



GURU NANAK PUBLIC SCHOOL RAJOURI GARDEN

Syllabus (2026-27)

Class: 1st

Subject: E.V.S

Book: My Green World

Learning Objectives:-

By the end of this chapter, students will be able to:

- Identify and describe different types of plants and animals.**
- Recognize the importance of cleanliness and hygiene.**
- Develop an appreciation for nature and conservation.**
- Learn about different seasons and their characteristics.**
- Understand the concept of self and surroundings.**
- Identify and name common objects and animals in their environment**
- Develop observation and exploration skills.**
- Learn about healthy habits and practices.**
- Understand basic safety rules and emergency procedures.**

UNIT – 1

(6.04.26 - 9.07.26)

CHAPTERS

Ch -1 About Me

Ch -2 My Body

Ch -3 My family and friends

Activities (Indoor Activities)

- All About Me Show & Tell:** Each child brings or draws something they like (toy, favourite food, colour) and speaks 2–3 lines: “My name is... I like...”

- **Action Song Game:** Sing “Head, Shoulders, Knees and Toes” and increase the speed each round to improve body coordination.
- **Body Parts Puzzle:** Provide cut-outs of body parts for students to assemble a human figure, helping them understand body structure.
- **Family Tree Craft:** Students draw or paste pictures of family members and label them (mother, father, etc.) to build a visual understanding of family.
- **Friendship Circle Game:** Students sit in a circle, pass a ball, and say one good thing about a friend to encourage kindness and bonding.

UNIT– 2 (10.7.26 - 24.8.26)

CHAPTERS

Ch-4 My House and School

Ch-5 My Food Habits

Ch-6 Keeping Healthy and Safe

Activities (Indoor Activity)

- **Build My House:** Use clay, blocks, or cardboard to create a simple house, and students describe it (e.g., “This is my kitchen...”).
- **School Tour Game:** Take students on a walk around the school and ask questions like “Where are we now?” (library/playground).
- **Cleanliness Role-Play:** Students act out cleaning a classroom or room to learn good habits.
- **Healthy Food Basket:** Show real or toy food items and have students sort them into “Healthy” and “Junk.”
- **My Favorite Food Drawing:** Students draw and talk about their favourite food.
- **Traffic Light Game:** Play a movement game where Red = Stop, Yellow = Wait, and Green = Go.
- **Safe or Unsafe Game:** Show pictures and ask students to identify whether situations are “Safe” or “Unsafe.”

UNIT – 3 (25.8.26 – 9.10.26)

CHAPTERS

Ch - 7 Places of Worship and our Festivals

Ch - 8 People Who Help Us

Ch – 9 Our Nation

Activities(Indoor Activities)

- **Festival Dress-Up Day:** Students come dressed for a festival and speak 1–2 lines about it.
- **Match the Place:** Students match pictures (e.g., temple → bell, mosque → crescent).
- **Role-Play Helpers:** Students act as community helpers like doctors, teachers, or police officers.
- **Thank You Card:** Students create thank-you cards for helpers such as school staff.
- **Flag Making Activity:** Students make and colour the national flag.
- **National Anthem Practice:** Students learn and sing the national anthem together.
- **Symbol Matching Game:** Match symbols like Tiger → National Animal.

Unit – 4

(12.10.26 – 2.12.26)

CHAPTERS

Ch -10 Plants and Animals Around Us

Ch -11 Air and Water

Activities(Indoor & Outdoor)

- **Plant a Seed Activity:** Students plant seeds in small pots and observe their growth daily.
- **Animal Sorting Game:** Sort picture cards into categories such as pet, wild, and farm animals.
- **Nature Walk:** Take a walk around the school to identify plants and animals.
- **Air Activity (Balloon Fun):** Blow balloons to demonstrate that air occupies space.
- **Uses of Water Chart:** Draw or paste pictures showing different uses of water.
- **Save Water Role-Play:** Act out ways to save water, such as turning off taps.
- **Float and Sink Experiment:** Place objects in water to observe which float and which sink.

Unit – 5

(3.12.26 – 28.1.27)

CHAPTERS

Ch-12 Seasons in India

Ch-13 The Earth and the Sky

Activities(Indoor Activities)

- **Dress for the Season Game:** Show pictures of clothes and match them with the correct season.
- **Weather Role-Play:** Students act out weather conditions (feeling hot, shivering, using an umbrella).
- **Globe or Ball Activity:** Use a ball to explain Earth, showing land and water.
- **Day and Night Drawing:** Students draw scenes representing day (sun) and night (moon and stars).

Unit-6

(29.1.27 -12.3.27)

CHAPTERS

Ch-14 How Do We Travel?

Ch -15 Games We Play

Activities (Indoor & Outdoor)

- **Traffic Signal Game:** Students follow signals (Red = Stop, Yellow = Wait, Green = Go) in a fun movement activity.
- **Transport Sorting Game:** Sort pictures into land, water, and air transport.
- **Play Outdoor Game:** Organise simple outdoor games like running races or catch-catch.
- **Indoor Game Time:** Play games like ludo, puzzles, or board games in class.
- **Act and Guess Game:** One student acts out a game while others guess.