

SANSKAR SCHOOL, JAIPUR
INTRODUCTORY LETTER
THEME 1-WHO WE ARE
GRADE 1

30th March 2020.

Dear Parents,

We welcome you to another year of the Primary Year Programme. This unit is connected with a **Transdisciplinary theme-Who we are**, an inquiry into personal and physical health. Under this students will learn about impact of choices on their lifestyle.

Central Idea-Making balanced choices about daily routines enables us to have a healthy lifestyle.

Lines of Inquiry- Daily habits and routines. (hygiene, play, eating, sleep, physical activities.

Balanced choices.

Consequences of choices.

Key Concepts- **Function** -Learners will understand the role of healthy food, exercise and cleanliness.

Perspective-They will share their perspective on balanced choices with peers.

Causation-They will be able to reason out the impact of good and bad choices.

Learner Profile-**Balanced**-Learners will understand the importance of balanced choices and its impact on them

Reflective-They will thoughtfully consider and reflect on how their choices affect their lives.

Approaches to Learning- **Self management**-Learners will be able to make balanced choices in their daily life to have a healthy lifestyle.

Thinking skill-They will be able to think and choose between good and bad habits.

Subject focus-Science, Languages, P.E, Math, Arts, Dance and Music.

Suggested Activities from home-

- Talk to children about healthy food and its benefits. Encourage children to eat vegetables and fruits to keep themselves healthy and to drink appropriate amounts of water.
- Involve children in doing some physical exercises, yoga and pranayama.
- Aware kids about keeping their body and surroundings clean.

Suggested Resources-

Videos, books. Websites-<https://youtu.be/YBsoimPXZg>, <https://youtu.be/NoxS4eXy18>,
<https://youtu.be/fE8lezHs19s>

Grade- I
Assignment 1

English:

Read the alphabet and Sing along the phonic song. Write one word that begins with each alphabet eg- A apple.

<https://www.youtube.com/watch?v=BELIZKpi1Zs&feature=youtu.be>

Maths:

Call out the numbers as you write

Fill in the missing numbers

1	2		4		6		8		10
11	12		14		16	17		19	20
21		23		25	26		28		30
31	32		34		36	37		39	
41		43	44		46	47		49	
	52	53		55	56		58	59	
61		63		65	66		68		70
71	72		74		76		78		80
	82	83		85		87		89	
91		93		95		97		99	

UOI:

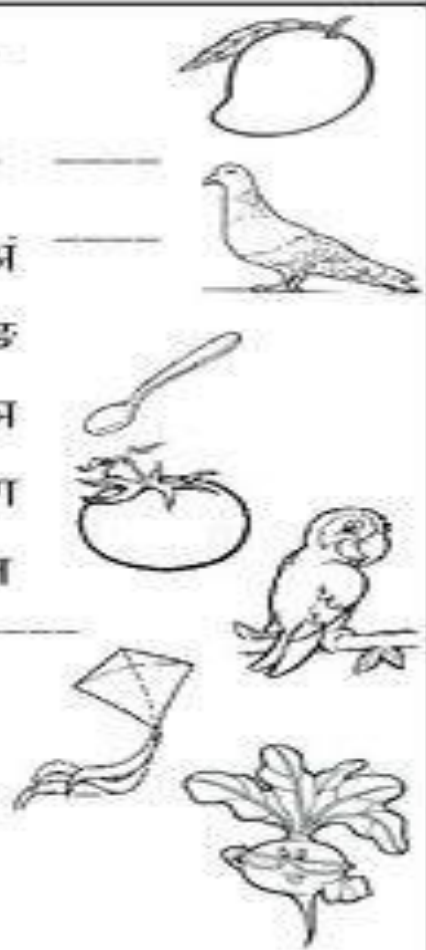
Watch the video and discuss healthy and unhealthy habits with your parents. Try to write 3 healthy habits you follow in simple sentences.

<https://www.youtube.com/watch?v=a3fTkawDCyY&feature=youtu.be>

Hindi:

Varnamala puri kare

PRACTICE WORKSHEET			
Name : _____	Date : _____		Roll No : _____
वर्णमाला अ से झ तक			
वर्णमाला पूरी करें :-			
अ	_____	इ	_____
ए	_____	उ	_____
क	_____	ख	_____
_____	छ	ज	_____
_____	_____	झ	_____
त	_____	ण	_____
प	_____	न	_____
_____	_____	व	_____
श	_____	_____	_____
_____	_____	झ	_____



PE and Dance:

See the video and follow the steps. Repeat it twice to keep yourself healthy

https://www.google.com/search?sxsrf=ALeKk038E84qOk3nwPedKMUaZCiB-Yjngw%3A1584969953773&source=hp&ei=4bh4Xrq2LJHz9QPk0o1o&q=lets+star+jump&gs_ssp=eJzj4tVP1zc0TC62LDEpK6oyYPTiy0ktKVYoLkksUsgqzS0AAJtNck8&oq=lets+star&gs_l=mobile-gws-wiz-hp.1.3.35i39j46i10j0i10j46j0i10j0l

ART:

Colour the rainbow



Name _____

Eat the Rainbow!

