19,20
MONTH (JANUARY)	HISTORY-9- THE MAKING OF RELIGIOUS CULTURES. GEOGRAPHY CHAPTER-9- LIFE IN THE DESERT. POLITICAL SCIENCE -CHAPTER 9-STRUGGLE FOR EQUALITY. MAP WORK- 4 MAPS CREATIVE LEARNING BOOK WORKSHEET -9,21
MONTH (FEBRUARY)	HISTORY- 10-POLITICAL FORMATION IN THE 18 CENTURY. POLITICAL SCIENCE -CHAPTER 9-STRUGGLE FOR EQUALITY . MAP WORK- 4 MAPS CREATIVE LEARNING BOOK WORKSHEET -10,28,29

SUBJECT	COMPUTER APPLICATIONS
BOOK NAME:	CYBER BEANS
MONTH (APRIL)	Chapter :1 Chapter Name: Editing a worksheet
MONTH (MAY)	Chapter :2 Chapter Name: Formulas and function
MONTH (JUNE)	Chapter :1,2 Revision Chapter Name:
MONTH (JULY)	Chapter :3 Chapter Name: Advanced features of excel
MONTH (AUGUST)	Chapter :4 Chapter Name: Introduction to pencil 2 D
MONTH (SEPTEMBER)	Chapter :5 Chapter Name: Animation in Pencil 2D
MONTH (OCTOBER)	Chapter :6 Chapter Name: Natural language processing
MONTH (NOVEMBER)	Chapter :7 Chapter Name: Control statements in python
MONTH (DECEMBER)	Chapter :8 Chapter Name: More on HTML 5
MONTH (JANUARY)	Chapter :9 Chapter Name: Browsing safety
MONTH (FEBRUARY)	Revision
MONTH (MARCH)	Revision

SUBJECT	GERNAL KNOWLEDGE
BOOK NAME:	Galaxy
MONTH (APRIL)	Chapter :1, 2, 3, 4, 5, 6 Chapter Name: Good Manners, Yoga Poses, Continent: Asia, Flags and Countries, Nepal, National Institutions and Academies
MONTH (MAY)	Chapter :7,8,9,10,11,12 Chapter Name: Rivers of India, Madhya Pradesh, Government Of India, Telangana, Amazing Animals, Monkey
MONTH (JUNE)	Chapter : Holiday Homework Chapter Name: Chapter 13 to till Ch 26
MONTH (JULY)	Chapter :27, 28, 29, 30, 31 Chapter Name: Quiz-1, Analogy: Words, Analogy : Number, Analogy: Letter-1, Analogy: Letter- 2
MONTH (AUGUST)	Chapter :32, 33, 34, 36 Chapter Name: Number series-1, Number Series-2, Number Series- 3, Alpha – Numeric Series, Cubes/ Cuboids
MONTH (SEPTEMBER)	Chapter: 37, 38, 39, 40, 41 Chapter Name: Travelling Etiquette, First Aid, Parliaments of the world, Japan, Crossword: Riverside Cities.
MONTH (OCTOBER)	Chapter : 42, 43, 44, 45,46 Chapter Name: Pacific Ocean, Geographical Epithet Of the World, Famous Indians, Assam, Great Indian Poets
MONTH (NOVEMBER)	Chapter :47, 48, 49, 50, 51 Chapter Name: Manipur, Marsupials, Animal in Dangers, The World of Insects, The Circulatory system
MONTH (DECEMBER)	Chapter :52, 53, 54, 55, 56 Chapter Name: Units and Measurement, Scientific Instruments, Mighty Proverbs, British Americana, Musical Instruments
MONTH (JANUARY)	Chapter :57, 58, 59, 60, 61 Chapter Name: Crossword- classical Dance, Quiz Precious Gems, Computer World, The Internet
MONTH (FEBRUARY)	Chapter :62, 63, 64, 65, 66 Chapter Name: Mauryan Dynasty, Pandyas, Quiz, Repeating Patterns- 1, Repeating Pattern- 2
MONTH (MARCH)	Chapter :67, 68, 70 Chapter Name: Growing Pattern-1, Growing Pattern- 2, Reducing Patterns

SUBJECT	MUSIC
BOOK NAME:	
MONTH (APRIL)	Chapter : Chapter Name: 500 miles + congo
MONTH (MAY)	Chapter : Chapter Name: 500 miles + congo
MONTH (JUNE)	Chapter: Chapter Name:
MONTH (JULY)	Chapter : Chapter Name: pateriotice song + harmonium
MONTH (AUGUST)	Chapter : Chapter Name: pateriotice song + harmonium
MONTH (SEPTEMBER)	Chapter : Chapter Name: peace of mind + congo
MONTH (OCTOBER)	Chapter : Chapter Name: peace of mind + congo
MONTH (NOVEMBER)	Chapter : Chapter Name: shree krishna govind + congo
MONTH (DECEMBER)	Chapter : Chapter Name: shree krishna govind + congo
MONTH (JANUARY)	Practice + Instrument
MONTH (FEBRUARY)	Practice + Instrument
MONTH (MARCH)	

SUBJECT	AEROBIC AND ZUMBA
MONTH (APRIL)	AEROBIC BASIC STEPS 1 ,2 ,3 ,4 ,5 ,6 , 7 ,8 ZUMBA- FOOT WORK – 1,2 STEPS
MONTH (MAY)	Aerobic basic steps 1, 2, 3, 4, 5, 6, 7, 8 ZUMBA – FOOT WORK – 1, 2 STEPS
MONTH (JULY)	Aerobic basics steps 9 ,10 ,11 ,12 ,13 ,14 New step- March Down / Up , shoulder roll. Zumba- 3 ,4 steps
MONTH (AUGUST)	Aerobic basic steps 9, 10 11,12,13,14 New step- March down/up, shoulder roll. Zumba – 3,4 steps.
MONTH (SEPTEMBER)	Aerobic basic steps 9, 10 11,12,13,14 New step- March down/up, shoulder roll. Zumba – 3,4 steps.
MONTH (OCTOBER)	Aerobic new steps. Shoulder scoop, heartbeat Zumba – 5, 6 steps.
MONTH (NOVEMBER)	Aerobic new steps Chest back stretch ,reach out Zumba – 5 ,6 steps
MONTH (DECEMBER)	Aerobic new steps Chest back stretch ,reach out Zumba – 5 ,6 steps
MONTH (JANUARY)	Aerobic new steps Ab Isolation, Easy walk serve and throw. Zumba – 7 and 8 steps Revision of all the new exercises.
MONTH (FEBRUARY)	Aerobic new steps Ab Isolation, Easy walk serve and throw. Zumba – 7 and 8 steps Revision of all the new exercises.