



बेबिलोन नेशनल स्कूल BABYLON NATIONAL SCHOOL

Academic Year - 2081

Syllabus Booklet

Grade: - VIII



SYLLABUS DIVISION 2081**SUBJECT: ENGLISH****GRADE: VIII****First Terminal Examination 2081****Working Days: 71****Teaching Days = 62****Net Teaching days = 45 Approximately**

Unit	Topics	T. P.	Estimated Date	Teaching & Learning Procedures	Evaluations
1	➤ A Tour to Central Zoo ➤ A Request Letter	5	13/01/2081 20/01/2081	➤ Silent Reading ➤ Explain ➤ Lecture ➤ Group Work	➤ Dictation ➤ Exercise ➤ Question answer ➤ C.W, H.W & U. T
2	➤ A Father's Letter to his Son ➤ Poem: Changing World	5	21/01/2081 28/01/2081	➤ Simulation ➤ Silent Reading ➤ Explanation ➤ Group Work	➤ Dictation ➤ Exercise ➤ Presentation ➤ Project Work ➤ C.W, H.W & U. T
3	➤ Public Announcement ➤ How to Wash Clothes in Washing Machine	5	29/01/2081 07/02/2041	➤ Silent Reading ➤ Group Work ➤ Guessing Meanings	➤ Dictation ➤ Presentation ➤ Asking and answering ➤ C.W, H.W & U. T
4	➤ A Memoir: A Visit to Mustang ➤ A Diary Entry	5	08/02/2081 16/02/2081	➤ Silent Reading ➤ Sharing Ideas ➤ Simulation ➤ Pair Work	➤ Dictation ➤ Project Work ➤ Asking and answering ➤ C.W, H.W & U.T
5	➤ The Old Woman and the Lime Tree ➤ Poem: Free Birds	5	17/02/2081 24/02/2081	➤ Silent Reading ➤ Explanation ➤ Pair Work	➤ Question answer ➤ Demonstration ➤ Problem solving Research

6	<ul style="list-style-type: none"> ➤ Traditional Wedding Customs around the World ➤ Life Saving Inventions 	5	25/02/2081 32/02/2081	<ul style="list-style-type: none"> ➤ Aloud Reading ➤ Guessing Meaning ➤ Discussion ➤ Explanation 	<ul style="list-style-type: none"> ➤ Dictation ➤ Presentation ➤ Practice ➤ C.W, H.W & U. T
The Supplement					
S-A 1	Articles	2	02/03/2081 03/03/2081	<ul style="list-style-type: none"> ➤ Direct Instructions ➤ Interactive Activities ➤ Guided Practice ➤ Independent Study ➤ Hands-on Practice 	<ul style="list-style-type: none"> ➤ Quizzes and Tests ➤ Performance Tasks ➤ Peer Assessment ➤ Self-assessment and Reflection:
S-A 4	Transformation	2	05/03/2081 07/03/2081	<ul style="list-style-type: none"> ➤ Direct Instruction ➤ Interactive Activities ➤ Guided Practice ➤ Collaborative Learning ➤ Hands-on Practice 	<ul style="list-style-type: none"> ➤ Silent Reading ➤ Quizzes and Tests ➤ Performance Tasks ➤ Peer Assessment ➤ Self-assessment and Reflection:
S-A 8	Tense	3	09/03/2081 11/03/2081	<ul style="list-style-type: none"> ➤ Direct Instruction ➤ Interactive Activities ➤ Guided Practice ➤ Collaborative Learning ➤ Hands-on Practice 	<ul style="list-style-type: none"> ➤ Quizzes and Tests ➤ Performance Tasks ➤ Peer Assessment ➤ Self-assessment and Reflection:
S-A 11	Causative Verbs	2	12/03/2081 13/03/2081	<ul style="list-style-type: none"> ➤ Introduction ➤ Structure/types of letters ➤ Content and tone ➤ Language and style ➤ Practice and feedback 	<ul style="list-style-type: none"> ➤ Content Accuracy and relevance ➤ Organization and structure ➤ Language use and style ➤ Format and presentation ➤ Self-assessment and reflection

S-D 3	Biographies	1	14/03/2081	<ul style="list-style-type: none"> ➤ Direct Instruction ➤ Format and language ➤ Selecting and reading biographies ➤ Collaborative Learning 	<ul style="list-style-type: none"> ➤ Quizzes and Tests ➤ Performance Tasks ➤ Peer Assessment ➤ Self-assessment and Reflection:
Unit Test		2	First Term Exam begins from 20 Asar-2081		
Revision Periods		3			

Mid Terminal Examination 2081 Working Days: 67 Teaching Days = 58 Net Teaching days = 48 Approximately

Unit	Topics	T. P.	Estimated Date	Teaching/Learning Procedures	Evaluation
7	<ul style="list-style-type: none"> ➤ Weather Forecast ➤ Migration 	5	30/03/2081 06/04/2081	<ul style="list-style-type: none"> ➤ Silent Reading ➤ Explanation ➤ Guessing Meaning ➤ Drill 	<ul style="list-style-type: none"> ➤ Presentation ➤ Practice ➤ Project Work ➤ C.W, H.W & U. T
8	<ul style="list-style-type: none"> ➤ Having Fun ➤ Historical Inventions 	5	07/04/2081 14/04/2081	<ul style="list-style-type: none"> ➤ Discussion ➤ Silent Reading ➤ Guessing ➤ Analyzing ➤ Explanation 	<ul style="list-style-type: none"> ➤ Dictation ➤ Practice ➤ Project Work ➤ C.W, H.W & U. T
9	<ul style="list-style-type: none"> ➤ The Leap between High School and College ➤ Smart Phones in our Life 	5	15/04/2081 21/04/2041	<ul style="list-style-type: none"> ➤ Silent Reading ➤ Simulation ➤ Guessing Meaning ➤ Explanation ➤ Group Work 	<ul style="list-style-type: none"> ➤ Dictation ➤ Practice ➤ Project Work ➤ C.W, H.W & U. T
10	<ul style="list-style-type: none"> ➤ Vacancy Announcement 	5	22/04/2081 29/04/2081	<ul style="list-style-type: none"> ➤ Silent Reading ➤ Analyzing 	<ul style="list-style-type: none"> ➤ Dictation ➤ Presentation

	➤ Invitation			➤ Guessing Meaning ➤ Explanation ➤ Role play	➤ Project Work ➤ C.W, H.W &U. T
11	➤ Sir Isaac Newton ➤ Khaptad National Park	5	30/04/2081 5/05/2081	➤ Silent Reading ➤ Finding Vocabularies ➤ Text Analyzing ➤ Group Discussion	➤ Dictation ➤ Practice ➤ Project Work ➤ C.W, H.W & U. T
12	➤ Nepal's Bird Man ➤ Poem: My Teacher Ate my Homework	5	6/05/2081 13/05/2081	➤ Silent Reading ➤ Simulation ➤ Guessing Meaning ➤ Practice ➤ Group Work	➤ Dictation ➤ Presentation ➤ Project Work ➤ C.W, H.W &U. T
The Supplement					
S-A 12	Preposition	2	14/05/2081 16/05/2081	➤ Direct Instruction ➤ Interactive Activities ➤ Guided Practice ➤ Independent Study ➤ Hands-on Practice	➤ Quizzes and Tests ➤ Performance Tasks ➤ Peer Assessment ➤ Self-assessment and Reflection
S-A 6	WH Question	2	17/05/2081 18/05/2081	➤ Direct Instruction ➤ Interactive Activities ➤ Guided Practice ➤ Collaborative Learning ➤ Hands-on Practice	➤ Quizzes and Tests ➤ Performance Tasks ➤ Peer Assessment ➤ Self-assessment and Reflection:
S-A 7	Agreement	2	19/05/2081 25/05/2081	➤ Direct Instruction ➤ Interactive Activities ➤ Guided Practice ➤ Collaborative Learning	➤ Quizzes and Tests ➤ Performance Tasks ➤ Peer Assessment

				➤ Hands-on Practice	➤ Self-assessment and Reflection:
S-A 14	Reported Speech	3	26/05/2081 31/05/2081	➤ Introduction ➤ Structure with model story ➤ Techniques ➤ Practice ➤ Peer review	➤ Content Accuracy and relevance ➤ Organization and structure ➤ Language use and style ➤ Format and presentation ➤ Self-assessment and reflection
S-A 9	Conditional	2	01/06/2081 04/06/2081	➤ Introduction ➤ Explanation ➤ Purpose and designs ➤ Analysis ➤ Creation	➤ Accuracy ➤ Clarity and Readability ➤ Relevance ➤ Technical Skills
Unit Test		2	Mid Term Exam begins from 9 Ashoj-2081		
Revision Periods		5			

Second Terminal Examination 2081 Working Days: 52 Teaching Days = 44 Net Teaching days = 40 Approximately

Unit	Topics	T. P.	Estimated Date	Teaching/Learning Procedures	Evaluation
13	➤ Nepal is the First Country to Double its Tiger Population ➤ Drama: A Mousetrap	6	25/07/2081 02/08/2081	➤ Silent Reading ➤ Explain ➤ Lecture ➤ Drill ➤ Group Work	➤ Dictation ➤ Exercise ➤ Question answer ➤ C.W, H.W & U. T
14	➤ The Magic Mirror ➤ Poem: If I was a Superhero	6	03/07/2081 10/08/2081	➤ Simulation ➤ Silent Reading ➤ Explanation ➤ Group Work	➤ Dictation ➤ Exercise ➤ Presentation ➤ Project Work

					➤ C.W, H.W & U. T
15	<ul style="list-style-type: none"> ➤ Conversation of Earth ➤ An Official Notice 	6	11/08/2081 18/08/2041	<ul style="list-style-type: none"> ➤ Silent Reading ➤ Group Discussion ➤ Explanation ➤ Pair Work 	<ul style="list-style-type: none"> ➤ Dictation ➤ Presentation ➤ Asking and answering ➤ C.W, H.W & U. T
16	<ul style="list-style-type: none"> ➤ An Anecdote: Why I Became a Vegan ➤ A History of Pens 	6	19/08/2081 26/08/2081	<ul style="list-style-type: none"> ➤ Silent Reading ➤ Sharing Ideas ➤ Simulation ➤ Pair Work 	<ul style="list-style-type: none"> ➤ Dictation ➤ Project Work ➤ Asking and answering ➤ C.W, H.W & U.T
The Supplement					
S-A 15	Connectives	2	27/08/2081 28/08/2081	<ul style="list-style-type: none"> ➤ Direct Instruction ➤ Interactive Activities ➤ Guided Practice ➤ Independent Study ➤ Collaborative Learning ➤ Hands-on Practice: 	<ul style="list-style-type: none"> ➤ Quizzes and Tests ➤ Performance Tasks ➤ Peer Assessment ➤ Self-assessment and Reflection:
S-D 9	Letter Writing	2	01/09/2081 02/09/2081	<ul style="list-style-type: none"> ➤ Direct Instruction ➤ Interactive Activities ➤ Guided Practice ➤ Real-life Contexts ➤ Collaborative Learning ➤ Hands-on Practice: 	<ul style="list-style-type: none"> ➤ Quizzes and Tests ➤ Performance Tasks ➤ Peer Assessment ➤ Self-assessment and Reflection:
S-A 13	Voice	3	03/09/2081 07/09/2081	<ul style="list-style-type: none"> ➤ Direct Instruction ➤ Interactive Activities ➤ Guided Practice 	<ul style="list-style-type: none"> ➤ Quizzes and Tests ➤ Performance Tasks ➤ Peer Assessment

				<ul style="list-style-type: none"> ➤ Independent Study ➤ Collaborative Learning ➤ Hands-on Practice: 	➤ Self-assessment and Reflection:
S-A 5	Tags	2	08/09/2081 09/09/2081	<ul style="list-style-type: none"> ➤ Introduction ➤ Structure/types of letters ➤ Content and tone ➤ Language and style ➤ Practice and feedback 	<ul style="list-style-type: none"> ➤ Content Accuracy and relevance ➤ Organization and structure ➤ Language use and style ➤ Format and presentation ➤ Self-assessment and reflection
S-D 1	Interpreting Charts and Graphs	2	12/09/2081 14/09/2081	<ul style="list-style-type: none"> ➤ Direct Instruction ➤ Interactive Activities ➤ Guided Practice ➤ Independent Study ➤ Collaborative Learning ➤ Hands-on Practice 	<ul style="list-style-type: none"> ➤ Quizzes and Tests ➤ Performance Tasks ➤ Peer Assessment ➤ Self-assessment and Reflection:
Unit Test		2	Second Term Exam begins from 18 Poush-2081		
Revision Periods		3			

Final Examination 2081 Working Days: 58 Teaching Days = 49 Net Teaching days = 40 Approximately

Unit	Topics	T. P.	Estimated Date	Teaching/Learning Procedures	Evaluation
17	<ul style="list-style-type: none"> ➤ Naresh and the Stranger ➤ Poem: From a Railway Carriages 	5	7/10/2081 13/10/2081	<ul style="list-style-type: none"> ➤ Silent Reading ➤ Explain ➤ Lecture ➤ Drill ➤ Group Work 	<ul style="list-style-type: none"> ➤ Dictation ➤ Exercise ➤ Question answer ➤ C.W, H.W & U. T
18	➤ Road Accidents in Nepal: Are Poor	5	14/10/2081 22/10/2081	<ul style="list-style-type: none"> ➤ Simulation ➤ Silent Reading 	<ul style="list-style-type: none"> ➤ Dictation ➤ Exercise

	Roads Solely to Blame? ➤ Poem: Long Life			➤ Explanation ➤ Group Work	➤ Presentation ➤ Project Work ➤ C.W, H.W & U. T
19	➤ A Tale of Two Birds ➤ News Report: Pokhara International Airport Inaugurated	5	23/10/2081 01/11/2081	➤ Silent Reading ➤ Explain ➤ Lecture ➤ Group Work	➤ Dictation ➤ Exercise ➤ Question answer ➤ C.W, H.W & U. T
The Supplement					
S-D 2	Dialogue Writing	2	02/11/2081 03/11/2081	➤ Silent Reading ➤ Sharing Ideas ➤ Simulation ➤ Pair Work	➤ Dictation ➤ Project Work ➤ Asking and answering ➤ C.W, H.W & U.T
S-D 5	News Writing	2	04/11/2081 06/11/2081	➤ Silent Reading ➤ Explanation ➤ Pair Work	➤ Question answer ➤ Demonstration ➤ Problem solving Research
S-D 7	Story Writing	2	08/11/2081 09/11/2081	➤ Aloud Reading ➤ Guessing Meaning ➤ Discussion ➤ Explanation	➤ Dictation ➤ Presentation ➤ Practice ➤ C.W, H.W & U. T
Unit Test		2	Remaining days for revision		
Revision for Exam		5			

नेपाली भाषा तथा साहित्य विभाग
पाठगत वार्षिक कार्य योजना - २०८१

कक्षा - ८

विषय - नेपाली

विषय शिक्षक - प्रेमलाल पराजुली

प्रथम त्रैमासिक परीक्षा (जम्मा कार्य घण्टी - ५५)

क्र.सं.	पाठ	पाठ्य घण्टी	शिक्षण विधि	परियोजना कार्य
१	सहिदहरुको सम्झनामा (८) - कविको परिचय र सस्वर वाचन - शब्दार्थ शिक्षण - भाव र व्याख्या - विवेचना - अभ्यास खण्ड छलफल - व्याकरण शिक्षण	(वैशाख १२-२१ सम्म) १ १ १ २ २ १	व्याख्यान विधि प्रश्नोत्तर विधि छलफल विधि समस्या समाधान सिर्जनात्मक विधि	नेपालका मुख्य चार सहिदहरू (शुक्रराज, धर्मभक्त, गङ्गालाल, दशरथ) को बारेमा योगदानसहित चिनारी गराउनुहोस् ।
२	साकार सपना (८) - कथाकारको परिचय र विशेषता - श्रुतिबोध, श्रुतिरचना, श्रुतिसारांश सस्वर पठन - शब्दार्थ, भाव व्याख्या र विवेचना - मौखिक कथा रचना, लिखित कथा रचना - व्याकरण शिक्षण	(वैशाख २३-जेठ १सम्म) १ २ ३ १ १	प्रश्नोत्तर प्रवचन छलफल समस्या समाधान अनुच्छेद पठन सिर्जनात्मक विधि	
३	स्वामी प्रपन्नाचार्य (९) - शब्दार्थ शिक्षण र सस्वरवाचन - जीवनीशिक्षण, व्याख्या, र विवेचना - बुँदाका आधारमा जीवनी लेखन, - अभ्यास छलफल - व्याकरण शिक्षण	(जेठ २- १३ सम्म) १ ३ १ ३ १	प्रश्नोत्तर व्याख्यान छलफल समस्या समाधान अन्तरक्रिया अन्वेषण विधि	
४	व्यावसायिक चिठी (६) - परिचय र शब्दार्थ शिक्षण	(जेठ १४-२१ सम्म)	प्रश्नोत्तर विधि, छलफल विधि	

	<ul style="list-style-type: none"> - प्रस्तुति र छलफल - चिठी लेखन - अभ्यास छलफल - व्याकरण शिक्षण 	१ १ १ २ १	समस्या समाधान अन्तरक्रिया विधि	
५	मानव अधिकार (७) <ul style="list-style-type: none"> - परिचय र शब्दार्थ शिक्षण - प्रस्तुति र छलफल - अभ्यास छलफल - व्याकरण शिक्षण 	(जेठ २२-३० सम्म) १ २ ३ १	प्रवचन छलफल व्याख्यान प्रश्नोत्तर	नेपालको मानव अधिकार आयोग र यसको भूमिकाका बारेमा समीक्षा गर्नुहोस् ।
६	अमर पुत्र (८) <ul style="list-style-type: none"> - कथाकारको परिचय र प्रवृत्ति - शब्दार्थ, शब्दभण्डार, शब्दप्रयोग - मौन पठन र पठनबोध - भाव व्याख्या र विवेचना - मौखिक कथा रचना, लिखित कथा रचना - व्याकरण शिक्षण 	(जेठ ३१-असार ७ सम्म) १ १ १ ३ १ १	व्याख्यान प्रश्नोत्तर छलफल भूमिका निर्वाह समस्या समाधान समूह शिक्षण तस्वीर प्रदर्शन	
	एकाइ परीक्षा	२	पुनरावृत्ति - ७	

मध्य त्रैमासिक परीक्षा (जम्मा कार्य घण्टी - ५०)

क्र.सं.	पाठ	पाठ्य घण्टी	शिक्षण विधि	परियोजना कार्य
७	पदमार्ग (८) <ul style="list-style-type: none"> - परिचय प्रकार र शब्दार्थ शिक्षण - प्रस्तुति र छलफल - अभ्यास छलफल - व्याकरण शिक्षण 	(असार ३०-साउन ८) १ ३ ३ १	नाटकीकरण विधि प्रयोगात्मक विधि समस्या समाधान प्रश्नोत्तर विधि छलफल विधि	

८	फर्क आफ्नै देश (८) - कविको परिचय र प्रवृत्ति र लयबद्ध वाचन - कवितामा प्रयुक्त नवीन शब्द उच्चारण - शब्दार्थ र वाक्यमा प्रयोग - भाव बोध र व्याख्या - व्याकरण शिक्षण	(साउन १-१७ सम्म) १ २ १ ३ १	व्याख्यान समस्या समाधान प्रदर्शन छलफल प्रश्नोत्तर कविता वाचन	वैदेशिक रोजगारीका लागि नेपालीहरू विदेश पलायन हुँदा नेपालको विकासमा परेको प्रभावलाई समेटि एउटा लेख तयार पार्नुहोस् ।
९	नेपालको वैदेशिक व्यापार (८) - निबन्धको परिचय र शब्दार्थ शिक्षण - निबन्ध शिक्षण र मूलभाव - अभ्यास छलफल - व्याकरण शिक्षण	(साउन १८-२८ सम्म) १ ३ ३ १	छलफल प्रश्नोत्तर समस्या समाधान अन्तरक्रिया अन्वेषण, अनुसन्धान व्याख्यान	
१०	हजुरआमाको जन्मोत्सव (७) - परिचय प्रकार र शब्दार्थ शिक्षण - प्रस्तुतीकरण र छलफल - अभ्यास छलफल - व्याकरण शिक्षण	(साउन २९- भदौ ५) १ २ ३ १	प्रश्नोत्तर छलफल समस्या समाधान अन्तरक्रिया	आफ्नो जन्मदिन आउनुभन्दा एक दिन अगाडिदेखि तपाईंको मनमा उत्पन्न हुने संवेगलाई समेटि मनोवाद लेख्नुहोस् ।
११	एकजोर जुता (९) - कथाकारको परिचय र विशेषता - शब्दार्थ शिक्षण र सस्वरवाचन - कथाको विश्लेषण - भाव व्याख्या र विवेचना - मौखिक कथा रचना र लिखित कथा रचना - व्याकरण शिक्षण	(भदौ ६-१७ सम्म) १ १ २ ३ १ १	प्रश्नोत्तर समस्या समाधान छलफल अन्वेषण प्रवचन अन्तक्रिया प्रदर्शन	
	एकाइ परीक्षा	२	पुनरावृत्ति - ८	

द्वितीय त्रैमासिक परीक्षा (जम्मा कार्य घण्टी - ४६)

क्र.सं.	पाठ	पाठ्य घण्टी	शिक्षण विधि	परियोजना कार्य
१२	जुन्को तावेई (९) - शब्दार्थ शिक्षण र सस्वरवाचन - जीवनी शिक्षण - व्याख्या र विवेचना - बुँदाका आधारमा जीवनी लेखन - अभ्यास छलफल - व्याकरण शिक्षण	(कार्तिक २५-मंसिर ४) १ २ १ १ ३ १	प्रश्नोत्तर छलफल अन्तर्क्रिया समस्या समाधान	
१३	प्यारो प्रकृति (८) - कविको परिचय र विशेषता - गति, यतिर लय मिलाएर वाचन - कविताको भावबोध अध्ययन - अभ्यास छलफल - व्याकरण शिक्षण	(मंसिर ५-मंसिर १३) १ ३ ३ १	समस्या समाधान प्रवचन अन्तर्क्रिया समूहकार्य छलफल प्रदर्शन	मेरो देश नेपाल शीर्षकमा एउटा कविता लेख्नुहोस् ।
१४	शैक्षिक भ्रमण (९) - दैनिकीको परिचय र विशेषता (महत्व) - शब्दार्थ शिक्षण - दैनिकी शिक्षण र लेखन - मूलभाव - अभ्यास छलफल - व्याकरण शिक्षण	(मंसिर १४-मंसिर २४) १ १ २ १ ३ १	छलफल प्रश्नोत्तर समस्या समाधान अन्तर्क्रिया प्रदर्शन अन्वेषण समूहकार्य	
१५	शे-गुम्बाको सुन्दरता (८) - नियात्राको परिचय र विशेषता - शब्दार्थ शिक्षण - नियात्रा शिक्षण र लेखन - अभ्यास छलफल - व्याकरण शिक्षण	(मंसिर २५-पौष ४) १ १ २ ३ १	छलफल प्रश्नोत्तर समस्या समाधान अन्तर्क्रिया प्रदर्शन अन्वेषण क्षेत्र भ्रमण	तपाईंले भ्रमण गरेको कुनै सुन्दर ठाउँको बारेमा २०० शब्दसम्मको लेख तयार पार्नुहोस् ।

	एकाइ परीक्षा	२	पुनरावृत्ति - १०	

वार्षिक परीक्षा (जम्मा कार्य घण्टी - ४०)

क्र.सं.	पाठ	पाठ्य घण्टी	शिक्षण विधि	परियोजना कार्य
१६	सम्पादकलाई चिठी (७) - शब्दार्थ शिक्षण - प्रस्तुति र छलफल - चिठी लेखन - अभ्यास छलफल - व्याकरण शिक्षण	(माघ ७- १४ सम्म) १ २ १ २ १	प्रवचन समस्या समाधान प्रश्नोत्तर छलफल	जन्म दिनमा साथीलाई दिइने शुभकामना पत्र तथा परीक्षामा प्रथम भएकोमा साथीलाई दिइने वधाई पत्रको नमुना बनाउनुहोस् ।
१७	डल्लेखोला (१०) - कथाकारको परिचय र विशेषता - शब्दार्थ शिक्षण र सस्वरवाचन - कथाको विश्लेषण - मौन पठन र पठनबोध - भाव, व्याख्या र विवेचना - मौखिक कथा रचना र व्याकरण	(माघ २२- फागुन ६) १ १ २ १ ३ २	प्रश्नोत्तर समस्या समाधान छलफल अन्वेषण प्रवचन अन्तर्क्रिया प्रदर्शन समूहकार्य	
	एकाइ परीक्षा	२	पुनरावृत्ति - २३	

विशिष्टीकरणतालिका (Test specification chart)

Grade VIII

Full Marks: 50

Subject: Mathematics

Time: 2hrs

S.N	Areas	Total Working Hours	Knowledge		Understanding		Application		Higher ability		Total number of items	Total number of questions	Total Marks
			Number of items	Marks	Number of items	Marks	Number of items	Marks	Number of items	Marks			
1	Sets	10	1	1	1	1	2	3	1	1	5	2	3
2	Statistics	10											3
3	Arithmetic	45	2	2	3	4	3	5	2	3	10	3	14
4	Measurement	15	1	1	1	1	1	2	1	1	4	1	5
5	Algebra	30	2	2	1	2	2	4	1	2	6	3	10
6	Geometry	50	2	2	2	4	2	6	2	3	8	3	15
		160	8	8	8	12	10	20	7	10	33	12	50

द्रष्टव्य

- प्रश्नपत्रनिर्माण गर्दा प्रत्येक क्षेत्रमा र समग्रमा ज्ञान, बोध, प्रयोग र उच्चदक्षताकालागितोकिएअनुसारको भार मिलेको हुनुपर्दछ । तर संज्ञानात्मक तहमा २ अङ्कसम्म घटवढ हुन सक्ने छ ।
- सन्दर्भ दिएर प्रश्नहरू निर्माण गर्नुपर्ने छ । प्रत्येक प्रश्नमा एकभन्दा बढी संज्ञानात्मक तहका उपप्रश्नहरू समावेश गर्न सकिने छ ।
- Application र Higher ability तहका प्रश्नहरू निर्माण गर्दा सम्बन्धित क्षेत्रका अलावा अन्य क्षेत्रका विषयवस्तुसँग सम्बन्धित प्रश्नहरू पनि रहन सक्ने छन् ।
- हरेक क्षेत्र अन्तर्गत रहेका सबै उपक्षेत्रका विषयवस्तुहरू समानुपातिक रूपमा समावेश हुने गरी प्रश्नहरू निर्माण गर्नुपर्ने छ ।

आन्तरिक मूल्याङ्कन

निर्माणात्मक मूल्याङ्कनको अङ्कको निश्चित भार आन्तरिक मूल्याङ्कनका रूपमा समावेश गरिने छ । यस कालागि निर्माणात्मक मूल्याङ्कनलाई अभिलेखीकरण गरी प्रत्येक विद्यार्थीको कार्यसञ्चयिकाव्यवस्थित गरी राख्नु पर्छ । यस्तो अभिलेखका आधारमा निम्नलिखित पक्षमा तोकिएअनुसारको भारको अङ्क आन्तरिक मूल्याङ्कनका रूपमा समावेश गरिने छ ।

क्रम सङ्ख्या	मूल्याङ्कनका आधार	भार
१	सहभागिता : कक्षा सहभागिता र सिकाइमा सक्रियता	४

२	प्रयोगात्मककार्य, परियोजनाकार्य वाअन्यकार्यकलाप	३६
३	त्रैमासिक परीक्षा	१०
	जम्मा	५०

उल्लिखित तालिकाका नं. १ देखि ३ सम्मका क्षेत्रगत क्रियाकलाप नियमित सिकाइ सहजीकरणकै क्रममा गराउनुपर्छ । उक्त क्रियाकलापलाई निर्माणात्मक मूल्याङ्कनसँग अन्तरसम्बन्धित गरी त्यसको अभिलेख पनि राख्नुपर्ने छ ।

First Terminal Examination 2081 Working Days: 71 Teaching Days = 62 Net Teaching days = 55 Approximately

Unit	Topics	Content	TP	Estimated Date	Teaching Method	Evaluation	Remarks
1	Set	<ul style="list-style-type: none"> ➤ Set review ➤ Notation of set ➤ Method of describing sets ➤ Cardinal number of sets ➤ Types of set ➤ Relationship between sets ➤ Representation of set in Venn-diagram ➤ Universal sets, sub-sets, proper sub-sets, Improper sub-sets and No. of subsets. 	7	➤ 12-01-2081 to 20-01-2081	<ul style="list-style-type: none"> ➤ Question/Answer ➤ Demonstration ➤ Analysis/synthesis ➤ Practical/Project 	<ul style="list-style-type: none"> ➤ Oral test ➤ Unit test ➤ Practical/Project work 	
2	Arithmetic	<ul style="list-style-type: none"> ➤ Number System in different Bases • Conversion of numbers ➤ Real Numbers • Types of Numbers • Sign rule of addition, subtraction, multiplication and division 	10	➤ 21-01-2081 to 03-02-2081	<ul style="list-style-type: none"> ➤ Question/Answer ➤ Demonstration ➤ Analysis/synthesis ➤ Practical/Project 	<ul style="list-style-type: none"> ➤ Oral test ➤ Unit test ➤ Practical/Project work 	
3	Mensuration	<ul style="list-style-type: none"> ➤ Area and Perimeter of plane figure (Triangle, Quadrilateral and Circle) 	10	➤ 04-02-2081 to 17-02-2081	<ul style="list-style-type: none"> ➤ Question/Answer ➤ Demonstration ➤ Analysis/synthesis 	<ul style="list-style-type: none"> ➤ Oral test ➤ Unit test ➤ Practical/Project work 	

					Practical/Project		
4	Geometry	<ul style="list-style-type: none"> ➤ Angle • Angles and parallel line • Types of angles (Vertically opposite angles, adjacent angle, complementary angle and supplementary angle) • Types of angles (Alternate angle, co-interior angle, corresponding angle) 	8	➤ 18-02-2081 to 28-02-2081	<ul style="list-style-type: none"> ➤ Question/Answer ➤ Demonstration ➤ Analysis/synthesis Practical/Project	<ul style="list-style-type: none"> ➤ Oral test ➤ Unit test ➤ Practical/Project work 	
5	Algebra	<ul style="list-style-type: none"> ➤ Algebraic terms and expression ➤ Polynomial and degree of polynomials ➤ Evaluation of algebraic expressions ➤ Special products and formulae 	8	➤ 29-02-2081 to 05-03-2081	<ul style="list-style-type: none"> ➤ Question/Answer ➤ Demonstration ➤ Analysis/synthesis Practical/Project	<ul style="list-style-type: none"> ➤ Oral test ➤ Unit test ➤ Practical/Project work 	
6	Statistics	<ul style="list-style-type: none"> ➤ Collection of data ➤ Frequency table ➤ Cumulative frequency table ➤ Graphical representation of data 	7	➤ 06-03-2081 to 13-03-2081	<ul style="list-style-type: none"> ➤ Question/Answer ➤ Demonstration ➤ Analysis/synthesis Practical/Project	<ul style="list-style-type: none"> ➤ Oral test ➤ Unit test ➤ Practical/Project work 	
7	Transformation						
8	Co-ordinate						
9	Revision		7	14-03-2081 to 19-03-2081			

First term
Specification Grid

Area	Types of Question				Total no. of items	Total no. of questions	Total Marks	Total Time
	K	C	A	HA				
Set	1	1	2	1	5	2	3	7.2min
Statistics							3	7.2min
Arithmetic	2	3	3	2	10	3	14	33.6min
Mensuration	1	1	1	1	4	1	5	12min
Geometry	2	2	2	2	8	2	9	36min
Transformation						1	6	
Algebra	2	1	2	1	6	3	10	24min
Total	8	8	10	7	33	12	50	120min

Mid Terminal Examination 2081 Working Days: 67 Teaching Days = 58
Net Teaching days = 53 Approximately

Unit	Topics	Content	TP	Estimated Date	Teaching Method	Evaluation	Remarks
1	Set						
2	Arithmetic	➤ Real Numbers • Terminating and non-terminating decimal	9	➤ 30-03-2081 to 09-04-2081	➤ Question/Answer	➤ Oral test ➤ Unit test	

		<ul style="list-style-type: none"> • Comparison between rational and irrational number • Real Number • Scientific notation <p>➤ Ratio and proportion</p> <ul style="list-style-type: none"> • comparison of quantities of same kind • compounded ratio • Proportion • types of proportion 			<p>➤ Demonstration</p> <p>➤ Analysis/synthesis</p> <p>➤ Practical/Project</p>	<p>➤ Practical/Project work</p> <p>➤</p>	
3	Mensuration	<p>➤ Area and volume of solid</p>	6	<p>➤ 10-04-2081 to 16-04-2081</p>	<p>➤ Question/Answer</p> <p>➤ Demonstration</p> <p>➤ Analysis/synthesis</p> <p>➤ Practical/Project</p>	<p>➤ Oral test</p> <p>➤ Unit test</p> <p>➤ Practical/Project work</p> <p>➤</p>	
4	Geometry	<p>➤ Triangle</p> <ul style="list-style-type: none"> • Experimental verification of properties of triangle • Congruent triangle • Experiment on condition of congruency • Similar triangle • Condition of similarity 	12	<p>➤ 17-04-2081 to 31-04-2081</p>	<p>➤ Question/Answer</p> <p>➤ Demonstration</p> <p>➤ Analysis/synthesis</p> <p>➤ Practical/Project</p>	<p>➤ Oral test</p> <p>➤ Unit test</p> <p>➤ Practical/Project work</p> <p>➤</p>	
5	Algebra	<p>➤ Factors and factorization</p> <p>➤ H.C.F and L.C.M</p> <p>➤ Laws of indices</p>	9	<p>➤ 32-04-2081 to 12-05-2081</p>	<p>➤ Question/Answer</p> <p>➤ Demonstration</p> <p>➤ Analysis/synthesis</p> <p>➤ Practical/Project</p>	<p>➤ Oral test</p> <p>➤ Unit test</p> <p>➤ Practical/Project work</p> <p>➤</p>	

6	Statistics	➤ Measures of central tendency <ul style="list-style-type: none"> • Arithmetic mean • Meadian • Mode • Quartile • Range 	10	13-05-2081 to 26-05-2081	➤ Question/Answer ➤ Demonstration ➤ Analysis/synthesis Practical/Project	➤ Oral test ➤ Unit test ➤ Practical/Project work	
7	Transformation	➤ Reflection of Geometrical figure ➤ Rotation of geometrical Figure	7	27-05-2081 to 07-06-2081	➤ Question/Answer ➤ Demonstration ➤ Analysis/synthesis Practical/Project	➤ Oral test ➤ Unit test ➤ Practical/Project work ➤ Exam	
8	Co-ordinate						
9	Revision		2				

Working Days: 55+7=62

Mid- term		Specification Grid						
Area	Types of Question				Total no.of items	Total no. of questions	Total Marks	Total Time
	K	C	A	HA				
Set	1	1	2	1	5	2	3	7.2min
Statistics							3	7.2min
Arithmetic	2	3	3	2	10	3	14	33.6min
Mensuration	1	1	1	1	4	1	5	12min
Geometry	2	2	2	2	8	2	9	36min

Transformation						1	6	24min
Algebra	2	1	2	1	6	3	10	120min
Total	8	8	10	7	33	12	50	7.2min

Second Terminal Examination 2081

Working Days: 52 Teaching Days = 44

Net Teaching days = 40 Approximately

Unit	Topics	Content	TP	Estimated Date	Teaching Method	Evaluation	Remarks
1	Set						
2	Arithmetic	<ul style="list-style-type: none"> ➤ Profit and loss ➤ Unitary method 	10	➤ 25-07-2081 to 05-08-2081	<ul style="list-style-type: none"> ➤ Question/Answer ➤ Demonstration ➤ Analysis/synthesis ➤ Practical/Project 	<ul style="list-style-type: none"> ➤ Oral test ➤ Unit test ➤ Practical/Project work 	
3	Mensuration	<ul style="list-style-type: none"> ➤ Solid and their nets 	3	➤ 06-08-2081 to 09-08-2081	<ul style="list-style-type: none"> ➤ Question/Answer ➤ Demonstration ➤ Analysis/synthesis ➤ Practical/Project 	<ul style="list-style-type: none"> ➤ Oral test ➤ Unit test ➤ Practical/Project work 	
4	Geometry	<ul style="list-style-type: none"> ➤ Quadrilateral and regular polygon 	8	➤ 10-08-2081 to 18-08-2081	<ul style="list-style-type: none"> ➤ Question/Answer ➤ Demonstration ➤ Analysis/synthesis ➤ Practical/Project 	<ul style="list-style-type: none"> ➤ Oral test ➤ Unit test ➤ Practical/Project work 	
5	Algebra	<ul style="list-style-type: none"> ➤ Equation and Graph • Linear equation with one variable and their solution 	12	➤ 18-08-2081 to 03-09-2081	<ul style="list-style-type: none"> ➤ Question/Answer ➤ Demonstration ➤ Analysis/synthesis ➤ Practical/Project 	<ul style="list-style-type: none"> ➤ Oral test ➤ Unit test ➤ Practical/Project work 	

		<ul style="list-style-type: none"> • Linear equation with two variable and their solution • Simultaneous equation, solving method and application • Quadratic equation, solving by factorization method 					
6	Statistics						
7	Transformation						
8	Co-ordinate	<ul style="list-style-type: none"> ➤ Pythagoras Theorem ➤ Pythagorean triples 	7	➤ 04-09-2081 to 12-09-2081	<ul style="list-style-type: none"> ➤ Question/Answer ➤ Demonstration ➤ Analysis/synthesis ➤ Practical/Project 	<ul style="list-style-type: none"> ➤ Oral test ➤ Unit test ➤ Practical/Project work 	
9	Symmetry, Design and Tessellation	<ul style="list-style-type: none"> ➤ Symmetrical and asymmetrical shapes ➤ Line or axis of symmetry ➤ Tessellation and types of tessellation 	2	➤ 14-09-2081 to 16-09-2081	<ul style="list-style-type: none"> ➤ Question/Answer ➤ Demonstration ➤ Analysis/synthesis ➤ Practical/Project 	<ul style="list-style-type: none"> ➤ Oral test ➤ Unit test ➤ Practical/Project work 	
10	Revision		4				

Second-term

Specification Grid

Area	Types of Question				Total no. of items	Total no. of questions	Total Marks	Total Time
	K	C	A	HA				
Set	1	1	2	1	5	2	3	7.2min
Statistics							3	7.2min
Arithmetic	2	3	3	2	10	3	14	33.6min
Mensuration	1	1	1	1	4	1	5	12min
Geometry	2	2	2	2	8	2	9	36min
Trans formation						1	6	24min
Algebra	2	1	2	1	6	3	10	120min
Total	8	8	10	7	33	12	50	7.2min

Annual Terminal Examination 2081

Working Days: 58

Teaching Days = 49

Net Teaching days = 44 Approximately

Unit	Topics	Content	TP	Estimated Date	Teaching Method	Evaluation	Remarks
1	Set		4				
2	Arithmetic	➤ Simple Interest	7	➤ 28-09-2081 to 08-10-2081	➤ Question/Answer ➤ Demonstration ➤ Analysis/synthesis Practical/Project	➤ Oral test ➤ Unit test ➤ Practical/Project work ➤	

3	Mensuration	➤ Revision	5	09-10-2081 to 14-10-2081			
4	Geometry	➤ Revision	5				
5	Algebra	➤ Rational Expression • Reduction of rational expression to their lowest term • Multiplication, division, Addition and subtraction of rational expression.	10	➤ 15-10-2081 to 30-10-2081	➤ Question/Answer ➤ Demonstration ➤ Analysis/synthesis Practical/Project	➤ Oral test ➤ Unit test ➤ Practical/Project work ➤	
6	Statistics						
7	Transformation	➤ Displacement of geometrical shapes	4	➤ 03-11-2081 to 08-1-2081	➤ Question/Answer ➤ Demonstration ➤ Analysis/synthesis Practical/Project	➤ Oral test ➤ Unit test ➤ Practical/Project work ➤	
8	Co-ordinate	➤ Distance between two points	5	➤ 09-11-2081 to 15-1-2081	➤ Question/Answer ➤ Demonstration ➤ Analysis/synthesis Practical/Project	➤ Oral test ➤ Unit test ➤ Practical/Project work ➤	
9	Symmetry, Design and Tessellation		2	17-11-2081 to -20-11-2081	➤ Question/Answer ➤ Demonstration ➤ Analysis/synthesis Practical/Project	➤ Oral test ➤ Unit test ➤ Practical/Project work	
10	Bearing and Scale drawing	➤ Scale Drawing -Review	4	➤ 21-11-2081 to 24-1-2081	➤ Question/Answer ➤ Demonstration ➤ Analysis/synthesis Practical/Project	➤ Oral test ➤ Unit test ➤ Practical/Project work	

						➤	
11	Revision		5				

Final term

Specification Grid

Area	Types of Question				Total no. of items	Total no. of questions	Total Marks	Total Time
	K	C	A	HA				
Set	1	1	2	1	5	2	3	7.2min
Statistics							3	7.2min
Arithmetic	2	3	3	2	10	3	14	33.6min
Mensuration	1	1	1	1	4	1	5	12min
Geometry	2	2	2	2	8	2	9	36min
Trans formation						1	6	24min
Algebra	2	1	2	1	6	3	10	120min
Total	8	8	10	7	33	12	50	7.2min

Syllabus Division
Department of Science
Academic Year – 2081

Grade: VIII		Subject: Science	Sub. Teacher: Ram Chandra Giri, Ramesh Khanal		
First Term		Total Working Days: 62	Net Working Days: 55 periods approximately		
Unit	Topics	Working Hours	Estimated Time Period	Teaching methods	Evaluation & technique tools
1	<u>Scientific Learning</u> <ul style="list-style-type: none"> • Practical work of science • Precaution in science lab • Scientific research and report writing 	6	Baisakh 12 -21	1. Discussion 2. Question answer 3. Practical 4. Demonstration	1. Class Test 2. Homework 3. Viva 4. Judgment of problem solving 5. Report writing
2	<u>Information and Communication Technology</u> <ul style="list-style-type: none"> • Introduction of Information and communication technology(ICT) • Concept of some technological devices (smartphone, printer, projector, scanner, computer, photocopy etc.) 	5	Jestha 22 - 29	1. Discussion 2. Question answer 3. Practical 4. Demonstration	1. Class Test 2. Homework 3. Viva 4. Practical and project work
3	<u>Cell</u> <ul style="list-style-type: none"> • Functions of cell organelles • Differences between plant cell and animal cell • Interrelationship between cells, tissue and organs. • Unicellular organisms (Amoeba, virus, bacteria and Fungi): Introduction, advantages and disadvantages 	7	Jestha 30 – Asadh 11	1. Discussion 2. Question answer 3. Practical 4. Demonstration	1. Class Test 2. Homework 3. Viva 4. Drawing 5. Report writing
6	<u>Force and Motion</u> <u>a. Force and Motion</u> <ul style="list-style-type: none"> • Introduction to motion and rest 	6	Baisakh 23 – Jestha 1	1. Discussion 2. Question answer 3. Practical 4. Demonstration	1. Unit test 2. Project work 3. Viva 4. Practical file

	<ul style="list-style-type: none"> • Introduction to relative velocity, average velocity • Introduction of acceleration <u>b. Lever</u> • Introduction of lever and its types, principle of lever • Mechanical advantage, velocity ratio and efficiency with Numerical problem. 			5. Problem solving	5. Problem solving
10	<p style="text-align: center;"><u>Matter</u></p> <ul style="list-style-type: none"> • Atomic structure of elements (Upto atomic no 20) • Valency of elements (upto atomic no 20) • Concept of modern periodic table and modern periodic law • Position of first twenty elements in modern periodic table • Number of shell, valency, atomic size and metallic character in group and period. • Molecular formula of different compounds • Molecular weight and calculation of molecular weight • Simple word equation and balanced formula equation 	8	Jestha 2 – Jestha 16	1. Discussion 2. Question answer 3. Practical 4. Demonstration 5. Drawing	1. Class Test 2. Homework 3. Viva 4. Drawing 5. Report writing
12	<p style="text-align: center;"><u>The earth and the universe</u></p> <p><u>Minerals</u></p> <ul style="list-style-type: none"> • Introduction of minerals and its types • Properties and uses of minerals • Some important metals found in Nepal 	2	Jestha 18 - 20	1. Discussion 2. Question answer 3. Practical 4. Demonstration	1. Class Test 2. Homework 3. Viva 4. Project work and Report writing
Unit Test		2	Could be Online or Offline.		
Revision for exam		All remaining Teaching days would be utilized.		

Mid Term		Total Working Days: 55		Net Working Days: 50 Approximately	
Unit	Topics	Working Hours	Estimated Time Period	Teaching methods	Evaluation & technique tools
2	<u>Information and Communication Technology</u> <ul style="list-style-type: none"> • Search Engine, email, website, ISP, etc. • Social networking sites: Introduction and application • Cybercrime, cybercrime act in Nepal, cyber law and Internet Security tactics. 	6	Shrawan 32 – Bhadra 9	1. Discussion 2. Question answer 3. Practical 4. Demonstration	1. Class Test 2. Homework 3. Viva 4. Practical and project work
4	<u>Biodiversity and the environment</u> <ul style="list-style-type: none"> • Introduction and present status of biodiversity in Nepal • Causes of loss of biodiversity • Medicinal plants and their uses • Conservation of biodiversity • Sustainable development and its importance • Sustainable development goals in Nepal 	8	Bhadra 11 - 30	1. Discussion 2. Question answer 3. Practical 4. Demonstration 5. Field visit	1. Class Test 2. Homework 3. Viva 4. Project work and Report writing
7	<u>Energy in daily life</u> <p><u>a. Heat</u></p> <ul style="list-style-type: none"> • Introduction of heat • Transmission of heat • Structure and function of thermos flask • Greenhouse effect : Causes, effects and prevention <p><u>b. Light</u></p> <ul style="list-style-type: none"> • Spherical mirror and its types • Terms related with spherical mirror • Ray diagram in concave and convex mirror • Uses of concave and convex mirror 	8	Shrawan 2 - 15	1. Discussion 2. Question answer 3. Practical 4. Demonstration 5. Problem solving	1. Class Test 2. Homework 3. Viva 4. Judgement of problem solving 5. Report writing 6. Drawing
11	<u>Materials used in daily life</u> <p><u>a. Acid, base and salt</u></p>	6	Shrawan 22 – 30	1. Discussion 2. Question answer 3. Practical	1. Class Test 2. Homework 3. Viva

	<ul style="list-style-type: none"> • Introduction of acid, base and salt and their physical and chemical properties • Uses of acid, base and salt • Acid rain: causes, effects and prevention <u>b. Water</u> <ul style="list-style-type: none"> • Differences between hard water and soft water • Caused of hardness of water and types • Removal of hardness of water • Advantages and disadvantages of hard and soft water • Alloy: Introduction. Composition and uses of steel, brass and bronze 			4. Demonstration	4. Report writing
12	<u>The earth and the universe</u> <u>The universe</u> <ul style="list-style-type: none"> • Introduction of universe, Asteroids and comets • Galaxies, constellation, Meteors and meteorites (Introduction, differences and similarities) 	3	Shrawan 16 – 20		
Unit Test		2	Could be Online or Offline.		
Revision for exam		All remaining Teaching days would be utilized.		

Second Term		Total Working Days: 51		Net Working Days: 46 Approximately	
Unit	Topics	Working Hours	Estimated Time Period	Teaching methods	Evaluation & technique tools
5	<u>Life process</u> <ul style="list-style-type: none"> • Asexual reproduction in plants and animals • Vegetative propagation and its types • Sexual reproduction in plants and animals 	8	Mangshir 21 – Poush 5	1. Discussion 2. Question answer 3. Practical 4. Demonstration	1. Class Test 2. Homework 3. Viva

	<ul style="list-style-type: none"> • Parts of seeds and their functions • Dispersal of seed and ways • Germination of seeds and conditions required 			5. Field visit	4. Judgement of problem solving 5. Report writing
6	<p style="text-align: center;"><u>Force and Motion</u></p> <p><u>c. Pressure</u></p> <ul style="list-style-type: none"> • Introduction of pressure and numerical problems related with pressure • Liquid pressure and its characteristics <p style="text-align: center;">Atmospheric pressure</p>	3	Kartik 27 - 30	1. Discussion 2. Question answer 3. Practical 4. Demonstration 5. Problem solving	1. Unit test 2. Project work 3. Viva 4. Practical file 5. Problem solving
9	<p style="text-align: center;"><u>Electricity</u></p> <ul style="list-style-type: none"> • Introduction of electricity and devices used in household wiring (fuse MCB, switch, Electric Meter) • Functions of live wire, neutral wire and earth wire • Safe connection of electrical circuit • Preparation of electric circuit • Electro billing (How to calculate bill of electricity) 	8	Mangshir 7 - 19	1. Discussion 2. Question answer 3. Practical 4. Demonstration 5. Problem solving	1. Class Test 2. Homework 3. Viva 4. Judgement of problem solving 5. Report writing
12	<p style="text-align: center;"><u>The earth and the universe</u></p> <p><u>History of the earth</u></p> <ul style="list-style-type: none"> • Origin of the earth (hypothesis) • Eras: Duration and evolution of organism 	3	Mangshir 2 - 5	1. Discussion 2. Question answer 3. Practical 4. Demonstration	1. Class Test 2. Homework 3. Viva 4. Project work and Report writing
Unit Test		2	Could be Online or Offline.		
Revision for exam		All remaining Teaching days would be utilized.		

Final Term		Total Working Days: 55		Net Working Days: 50 Approximately	
Unit	Topics	Working Hours	Estimated Time Period	Teaching methods	Evaluation & technique tools
2	<u>Information and Communication Technology</u> <ul style="list-style-type: none"> • Introduction of robotics and virtual reality. • Artificial Intelligence and compound computing – Introduction and uses. 	5	Magh 8 - 15	1. Discussion 2. Question answer 3. Practical 4. Demonstration	1. Class Test 2. Homework 3. Viva 4. Practical and project work
7	<u>Energy in daily life</u> <u>Sound wave</u> <ul style="list-style-type: none"> • Sound wave • Terms related with sound wave • Audible sound, infrasonic sound and ultrasonic sound • Intensity of sound and its measurement • Sound pollution: causes, effects and control measures 	5	Magh 18 - 25	1. Discussion 2. Question answer 3. Practical 4. Demonstration 5. Problem solving	1. Class Test 2. Homework 3. Viva 4. Judgement of problem solving 5. Report writing 6. Drawing
8	<u>Magnetism</u> <ul style="list-style-type: none"> • Natural and artificial magnetic differences and uses • Molecular theory of magnet • Demagnetization of magnet • Earth magnet and its effects 	4	Magh 27 – Phalgun 2	1. Discussion 2. Question answer 3. Practical 4. Demonstration	1. Class Test 2. Homework 3. Viva 4. Report writing
Unit Test		2	Could be Online or Offline.		
Pre - BLE		9	Out School Exam		
Revision for exam		All remaining Teaching days would be utilized.		

[Note: Net Working Days exclude excursions, ECA activity participation, etc., but include lab activities or lesson-based activities. Remaining working days will be allocated to revision for the term exam.

At least two documented practical/project are required for each term of Internal Evaluation. Activities are given on the basis of CDC Education Curriculum, 2078(77) of respective classes]

सामाजिक शिक्षा विभाग

पाठगत वार्षिक कार्य योजना - २०८१

कक्षा - ८

विषय - सामाजिक अध्ययन तथा मानवमूल्य शिक्षा विषय शिक्षक - अनुशा आचार्य

प्रथम त्रैमासिक परीक्षा			जम्माकार्य घण्टी - ४७	
मिति	एकाइ / पाठ	पाठ्य घण्टी	शिक्षण विधि	परियोजना कार्य
०१/१२- ०१/२८	१. हामी र हाम्रो सामाज १.१ विकासको अवधारणा १.२ नेपालमा विकासका सम्भावना १.३ विकासको पूर्वाधार १.४ विकासको पूर्वाधार: खानेपानी १.५ विकासका पूर्वाधार : उर्जा १.६ विकासका पूर्वाधार : जनशक्ति १.७ सङ्घीय राज्यको अवधारणा	१०	<ul style="list-style-type: none"> ● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● समूह कार्य ● कार्यपाना भरिने ● मस्तिष्क मन्थन (Brainstorming) ● सिर्जनात्मक कार्य 	हाम्रो देश नेपाल पनि अल्पविकसित / अति कम विकसित देश हो । यसलाई विकासशील देशको रूपमा स्तरोन्नति गर्न कस्ता उपायहरु अपनाउनुपर्ला ? आफ्ना तर्कहरुलेखी कक्षामा प्रस्तुत गर्नुहोस् ।
०१/३१- ०२/०६	२. हाम्रा मानव मूल्यमान्यता २.१ न्याय, शान्ति र अहिंसा २.२ नेपालमा प्रचलित सामाजिक परम्परा र प्रचलन	५	<ul style="list-style-type: none"> ● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● स्वमूल्याङ्कन फारम भरिने 	
०२/०७- ०२/१६	३. नागरिक चेतना, कर्तव्य र अधिकार ३.१ संविधान ३.२ नेपालको सङ्घीय संसद ३.३ सङ्घीय कार्यपालिका (सरकार)	७	<ul style="list-style-type: none"> ● व्याख्यान विधि ● छलफल विधि ● पठनबोध ● समूह कार्य ● कार्यपाना भरिने 	वि. स. २०७२ सालमा नेपालको संविधान जारी भएपछि हालसम्मका प्रधानमन्त्रीहरुको नाम र समयवधि खोजी गरी तालीका बनाइ लेख्नुहोस् । ➤ प्रधानमन्त्रीको नाम ➤ प्रधानमन्त्री भएको अवधि ➤ राजनैतिक दलको नाम ।

			<ul style="list-style-type: none"> ● अन्तरक्रिया ● सिर्जनात्मक कार्य 	
०२/१८- ०२/२०	४. सामाजिक समस्या र समाधान ४.१ सामाजिक समस्या र विकृतिहरू	२	<ul style="list-style-type: none"> ● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● समूह कार्य ● मस्तिष्क मन्थन (Brainstorming) ● सिर्जनात्मक कार्य 	
०२/२१- ०२/२५	५. हाम्रो विगत ५.१ नेपाल शब्दको उत्पत्ति ५.२ नेपालको प्राचीन काल	४	<ul style="list-style-type: none"> ● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● मस्तिष्क मन्थन (Brainstorming) ● सिर्जनात्मक कार्य 	
०२/२८- ०२/३२	६. हाम्रो आर्थिक क्रियाकलाप ६.१ मौद्रिक कारोबार ६.२ नेपालका वित्तीय संस्था	४	<ul style="list-style-type: none"> ● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● सिर्जनात्मक कार्य 	
०३/०२- ०३/०५	७. हाम्रो पृथ्वी ७.१ पृथ्वीका दैनिक र वार्षिक गतिका प्रभावहरू ७.८ नक्सा कार्य	४	<ul style="list-style-type: none"> ● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● समूह कार्य 	

			<ul style="list-style-type: none"> कार्यपाना भरिने मस्तिष्क मन्थन (Brainstorming) सिर्जनात्मक कार्य 	
०३/०७-०३/०९	८. जनसङ्ख्या र यसको व्यवस्थापन ८.१ जनसाङ्ख्यिक परिवर्तनका निर्धारक तत्वहरू	२	<ul style="list-style-type: none"> व्याख्यान विधि प्रश्नोत्तर विधि छलफल विधि पठनबोध मस्तिष्क मन्थन (Brainstorming) सिर्जनात्मक कार्य 	
०३/१०-०३/१४	९. हाम्रो अन्तर्राष्ट्रिय सम्बन्ध र सहयोग ९.१ विभिन्न कुटनीतिक नियोगहरू र यसका कार्यहरू	३	<ul style="list-style-type: none"> व्याख्यान विधि प्रश्नोत्तर विधि छलफल विधि पठनबोध मस्तिष्क मन्थन (Brainstorming) सिर्जनात्मक कार्य 	
	एकाइ परीक्षा	२	पुनरावृत्ति - ४	

मध्य त्रैमासिक परीक्षा			जम्माकार्य घण्टी - ४६	
मिति	एकाइ / पाठ	पाठ्य घण्टी	शिक्षण विधि	परियोजना कार्य
०३/३०-०४/०१	१. हामी र हाम्रो सामाज १.८ आफू बसेको प्रदेश	३	<ul style="list-style-type: none"> व्याख्यान विधि प्रश्नोत्तर विधि छलफल विधि 	

			<ul style="list-style-type: none"> ● पठनबोध ● कार्यपाना भरिने ● मस्तिष्क मन्थन (Brainstorming) ● सिर्जनात्मक कार्य 	
०४/०४-०४-०७	२. हाम्रा मानव मूल्यमान्यता २.३ नेपालमा प्रचलित सामाजिक तथा धार्मिक क्रियाकलाप २.४ नेपालमा विविधता	३	<ul style="list-style-type: none"> ● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● समूह कार्य ● मस्तिष्क मन्थन (Brainstorming) ● सिर्जनात्मक कार्य 	तपाईंको समुदायमा प्रचलित खानपानको सूची बनाउनुहोस् ।
०४/१४-०४/२०	३. नागरिक चेतना, कर्तव्य र अधिकार ३.४ न्यायपालिका ३.५ समावेशीकरण	५	<ul style="list-style-type: none"> ● व्याख्यान विधि ● छलफल विधि ● पठनबोध ● समूह कार्य ● अन्तरक्रिया ● सिर्जनात्मक कार्य 	
०४/२१-०४/२५	४. सामाजिक समस्या र समाधान ४.२ सामाजिक समस्या: भ्रष्टाचार ४.३ सामाजिक समस्या: लागु पदार्थ दुर्व्यसनी	४	<ul style="list-style-type: none"> ● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● समूह कार्य ● कार्यपाना भरिने ● मस्तिष्क मन्थन 	विद्यार्थीहरूलाई समूहमा विभाजन गरी, नेपालमा भ्रष्टाचार नियन्त्रणका लागि गर्न सकिने उपायहरूबारे छलफल गर्दै छोटो नाटक लेकी अभिनय गर्नुहोस् ।

			(Brainstorming) ● सिर्जनात्मक कार्य	
०४/२८- ०४/३०	५. हाम्रो विगत ५.२ लोकतान्त्रिक गणतन्त्र	३	● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● कार्यपाना भरिने ● मस्तिष्क मन्थन (Brainstorming) ● सिर्जनात्मक कार्य	
०४/३२- ०५/०५	६. हाम्रा आर्थिक क्रियाकलाप ६.३ नेपालको पर्यटन व्यवसाय / उद्योग ६.४ नेपालको वैदेशिक व्यापार	४	● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● समूह कार्य ● मस्तिष्क मन्थन (Brainstorming) ● सिर्जनात्मक कार्य	
०५/०७- ०५/१८	७. हाम्रो पृथ्वी ७.२ मौसम र हावापानी ७.३ जलवायु परिवर्तन ७.८ नक्सा कार्य (पुनरावृत्ति)	८	● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● समूह कार्य ● मस्तिष्क मन्थन (Brainstorming)	

			<ul style="list-style-type: none"> • सिर्जनात्मक कार्य • लेख (Article) अध्ययन 	
०५/१९- ०५/२५	८. जनसङ्ख्या र यसको व्यवस्थापन ८.२ नेपालको जनसङ्ख्या	३	<ul style="list-style-type: none"> • व्याख्यान विधि • प्रश्नोत्तर विधि • छलफल विधि • पठनबोध • समूह कार्य • मस्तिष्क मन्थन (Brainstorming) • सिर्जनात्मक कार्य 	
०५/२६- ०६/०१	९. हाम्रो अन्तर्राष्ट्रिय सम्बन्ध र सहयोग ९.२ बिमस्टेक	३	<ul style="list-style-type: none"> • व्याख्यान विधि • प्रश्नोत्तर विधि • छलफल विधि • पठनबोध • मस्तिष्क मन्थन (Brainstorming) 	
	एकाइ परीक्षा	२	पुनरावृत्ति - ५	
दोस्रो त्रैमासिक परीक्षा			जम्माकार्य घण्टी - ४१	
मिति	एकाइ / पाठ	पाठ्य घण्टी	शिक्षण विधि	परियोजना कार्य
०७/२५- ०७/२६	१. हामी र हाम्रो सामाज १.९ मेरो प्रदेशका विकास गतिविधिहरू	२	<ul style="list-style-type: none"> • व्याख्यान विधि • प्रश्नोत्तर विधि • छलफल विधि 	

			<ul style="list-style-type: none"> ● पठनबोध ● समूह कार्य ● घटना अध्ययन 	
०७/२७- ०७/३०	२. हाम्रा मानव मूल्यमान्यता २.५ नेपालको राष्ट्रिय सम्पदाहरू	३	<ul style="list-style-type: none"> ● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● समूह कार्य ● मस्तिष्क मन्थन (Brainstorming) ● सिर्जनात्मक कार्य 	
०८/०२- ०८/०४	३. नागरिक चेतना, कर्तव्य र अधिकार ३.६ लोकतान्त्रिक गणतन्त्र	३	<ul style="list-style-type: none"> ● व्याख्यान विधि ● छलफल विधि ● पठनबोध ● अन्तरक्रिया ● सिर्जनात्मक कार्य 	
०८/०५- ०८/०९	४. सामाजिक समस्या र समाधान ४.४ सामाजिक समस्या र विकृति समाधानमा अन्तर्राष्ट्रिय सङ्घसंस्थाको भूमिका	३	<ul style="list-style-type: none"> ● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● समूह कार्य ● मस्तिष्क मन्थन (Brainstorming) ● सिर्जनात्मक कार्य 	
०८/१०- ०८/१४	५. हाम्रो विगत ५.३ हाम्रा वीर सहिदहरूको परिचय र योगदान	४	<ul style="list-style-type: none"> ● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि 	विश्वको पहिलो सहिद कसलाई मानिन्छ होला ? इन्टरनेटमा 'First Martyr of the world' टाइप गरेर

			<ul style="list-style-type: none"> ● पठनबोध ● कार्यपाना भरिने ● मस्तिष्क मन्थन (Brainstorming) ● सिर्जनात्मक कार्य 	खोजी गरी के कारण उनलाई पहिलो सहिद मानिएको रहेछ ? कारण लेख्नुहोस् ।
०८/१६- ०८/१८	६. हाम्रो आर्थिक क्रियाकलाप ६.५ वैदेशिक रोजगारी	३	<ul style="list-style-type: none"> ● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● मस्तिष्क मन्थन (Brainstorming) ● सिर्जनात्मक कार्य 	
०८/१९- ०९/०२	७. हाम्रो पृथ्वी ७.३ जलवायु परिवर्तन ७.४ हाम्रो छिमेकी मुलुक: गणतन्त्र भारत ७.५ हाम्रो छिमेकी मुलुक: जनवादी गणतन्त्र चीन ७.८ नक्सा कार्य (पुनरावृत्ति)	९	<ul style="list-style-type: none"> ● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● समूह कार्य ● कार्यपाना भरिने ● मस्तिष्क मन्थन (Brainstorming) ● सिर्जनात्मक कार्य 	नेपालको नक्सा बनाई, देशका विभिन्न ठाउँमा उत्पादन हुने अन्न, बाली, कफी, चिया इत्यादिका तथ्यांक सङ्कलन गरी सो क्षेत्रमा टासी प्रस्तुत गर्नुहोस् ।
०९/०३- ०९/०७	८. जनसङ्ख्या र यसको व्यवस्थापन ८.३ नेपालको जनसङ्ख्याको वितरण र जनघत्व	३	<ul style="list-style-type: none"> ● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● समूह कार्य ● मस्तिष्क मन्थन (Brainstorming) 	

			<ul style="list-style-type: none"> सिर्जनात्मक कार्य 	
०९/०८- ०९/१४	९. हाम्रो अन्तर्राष्ट्रिय सम्बन्ध र सहयोग ९.३ संयुक्त राष्ट्र संघ	४	<ul style="list-style-type: none"> व्याख्यान विधि प्रश्नोत्तर विधि छलफल विधि पठनबोध मस्तिष्क मन्थन (Brainstorming) सिर्जनात्मक कार्य लेख (Article) अध्ययन 	
	एकाइ परीक्षा	२	पुनरावृत्ति - २	

अन्तिम परीक्षा		जम्माकार्य घण्टी - ३२		
मिति	एकाइ / पाठ	पाठ्य घण्टी	शिक्षण विधि	परियोजना कार्य
१०/०६- १०/०९	२. हाम्रा मानव मूल्यमान्यता २.६ अन्तर्राष्ट्रिय व्यक्तित्व: हेनरी ड्युना २.७ अन्त र्राष्ट्रिय व्यक्तित्व: मदर टेरेसा २.८ स्काउट	४	<ul style="list-style-type: none"> व्याख्यान विधि प्रश्नोत्तर विधि छलफल विधि पठनबोध समूह कार्य 	

			<ul style="list-style-type: none"> ● मस्तिष्क मन्थन (Brainstorming) ● सिर्जनात्मक कार्य 	
१०/११-१०/१३	३. नागरिक चेतना, कर्तव्य र अधिकार ३.७ सेवा प्रवाह र सुशासन	२	<ul style="list-style-type: none"> ● व्याख्यान विधि ● छलफल विधि ● पठनबोध ● समूह कार्य ● घटना अध्ययन ● अन्तरक्रिया ● सिर्जनात्मक कार्य 	
१०/१४	४. सामाजिक समस्या र समाधान ४.५ द्वन्द्व र व्यवस्थापन	१	<ul style="list-style-type: none"> ● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● समूह कार्य ● मस्तिष्क मन्थन (Brainstorming) ● सिर्जनात्मक कार्य 	
१०/१५-१०/२९	५. हाम्रो विगत ५.४ मानव सभ्यता: युनानी सभ्यता ५.५ मानव सभ्यता: रोमन सभ्यता ५.६ मानव सभ्यता: सिन्धु घाँटीको सभ्यता ५.७ पुनर्जागरण	८	<ul style="list-style-type: none"> ● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● समूह कार्य ● मस्तिष्क मन्थन (Brainstorming) ● सिर्जनात्मक कार्य 	

१०/३०- ११/०१	६. हाम्रो आर्थिक क्रियाकलाप ६.६ सरकारी आय	२	<ul style="list-style-type: none"> ● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● समूह कार्य ● मस्तिष्क मन्थन (Brainstorming) ● सिर्जनात्मक कार्य 	तपाईंको परिवारले तिर्ने करहरू आफ्नो अभिभावकलाई सोध्नुहोस् र सूची बनाई कक्षामा सुनाउनुहोस् ।
११/०२- ११/०६	७. हाम्रो पृथ्वी ७.६ सार्क राष्ट्रहरु र नेपाल ७.७ विपत् व्यवस्थापन ७.८ नक्सा कार्य (पुनरावृत्ति)	३	<ul style="list-style-type: none"> ● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● समूह कार्य ● कार्यपाना भरिने ● मस्तिष्क मन्थन (Brainstorming) ● सिर्जनात्मक कार्य 	
११/०८	८. जनसङ्ख्या र यसको व्यवस्थापन ८.४ नेपालमा बसाइँसराइ	१	<ul style="list-style-type: none"> ● व्याख्यान विधि ● प्रश्नोत्तर विधि ● पठनबोध ● समूह कार्य ● मस्तिष्क मन्थन (Brainstorming) ● सिर्जनात्मक कार्य 	

११/०९- ११/१८	९. हाम्रो अन्तर्राष्ट्रिय सम्बन्ध र सहयोग ९.४ साइबर अपराध ९.५ समसामयिक गतिविधि र घटना	४	<ul style="list-style-type: none"> ● व्याख्यान विधि ● प्रश्नोत्तर विधि ● छलफल विधि ● पठनबोध ● समूह कार्य ● घटना अध्ययन ● लेख (Article) अध्ययन ● मस्तिष्क मन्थन (Brainstorming) ● सिर्जनात्मक कार्य 	हाल विश्वमा घटिका कुनै दुई घटनाका बारेमा लेखेर कक्षामा पढेर सुनाउनुहोस् ।
	एकाइ परीक्षा	२	पुनरावृत्ति - ४	

नोट- हरेक त्रैमासिक परीक्षाको लागि कम्तिमा २ परियोजनाकार्य अनिवार्य हुनेछ ।

.....
विषय शिक्षक

.....
सुपरीवेक्षक

Syllabus Division
Department of Science
Academic Year – 2081

Grade: VIII		Subject: HPE		Sub. Teacher: Soni Maharjan	
First Term		Total Working Days: 38		Net Working Days: 35 Approximately	
Unit	Topics	Working Hours	Estimated Time Period	Teaching methods	Evaluation & technique tools
1.	Human Body - Nervous System Endocrine Glands	5	12-13, 16-19 of Baishak	- Discussion - Question answer - Charts - Figures/ Drawings.	- Class Test - Homework - Viva - Quiz
2.	Community Health and Mental Health - Total Sanitation - Community Health Problems and Preventive Measures	5	23-26, 31 of Baishak	- Problem Solving - Discussion - Question Discussion - Figures/ Drawings - Slides	- Class Test - Homework - Viva - Quiz
3.	Nutrition and Food Security - Introduction to Malnutrition - Malnutrition and its Causes	4	1-2, 6-8 of Jestha	- Discussion - Question Discussion - Figures/ Drawings - Slides	- Class Test - Homework - Viva - Quiz - Project Work
4.	Disease, Safety and First Aid - Introduction and Preventive Measures of Sexually Transmitted Diseases - Basic Methods of First Aid Care	5	9 of Jestha, 13-16 of Jestha	- Discussion - Question Discussion - Figures/ Drawings - Slides	- Class Test - Homework - Viva - Quiz - Project Work

5.	Sexual and Reproductive Health - Sexual Curiosity in Adolescence - Introduction to Intended and Unintended Pregnancy and Safe Abortion	5	20- 21, 23,28, 29 of Jestha	- Discussion - Question Discussion - Figures/ Drawings - Slides	- Class Test - Homework - Viva - Quiz - Project Work
6.	Physical Exercise and Drill - Exercise of Different Organs	1	2 of Ashad	-Inquiry - Observation - Field Demonstration	- Homework - Viva
7.	Athletics and Adventure Activities - Athletics (300 Mtr. Race, Relay Race with Baton)	2	3 and 4 of Ashad	-Inquiry - Observation - Field Demonstration	- Homework - Viva
8.	Games - Volleyball - Football	2	5 and 9 of Ashad	-Inquiry - Observation - Field Demonstration	- Homework - Viva
9.	Yoga - Yoga and its Rule	1	10 of Ashad	-Inquiry - Observation - Field Demonstration by Yoga Teacher.	- Homework - Viva
10.	Art, Drawing and Coloring - Introduction to the Nepali Art	1	11 of Ashad	-Discussion	- Homework - Project Work
12.	Vocal and Instrument - Introduction of Music	1	12 of Ashad	- Singing	- Homework
Unit Test		2	31 of Jestha,16 Ashad		

Revision for exam	4	Remaining Days will be utilized for revision.
--------------------------	----------	---

Mid Term		Total Working Days: 40		Net Working Days: 37 Approximately	
Unit	Topics	Working Hours	Estimated Time Period	Teaching methods	Evaluation & technique tools
1.	Human Body - Thyroid Gland - Parathyroid Glands	5	3-4,6-8 of Shrawan	- Problem Solving - Discussion - Question Discussion - Figures/ Drawings - Slides	- Class Test - Homework - Viva - Quiz
2.	Community Health and Mental Health -Structure and Use of Water Seal and ECOSAN Latrine	5	13-16,20 of Shrawan	- Problem Solving - Discussion - Question Discussion - Figures/ Drawings - Slides	- Class Test - Homework - Viva - Quiz
3.	Nutrition and Food Security - Malnutrition Related Diseases (Marasmus, Kwashiorkor, Anaemia)	5	21-23,28-29 of Shrawan	- Problem Solving - Discussion - Question Discussion - Figures/ Drawings - Slides	- Class Test - Homework - Viva - Quiz
4.	Disease, Safety and First Aid - Non-Communicable Diseases (Heart Disease, Diabetes) - Safety Measures in the School and on the Playground	5	2,4-5,9,11 Bhadra	- Problem Solving - Discussion - Question Discussion - Figures/ Drawings - Slides	- Class Test - Homework - Viva

5.	Sexual and Reproductive Health - Introduction and Classification of Contraception	5	12,16-19 Bhadra	- Problem Solving - Discussion - Question Discussion - Figures/ Drawings - Slides	- Class Test - Homework - Viva
6.	Physical Exercise and Drill - Practice of Drills on the Drum Rhythm (Attention, Stand at Ease, Right Turn, Left Turn)	2	12,30 Ashad	-Inquiry - Observation - Field Demonstration	- Homework - Viva
7.	Athletics and Adventure Activities - Athletics (Long Jump Steps, High Jump Steps, Shot Put Steps)	2	31 Ashad,1 Shrawan	-Inquiry - Observation - Field Demonstration	- Homework - Viva
8.	Games - Basketball	1	6 Ashwin	-Inquiry - Observation - Field Demonstration	- Homework - Viva
9.	Yoga - Micro Activity Practice for Yoga	1	25 Ashwin	-Inquiry - Observation - Field Demonstration	- Homework - Viva
10.	Art, Drawing and Coloring - Art Rules: Balance, Composition, and Proportion	1	26 Ashwin	-Discussion	-Project Work
11.	Print, Clay Work, and Construction - Carving	1	31 Ashwin	-Clay work	- Project Work
12.	Vocal and Instrument -Introduction to Musical Terminology (Saptak, Thaata, Scale, Raaga, Sthayi Antara, Classical	2	1-2 Ashwin	- Singing	- Homework - Viva

	Song, Folk Song, Modern Song)				
Unit Test		1	24 Bhadra		
Revision for exam			All remaining Teaching days would be utilized.		

Second Term		Total Working Days: 27		Net Working Days:24 Approximately	
Unit	Topics	Working Hours	Estimated Time Period	Teaching methods	Evaluation & technique tools
1.	Human Body - Gonads - Male Reproductive System	3	2-4 of Mangsir	- Problem Solving - Discussion - Question Discussion - Figures/ Drawings - Slides	- Class Test - Homework - Viva - Quiz
2.	Community Health and Mental Health -School Health Screening Test Program - Stress, Anxiety and Depression	3	5,9-10 Mangsir	- Problem Solving - Discussion - Question Discussion - Figures/ Drawings - Slides	- Class Test - Homework - Viva - Quiz
3.	Nutrition and Food Security - Malnutrition Related Diseases (Night Blindness, Scurvy, Rickets, Obesity)	3	12-13,16 Mangsir	- Problem Solving - Discussion - Question Discussion - Figures/ Drawings - Slides	- Class Test - Homework - Viva - Quiz
4.	Disease, Safety and First Aid - Non-Communicable Diseases (Asthma, Cancer)	3	23-25 of Mangsir	- Problem Solving - Discussion	- Class Test - Homework - Viva

	<ul style="list-style-type: none"> - Safe and Risk Zones at School, - First Aid Care Practices (Heat Stroke, Frostbite) 			<ul style="list-style-type: none"> - Question Discussion - Figures/ Drawings - Slides 	<ul style="list-style-type: none"> - Quiz
5.	Sexual and Reproductive Health <ul style="list-style-type: none"> - Menstrual Cycle (Menstrual Bleeding Phase, Proliferative Phase, Secretory Phase) 	2	26 Mangsir, 1 Poush	<ul style="list-style-type: none"> - Problem Solving - Discussion - Question Discussion - Figures/ Drawings - Slides 	<ul style="list-style-type: none"> - Class Test - Homework - Viva - Quiz
6.	Physical Exercise and Drill <ul style="list-style-type: none"> - Practice of Drills on the Drum Rhythm (About Turn, Mark Time, Flag Holding, Forward March) 	1	26 Kartik	<ul style="list-style-type: none"> - Inquiry - Observation - Field Demonstration 	<ul style="list-style-type: none"> - Homework - Viva
7.	Athletics and Adventure Activities <ul style="list-style-type: none"> - Adventure Activities, Activities in Air and Ice (Bungee Jumping, Paragliding, Parachute) 	1	27 Kartik	<ul style="list-style-type: none"> - Inquiry - Observation - Field Demonstration 	<ul style="list-style-type: none"> - Homework - Viva
8.	Games <ul style="list-style-type: none"> - Kabaddi, Kho-Kho 	1	18 Mangsir	<ul style="list-style-type: none"> - Inquiry - Observation - Field Demonstration 	<ul style="list-style-type: none"> - Homework - Viva
9.	Yoga <ul style="list-style-type: none"> - Pranayam (Bhramari, Vastrika) - Yogasan (Setubandasan, Makarasan, Halasan) 	1	2 Poush	<ul style="list-style-type: none"> - Inquiry - Observation - Field Demonstration 	<ul style="list-style-type: none"> - Homework - Viva
10	Art, Drawing and Coloring <ul style="list-style-type: none"> - Still Life Drawing 	1	3 Poush	<ul style="list-style-type: none"> - Discussion - Sketch Work 	<ul style="list-style-type: none"> - Homework - Drawing

11	Print, Clay Work, and Construction - Clay Work	1	7 Poush	-Discussion - Clay Work	- Homework - Clay Work
12.	Dance and Acting - Classical/ Traditional Dance, Folk Dance, Modern Dance - Hand Gestures during Dance (Anga, Pratyanga, Upanga - Local Dance and Acting	2	8-9 Poush	-Dancing	- Homework
Unit Test		2	17 Mangsir,14 Poush		
Revision for exam		All remaining Teaching days would be utilized.			

Final Term		Total Working Days: 30		Net Working Days: 25 Approximately	
Unit	Topics	Working Hours	Estimated Time Period	Teaching methods	Evaluation & technique tools
1.	Human Body - Female Reproductive System	2	8-9 Magh	- Problem Solving - Discussion - Question Discussion - Figures/ Drawings - Slides	- Class Test - Homework - Viva - Quiz
2.	Community Health and Mental Health - Conversion Disorder - Regulatory Provision against Drug Abuse	3	13-15 Magh	- Problem Solving - Discussion - Question Discussion - Figures/ Drawings - Slides	- Class Test - Homework - Viva - Quiz
3.	Nutrition and Food Security	3	20,22-23 Magh	- Problem Solving	- Class Test

	<ul style="list-style-type: none"> - Food Security - Measures to Protect Consumers' Health 			<ul style="list-style-type: none"> - Discussion - Question Discussion - Figures/ Drawings - Slides 	<ul style="list-style-type: none"> - Homework - Viva - Quiz
4.	<ul style="list-style-type: none"> Disease, Safety and First Aid - First Aid Care Practices (Altitude Sickness, Tooth Fracture, Foreign Bodies in Throat/Eyes/Ears/Nose) - Safety Measures during Disasters (Windstorm/Fires/Floods and Landslides/Earthquake) 	3	21-23 Falgun	<ul style="list-style-type: none"> - Problem Solving - Discussion - Question Discussion - Figures/ Drawings - Slides 	<ul style="list-style-type: none"> - Class Test - Homework - Viva - Quiz
5.	<ul style="list-style-type: none"> Sexual and Reproductive Health - Menstrual Hygiene Management - Preparation and Use of Reusable Homemade Cloth Pad 	3	28 Falgun, 3-4 Chaitra	<ul style="list-style-type: none"> - Problem Solving - Discussion - Question Discussion - Figures/ Drawings - Slides 	<ul style="list-style-type: none"> - Class Test - Homework - Viva - Quiz
6.	<ul style="list-style-type: none"> Physical Exercise and Drill - Practice of Drills on the Drum Rhythm (Eyes Right, Eyes Front, Disperse and Dismiss) 	1	2 Falgun	<ul style="list-style-type: none"> -Inquiry - Observation - Field Demonstration 	<ul style="list-style-type: none"> - Homework
7.	<ul style="list-style-type: none"> Athletics and Adventure Activities - Adventure Activities, Activities in Air and Ice (Ice Skating, Ice Climbing) - Possibility and Situation of Practice of Air and Ice related Adventure Activities in Nepal 	2	29-30 Magh	<ul style="list-style-type: none"> -Inquiry - Observation - Field Demonstration 	<ul style="list-style-type: none"> - Homework - Project Work
8.	<ul style="list-style-type: none"> Games - Cricket 	1	6 Falgun	<ul style="list-style-type: none"> -Inquiry - Observation - Field Demonstration 	<ul style="list-style-type: none"> - Homework - Project Work

10.	Art, Drawing and Coloring - Drawing Human Forms - Drawing Human Emotions	1	13 Falgun	-Discussion - Sketch Work	- Homework - Project Work
11.	Print, Clay Work, and Construction - Construction	1	15 Falgun	-Discussion - Clay Work	- Homework - Project Work
12.	Vocal and Instrument - Class Song, Harmonium/Keyboard - Major and Minor Scale - Percussion Instruments in Dadra, Kaharwa, Rupak and Jhap Taal - Jhyaure, Khyali, Samala and Selo Taal - Local Musical Instruments	2	8-9 Falgun	-Singing	- Homework - Project Work
Unit Test		2	20 Falgun,		
Pre - BLE			Out School Exam		
Revision for exam			All remaining Teaching days would be utilized.		

First Terminal Examination 2081 Working Days: 71 Teaching Days = 62

Net Teaching days = 55 Approximately

Units	Topics	T. P.	Estimated Date	Teaching Methods	Evaluation Procedure	Remarks
Algebra	Ordered pairs	2	01/13	Demonstration	Class test	
	Cartesian Product	3	01/17	Explanation	Unit test	
	Relation	5	01/24	Problem solving	Assignment	
	Function	8	02/03		Project work	
Trigonometry	Angles	8	02/14	Formula derivation	Unit test	
	Pythagoras Theorem	4	02/20	Demonstration, solving	Assignment	
Co-ordinate Geometry	Rectangular co-ordinate system	2	02/22	Discussion,	Class test	
	Distance formula	4	02/28	Demonstration,	Unit test	
	Section formula	8	03/05	Problem solving	Assignment	
Transformation	Reflection	4	03/10	Demonstration, Practice, Problem solving	Class test Unit test Assignment	
Revision		7	03/19	Problem solving, group exercises		Support for

						needy students
--	--	--	--	--	--	----------------

Mid Terminal Examination 2081 Working Days: 67 Teaching Days = 58 Net Teaching days = 53 Approximately

Units	Topics	T. P.	Estimated Date	Teaching Methods	Evaluation Procedure	Remarks
Polynomials	Introduction	3	04/02	Demonstration	Class test	
	Addition and subtraction of polynomials	4	04/08	Explanation,	Unit test	
	Multiplication of polynomials	4	04/13	Problem solving	Assignment	
	Division of polynomials	6	04/20			
Trigonometry	Trigonometric ratios	3	04/23	Discussion,	Class test	
	Trigonometric relations/identities	8	05/02	Demonstration,	Unit test	
	Conversion of trigonometric ratios	6	05/11	Problem solving	Assignment Project work	
Vectors	Directed line segment	2	05/13	Demonstration	Class test	
	Magnitude of vector	2	05/16	Concept building,	Unit test	
	Direction of vector	2	05/18		Assignment	
	Operations on vectors	5	05/24	Problem solving		

Revision		8	06/09	Problem solving, group exercises		Support for needy students
----------	--	---	-------	-------------------------------------	--	----------------------------------

Second Terminal Examination 2081 Working Days: 52 Teaching Days = 44 Net Teaching days = 40 Approximately

Units	Topics	T. P.	Estimated Date	Teaching Methods	Evaluation Procedure	Remarks
Sequence and series	Introduction	1	06/20	Demonstration,	Class test	
	Arithmetic sequence	3	07/26	Estimation	Unit test	
	Geometric sequence	3	07/29	Problem solving	Assignment	
	Series	4	08/04			
Matrix	Introduction	3	08/07	Discussion	Class test	
	Types of matrices	2	08/10	Application	Unit test	
	Operations on matrices	4	08/14	Problem solving	Assignment	
Trigonometry	Trigonometric ratios of standard and complementary angles	6	08/21	Formula derivation Demonstration,	Class test Unit test Assignment	
Statistics	Statistical data	1	08/23	Collection and analysis of data	Class test	
	Tabulation of data	2	08/25		Unit test	

	Cumulative frequency distribution	2	08/27	Problem solving	Assignment	
Transformations	Rotation	4	09/03	Demonstration, Practice, Problem solving	Class test Unit test Assignment Project work	
Revision		5	09/17	Problem solving, group exercises		Support for needy students

Annual Terminal Examination 2081 Working Days: 58

Teaching Days = 49

Net Teaching days = 44 Approximately

Units	Topics	T. P.	Estimated Date	Teaching Methods	Evaluation Procedure	Remarks
Limit and Continuity	Limit	4	10/11	Analysis,	Class test	
	Continuity	3	10/15	Demonstration, Estimation Problem solving	Unit test Assignment	
Trigonometry	Heights and Distance	5	10/23	Real life problems , Problem solving	Class test Unit test Assignment	

Co-ordinate Geometry	Slope	3	10/28	Demonstration,	Class test	
	Equation of straight line	5	11/04	Practice, Problem solving	Unit test Assignment	
Transformations	Translation	3	11/08	Demonstration Concept building, Problem solving	Class test Unit test Assignment	
Statistics	Mean	3	11/12	Analysis of data	Class test	
	Median	3	11/18	Problem solving	Unit test	
	Quartiles	3	11/22		Assignment	
	Mode	3	11/27		Project work	
Revision		9	12/13	Problem solving, group exercises		Support for needy students

NB: Opt. Math will not have full teaching periods because of 50 full marks. Manage accordingly.

First Terminal Examination 2081 Working Days: 71 Teaching Days = 62

Net Teaching days = 54 Approximately

S.No	Topics	Dates	ETP	Teaching Methods	Evaluation Techniques & Tools
1	Computer and its development history <ul style="list-style-type: none"> ● Introduction ● Application areas of computer ● History of Computer ● History of computer in Nepal 	9-Baisakh To 16-Baisakh	6	Micro teaching Question Answer Discussion Project work and presentation	Class participation, Assignments, Written quizzes, Oral presentations
2	Generation of Computer <ul style="list-style-type: none"> ● Introduction ● First Generation ● Second Generation ● Third Generation ● Fourth Generation ● Fifth Generation 	17-Baisakh To 25-Baisakh	6	Micro teaching Question Answer Discussion Project work and presentation	Unit test Oral test Class works Home works Practical Assignment
15	Computer Number System <ul style="list-style-type: none"> ● Introduction ● Types of number system: <ul style="list-style-type: none"> ❖ Decimal ❖ Binary 	26-Baisakh To 7-Jestha	7	Microteaching Explanation, Discussion, Slides	Class participation Written quizzes Homework unit test

	<ul style="list-style-type: none"> ❖ Octal ❖ Hexadecimal ● Conversion ❖ Binary to Decimal ❖ Decimal to Binary ❖ Decimal to octal ❖ Octal to Decimal ● Binary arithmetic ❖ Addition ❖ Subtraction <p>Multiplication</p>				
17	Program Design Tools <ul style="list-style-type: none"> ● Types of program design tools ● Algorithm ● Flowchart ● Pseudocode 	9-Jestha To 22- Jestha	10		Lab exercises, Quiz Unit test Assignment
18	Programming language QBASIC <ul style="list-style-type: none"> ● Basics of QBASIC ● QBASIC Editor Screen ● Elements of QBASIC 	23-Jestha To 4-Asadh	10	Lecture, Discussion, Hands-on activities	Lab exercises, Quiz Unit test Assignment

	<ul style="list-style-type: none"> Algebraic Expression into QBASIC Expression 				
19	QBASIC statements <ul style="list-style-type: none"> Basic statements of QBASIC ❖ CLS ❖ END ❖ LET ❖ PRINT ❖ INPUT statements 	5-Asadh To 14-Asadh	10	Explanation, Discussion, Drawing, slides, practical lab	Lab exercises, Quiz Unit test Assignment
	Revision	17 To 19 Asadh	3	Discussion	
	Unit test	8 Jestha And 16 Asadh	2		

Mid Term**Total Working Days: 67****Teaching Days: 58****Net Teaching Days: 38 Approximately**

S.No	Topics	Dates	ETP	Teaching Methods	Evaluation Techniques & Tools
3	Types of Computers <ul style="list-style-type: none">• Classify computers according to task• Describe their features and applications	3-Shrawan To 8-Shrawan	4	Micro teaching Question Answer Discussion Project work and presentation	Class participation, Assignments, Written quizzes, Oral presentations
4	Computer Software <ul style="list-style-type: none">• Types of software• Operating system software• Language processor• Utility software• Application software and its types	9-Shrawan To 16-Shrawan	5	Micro teaching Question Answer Discussion Project work and presentation	Unit test Oral test Class works Home works Practical Assignment
5	Working with Microsoft Windows 10 <ul style="list-style-type: none">• Introduction• Booting and Shutting down process• Elements of the desktop• Features of Windows	20-Shrawan To 28-Shrawan	7	Microteaching Explanation, Discussion, Slides	Class participation Written quizzes Homework unit test
6	Word Processing Software	30-Shrawan	7	Explanation,	Lab exercises,

	<ul style="list-style-type: none"> • Word processing software • Microsoft Word • Features of Microsoft Word • Text formatting tools • Page formatting tools 	To 12-Bhadra		Discussion, Slides Project work and presentation	Quiz Unit test Assignment
20	Program Flow And Control Statement <ul style="list-style-type: none"> • If statement • For....Next statement 	16-Bhadra To 2-Ashwin	10	Explanation, Discussion, Drawing, slides, practical lab	Lab exercises, Quiz Unit test Assignment
	Revision	6 To 8 Ashwin	3	Discussion	
	Unit test	29 Shrawan And 4 Ashwin	2		

Second Terminal Examination 2081 Working Days: 51 Teaching Days = 46 Net Teaching days = 36

S.No	Topics	Dates	ETP	Teaching Methods	Evaluation Techniques & Tools
7	Spreadsheet- Microsoft Excel-2010	25-Kartik To 9-Mangshir	10	Explanation, Hands-on practice Real-world applications Problem-solving exercises	Unit test Oral test Class works Home works Practical Assignment
9	Computer Graphics	10-Mangshir To 16-Mangshir	5	Explanation, Discussion, Visual demonstrations Project-based learning	Unit test Oral test Class works Home works Practical Assignment
10	ICT, Computer Ethics and Cyber Law	18-Mangshir To 24-Mangshir	5	Explanation, Slides Debates and discussions	Unit test Oral test Home works Assignment
11	Computer Virus	25-Mangshir	3	Explanation	Unit test

		To 1-Poush		Debates and discussions Analysis of case studies	Oral test Home works Assignment
12	Data communication and Computer Network	2-Poush To 7-Poush	5	Explanation, Discussion, Slides Project work and presentation	Unit test Oral test Home works Assignment
13	Multimedia	8-Poush To 14-Poush	3	Explanation, Slides Debates and discussions	Unit test Oral test Home works Assignment
	Revision	16 and 17 Poush	3	Discussion	
	Unit test	17-Mangshir And 4 Poush	2		

Annual Examination 2081 Working Days: 55 Teaching Days = 50 Net Teaching days = 42 Approximately

S.No	Topics	Dates	ETP	Teaching Methods	Evaluation Techniques & Tools
8	Presentation Software [MS-PowerPoint 2010]	7-Magh To 22-Magh	10	Explanation, Discussion, Drawing, slides, practical lab	Unit test Oral test Class works Home works Practical Assignment
14	Web Page Designing Using HTML	24-Magh To 11-Falgun	10	Explanation, Discussion, Drawing, slides, practical lab	Unit test Oral test Class works Home works Practical Assignment
21	Library Function	12-Falgun To 26-Falgun	10	Explanation, Discussion, Drawing, slides, practical lab	Unit test Oral test Class works Home works Practical

					Assignment
	Revision	1-Chaitra To 13-Chaitra	10	Discussion Set-book questions practice	
	Unit test	23-Magh And 27-Falgun	2		