

USPC JAIN PUBLIC SCHOOL

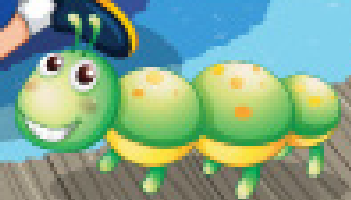
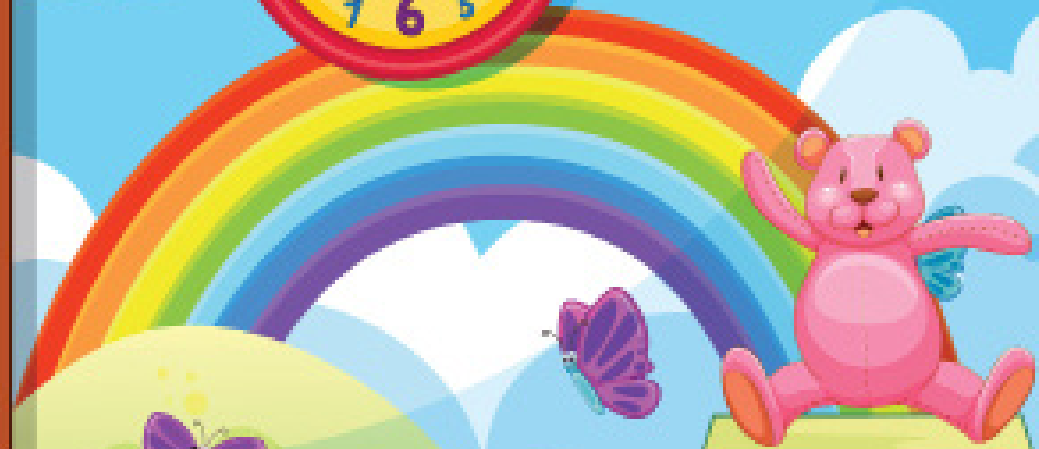
BLOCK-BALVATIKA

ACADEMIC CURRICULUM

SESSION: 2026-2027

CLASS: NURSERY

FOUNDATIONAL STAGE



BOOK LIST FOR THE SESSION (2026 - 2027)

CLASS	SR. NO.	SUBJECT	PRESCRIBED BOOK
N U R S E R Y	1	LITERACY - 1 (ENGLISH)	HELLO WORDS
	2		ALPHABET WRITING (WITH ACTIVITIES) CAPITAL LETTERS
	3	LITERACY - 2 (HINDI)	MERI PEHLI VARNMALA
	4		SMART KIDS (WRITING SKILLS) स्वर सीखें
	5	NUMERACY (MATHS)	SAPLINGS PRESCHOOL NUMBER SERIES PRACTICE NUMBERS 1 TO 20
	6	THE WORLD AROUND US (TWAU)	MY FIRST PICTURE DICTIONARY
	7	RHYMES	50-50 RHYMES & BALGEET (LITTLE)
	8	DRAWING	BUTTERFLY - A (A BOOK OF ART & ACTIVITY)

STATIONERY DETAILS OF NURSERY (2026 - 2027)

QUANTITY	1	1	1	1	1	2	1	1	1	1	1	4	1	4	TOTAL ITEM (SUB WISE)
PARAMETER	FOUR LINE	FIVE LINES	BIG BOX	3 IN 1 (MATHS BIG BOX)	SCRAP BOOK	PACK OF PENCILS (MAPED HB=2)	PACK OF ERASERS (APSARA)	PACK OF SHARPENERS (APSARA)	MAPED - WAX CRAYONS (TRIANGLE SHAPED)	FEVICOL (100G)	PACK OF CLAY	TRANS PARENT NB COVERS	ALMANAC	STICKER	
SUBJECTS	TERM 1 + TERM 2	TERM 1 + TERM 2	TERM 1 + TERM 2	TERM 1 + TERM 2	TERM 1 + TERM 2	TERM 1 + TERM 2	TERM 1 + TERM 2	TERM 1 + TERM 2	TERM 1 + TERM 2	TERM 1 + TERM 2	TERM 1 + TERM 2	TERM 1 + TERM 2	TERM 1 + TERM 2	TERM 1 + TERM 2	
ENGLISH	1	-	-	-	-	-	-	-	-	-	-	1	-	-	2
HINDI	-	1	-	-	-	-	-	-	-	-	-	1	-	-	2
MATHS	-	-	1	-	-	-	-	-	-	-	-	1	-	-	2
ALL SUBJECTS	-	-	-	1	-	-	-	-	-	-	-	1	-	-	2
OTHERS	-	-	-	-	1	2	1	1	1	1	1	-	1	4	13



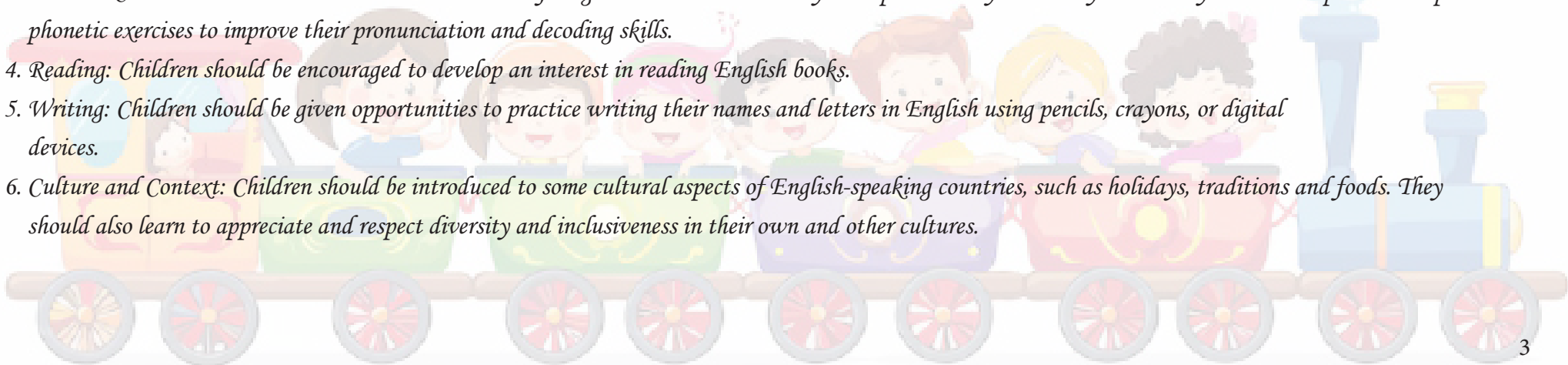
2026 - 2027

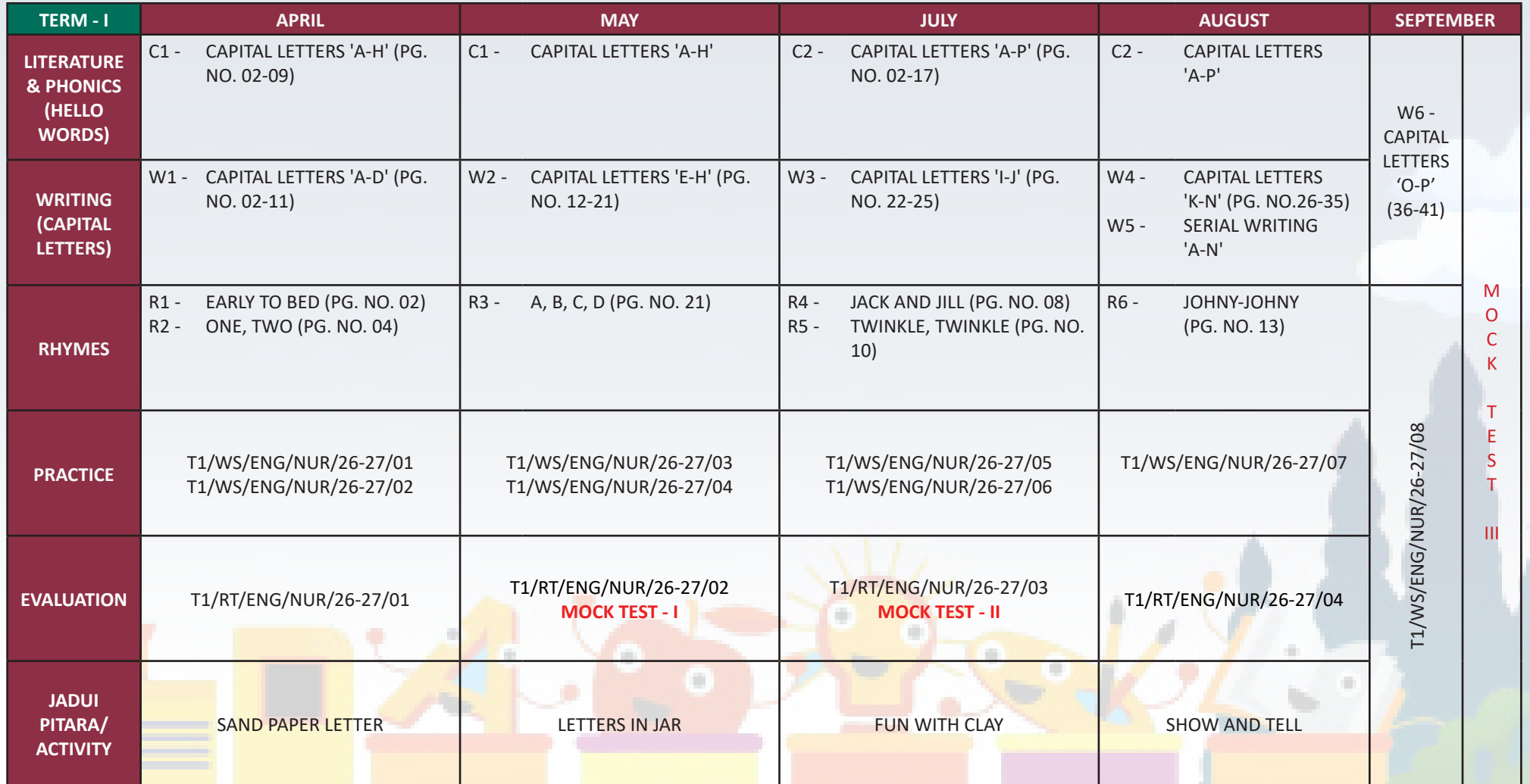
CLASS - NURSERY

SUBJECT: LITERACY - 1

LEARNING OUTCOMES

- 1. Listening and Speaking: Children should be able to listen and respond to simple instructions, questions, and statements in English. They should also be able to express their basic needs, feelings, and ideas in simple sentences.*
- 2. Vocabulary: Children should be exposed to a variety of English words related to their immediate environment, such as colors, shapes, animals, plants, body parts, and everyday objects. They should also learn some basic English expressions and greetings.*
- 3. Phonics: Children should be introduced to the sounds of English letters and how they are represented by written symbols. They should also practice simple phonetic exercises to improve their pronunciation and decoding skills.*
- 4. Reading: Children should be encouraged to develop an interest in reading English books.*
- 5. Writing: Children should be given opportunities to practice writing their names and letters in English using pencils, crayons, or digital devices.*
- 6. Culture and Context: Children should be introduced to some cultural aspects of English-speaking countries, such as holidays, traditions and foods. They should also learn to appreciate and respect diversity and inclusiveness in their own and other cultures.*







LITERACY-1(ENGLISH)

CLASS - NURSERY



TERM - II	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEB-MARCH
LITERATURE & PHONICS (HELLO WORDS)	C3 - CAPITAL LETTERS 'A-Z' (PG. NO. 02-27)	C4 - LETTER ACTIVITY (PG. NO. 28)	C5 - PICTURE RECOGNITION (PG. NO. 29-32)	REVISION OF CAPITAL LETTERS 'A-Z'	R E V I S I O N F I N A L T E R M E X A M S
WRITING (CAPITAL LETTERS)	W7 - CAPITAL LETTERS Q-T (PG. NO. 42-53) W8 - SERIAL WRITING 'A-T'	W9 - CAPITAL LETTERS U-X (PG. NO. 54-61)	W10 - CAPITAL LETTERS Y AND Z (PG. NO. 62-65) W11 - SERIAL WRITING 'A-Z' (PG. NO. 66-67)	W12 - ACTIVITY PAGES (PG. NO. 68-72)	
RHYMES	R7 - RING-A-RING O' ROSES (PG. NO. 15) R8 - MUMMY AND DADDY (PG. NO. 17)	R9 - RAIN, RAIN GO AWAY (PG. NO. 19)	R10 - JINGLE BELLS (PG. NO. 06)	R11 - I SEE THE MOON (PG. NO. 23) R12 - ACTIVITY (PG. NO. 11)	
PRACTICE	T2/WS/ENG/NUR/26-27/01 T2/WS/ENG/NUR/26-27/02	T2/WS/ENG/NUR/26-27/03 T2/WS/ENG/NUR/26-27/04	T2/WS/ENG/NUR/26-27/05 T2/WS/ENG/NUR/26-27/06	T2/WS/ENG/NUR/26-27/07 T2/SAMPLE/WS/ENG/NUR/26-27/08	
EVALUATION	T2/RT/ENG/NUR/26-27/01	T2/RT/ENG/NUR/26-27/02 MOCK TEST - IV	T2/RT/ENG/NUR/26-27/03	T2/RT/ENG/NUR/26-27/04	
JADUI PITARA/ ACTIVITY	JUMBLED LETTERS	FIND YOUR COMPANION	SORTING GAME	I SPY WITH MY CAPITAL EYE	



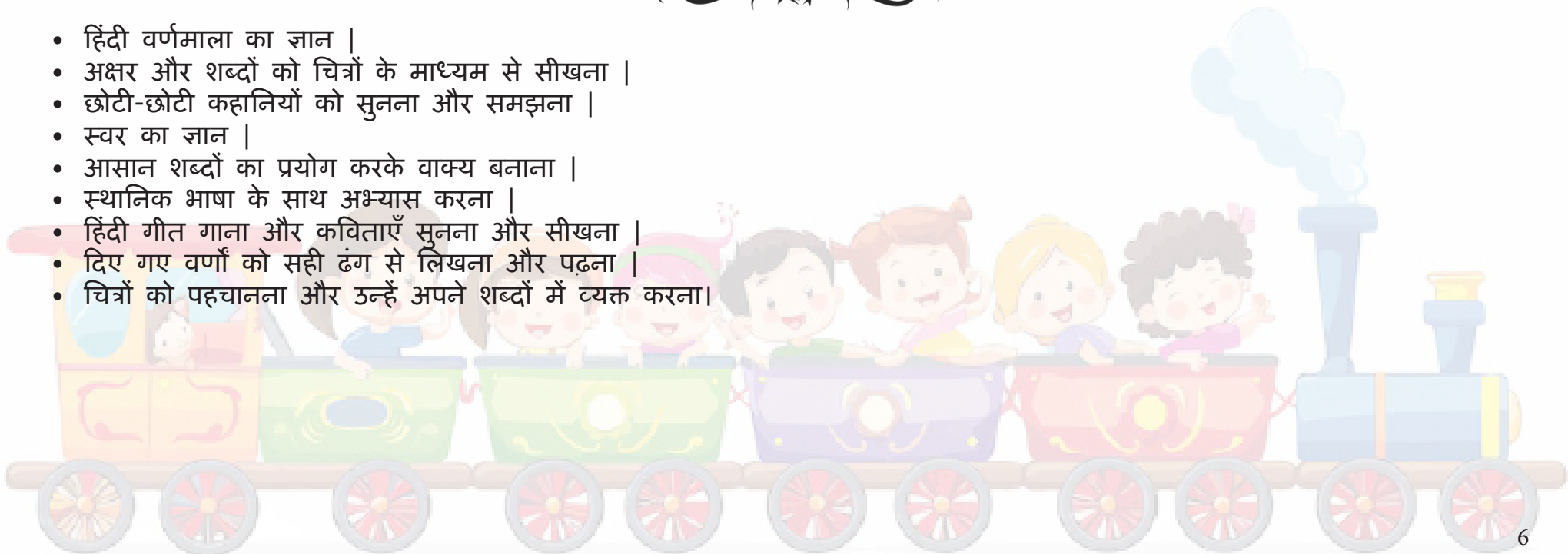
2026 - 2027

कक्षा - नर्सरी

विषय: LITERACY - 2

LEARNING OUTCOMES

- हिंदी वर्णमाला का ज्ञान ।
- अक्षर और शब्दों को चित्रों के माध्यम से सीखना ।
- छोटी-छोटी कहानियों को सुनना और समझना ।
- स्वर का ज्ञान ।
- आसान शब्दों का प्रयोग करके वाक्य बनाना ।
- स्थानिक भाषा के साथ अभ्यास करना ।
- हिंदी गीत गाना और कविताएँ सुनना और सीखना ।
- दिए गए वर्णों को सही ढंग से लिखना और पढ़ना ।
- चित्रों को पहचानना और उन्हें अपने शब्दों में व्यक्त करना।





LITERACY - 2 हिंदी

CLASS - NURSERY



MOCK TEST III

TERM - I	अप्रैल	मई	जुलाई	अगस्त	सितंबर
LITERATURE (मेरी पहली वर्णमाला)	C1 - स्वर 'अ - ऋ' (PG. NO. 02-08)	C1 - स्वर 'अ - ऋ'	C1 - स्वर 'अ - ऋ'	C1 - स्वर 'अ - ऋ'	W6 - क्रमबद्ध स्वर 'अ - ऋ' (PG. NO. 22-24)
WRITING (स्वर सीखें)	W1 - बिंदुओं का अनुरेखण (PG. NO. 02-07) W2 - स्वर 'अ' और 'आ' की बनावट (PG. NO. 08-11)	W3 - स्वर 'इ' तथा 'ई' की बनावट (PG. NO. 12-15)	W4 - स्वर 'उ' तथा 'ऊ' की बनावट (PG. NO. 16-19)	W5 - स्वर 'ऋ' की बनावट (PG. NO. 20-21)	
RHYMES	R1 - हे भगवान (PG. NO. 03) R2 - छाता (PG. NO. 05)	R3 - हाथी राजा (PG. NO. 07)	R4 - अक्कड़ बक्कड़ (PG. NO. 09)	R5 - छोटे भैया (PG. NO. 12)	T1/WS/हिंदी/NUR/26-27/08
PRACTICE	T1/WS/हिंदी/NUR/26-27/01 T1/WS/हिंदी/NUR/26-27/02	T1/WS/हिंदी/NUR/26-27/03 T1/WS/हिंदी/NUR/26-27/04	T1/WS/हिंदी/NUR/26-27/05 T1/WS/हिंदी/NUR/26-27/06	T1/WS/हिंदी/NUR/26-27/07	
EVALUATION	T1/RT/हिंदी/NUR/26-27/01	T1/RT/हिंदी/NUR/26-27/02 MOCK TEST - I	T1/RT/हिंदी/NUR/26-27/03 MOCK TEST - II	T1/RT/हिंदी/NUR/26-27/04	
JADUI PITARA/ ACTIVITY	अंगुली की सहायता से स्वर की बनावट	देखो और बताओ	अपना साथी खोजो	स्वर ढूंढो	



LITERACY - 2 हिंदी

CLASS - NURSERY



TERM - II	अक्टूबर	नवंबर	दिसंबर	जनवरी	फरवरी-मार्च
LITERATURE (मेरी पहली वर्णमाला)	C2 - स्वर 'अ - अः' (PG. NO. 02-15)	C3 - व्यंजन 'क - ण' (PG. NO. 16-30)	C4 - व्यंजन 'त - व' (PG. NO. 31-44)	C2 - स्वर 'अ - अः' (REVISION) C5 - स्वर 'श - ढ' (PG. NO. 45-56)	वा र्ष ि क प री क्षा
WRITING (स्वर सीखें)	W6 - क्रमबद्ध स्वर 'अ - ऋ' (PG. NO. 25-29) W7 - स्वर 'ए' और 'ऐ' की बनावट (PG. NO. 30-33)	W8 - स्वर 'ओ' और 'औ' की बनावट (PG. NO. 34-37)	W9 - स्वर 'अं' और 'अः' की बनावट (PG. NO. 38-41) W10 - क्रमबद्ध स्वर 'ए - अः' (PG. NO. 42-47)	W11 - गतिविधि स्वर 'अ - अः' (PG. NO. 48-56)	
RHYMES	R6 - आसमान में सूरज एक (PG. NO. 14) R7 - माँ मुझको (PG. NO. 16)	R8 - मछली (PG. NO. 18) R9 - बिल्ली मौसी (PG. NO. 20)	R10 - मोटूराम (PG. NO. 24)	R11 - पतंग (PG. NO. 22)	
PRACTICE	T2/WS/हिंदी/NUR/26-27/01 T2/WS/हिंदी/NUR/26-27/02	T2/WS/हिंदी/NUR/26-27/03 T2/WS/हिंदी/NUR/26-27/04	T2/WS/हिंदी/NUR/26-27/05 T2/WS/हिंदी/NUR/26-27/06	T2/WS/हिंदी/NUR/26-27/07 T2/SAMPLE/WS/हिंदी/NUR/26-27/08	
EVALUATION	T2/RT/हिंदी/NUR/26-27/01	T2/RT/हिंदी/NUR/26-27/02 MOCK TEST - IV	T2/RT/हिंदी/NUR/26-27/03	T2/RT/हिंदी/NUR/26-27/04	
JADUI PITARA/ ACTIVITY	फ़्लैश कार्ड	थंब पेंटिंग	स्वर रेलगाड़ी	क्ले मोल्डिंग	



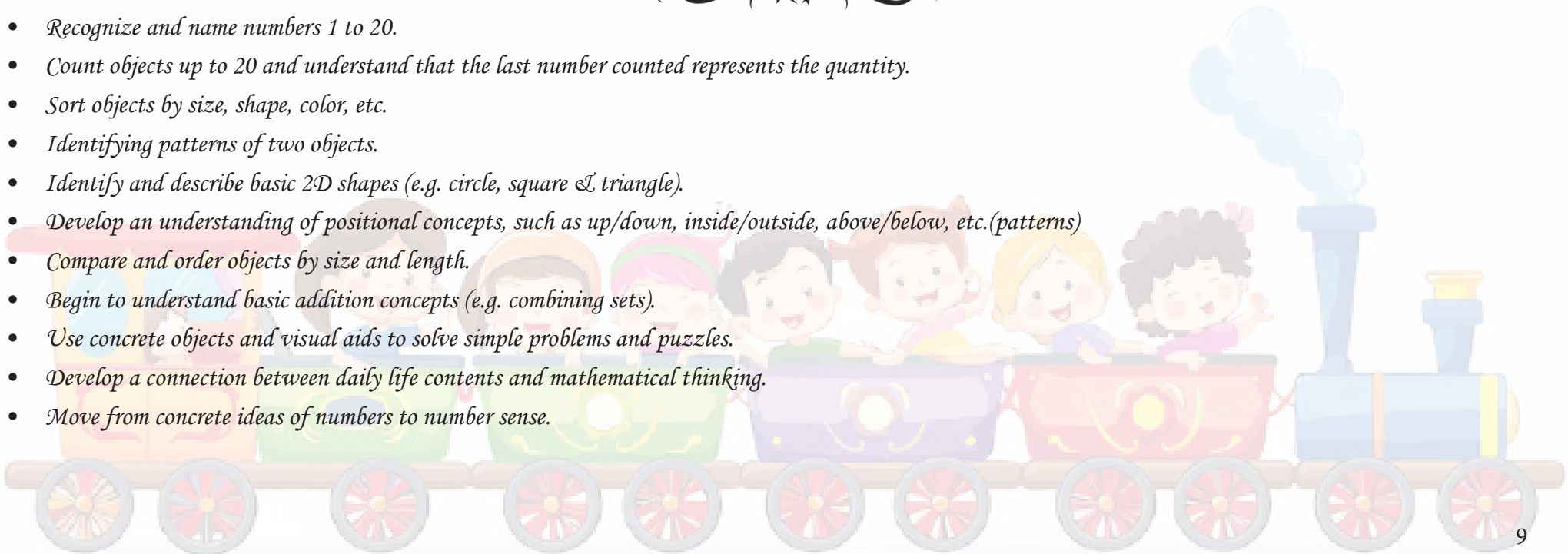
2026 - 2027

CLASS - NURSERY

SUBJECT: NUMERACY

LEARNING OUTCOMES

- Recognize and name numbers 1 to 20.
- Count objects up to 20 and understand that the last number counted represents the quantity.
- Sort objects by size, shape, color, etc.
- Identifying patterns of two objects.
- Identify and describe basic 2D shapes (e.g. circle, square & triangle).
- Develop an understanding of positional concepts, such as up/down, inside/outside, above/below, etc.(patterns)
- Compare and order objects by size and length.
- Begin to understand basic addition concepts (e.g. combining sets).
- Use concrete objects and visual aids to solve simple problems and puzzles.
- Develop a connection between daily life contents and mathematical thinking.
- Move from concrete ideas of numbers to number sense.





NUMERACY (MATHS)

CLASS - NURSERY



TERM - I	APRIL	MAY	JULY	AUGUST	SEPTEMBER	
COUNTING	C1 - SERIAL COUNTING '1-20' (PG. NO. 104) C2 - INTRODUCTION OF NUMBER 1, 2 AND 3 (PG. NO. 20-31)	C3 - SERIAL COUNTING '1-30' (ORAL) C4 - INTRODUCTION OF NUMBER 4, 5 AND 6 (PG. NO. 32-49)	C5 - SERIAL COUNTING '1-40' (ORAL) C6 - INTRODUCTION OF NUMBER 7, 8 (PG. NO. 50-57) C7 - BACK COUNTING '5-0' (ORAL)	C8 - SERIAL COUNTING '1-50' (ORAL) C9 - INTRODUCTION OF NUMBER 9 (PG. NO. 58-61)	C10 - INTRODUCTION OF NUMBER 10 (PG. NO. 62-69)	
NUMBER NAMES (ORAL)	N1 - NUMBER NAME OF '1'	N2 - NUMBER NAME OF '2'	N3 - NUMBER NAME OF '3'	N4 - NUMBER NAMES '1-3'		
MENTAL ABILITY	M1 - NUMBER RHYME (PG. NO. 03) M2 - TRACE THE CURVES AND PATTERN (PG. NO. 16-19)	M3 - BIG - SMALL (PG. NO. 04-05) M4 - SHAPE: TRIANGLE (PG. NO. 103)	M5 - TALL AND SHORT (PG. NO. 06-07)	M6 - SHAPE: SQUARE (PG. NO. 100)		
PRACTICE	T1/WS/MATHS/NUR/26-27/01 T1/WS/MATHS/NUR/26-27/02	T1/WS/MATHS/NUR/26-27/03 T1/WS/MATHS/NUR/26-27/04	T1/WS/MATHS/NUR/26-27/05 T1/WS/MATHS/NUR/26-27/06	T1/WS/MATHS/NUR/26-27/07	T1/WS/MATHS/NUR/26-27/08	
EVALUATION	T1/RT/MATHS/NUR/26-27/01	T1/RT/MATHS/NUR/26-27/02 MOCK TEST - I	T1/RT/MATHS/NUR/26-27/03 MOCK TEST - II	T1/RT/MATHS/NUR/26-27/04		
JADUI PITARA/ ACTIVITY	LET'S MOVE FORWARD	FLOOR TILE GAME	SORTING GAME	CLOCK WHEEL		

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NUMERACY (MATHS)

CLASS - NURSERY



TERM - II	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEB-MARCH
COUNTING	C11 - SERIAL COUNTING '1-70' C12 - INTRODUCTION OF NUMBER 11, 12, 13, 14 AND 15 (PG. NO. 70-79)	C13 - SERIAL COUNTING '1-90' (ORAL) C14 - INTRODUCTION OF NUMBER 16, 17 AND 18 (PG. NO. 80 - 85) C15 - BACK COUNTING '10-0' (ORAL)	C16 - SERIAL COUNTING '1-100' (ORAL) C17 - INTRODUCTION OF NUMBER 19 AND 20 (PG. NO. 86-89) C18 - SERIAL COUNTING 1-20 (PG. NO. 90-94)	C19 - COUNT AND TELL (PG. NO. 95-99)	R E V I S I O N F I N A L T E R M E X A M S
NUMBER NAMES (ORAL)	N4 - REVISION OF NUMBER NUMBER NAMES '1-3'	N5 - NUMBER NAME OF '4'	N6 - NUMBER NAME OF '5'	N7 - REVISION OF NUMBER NAMES '1 - 5'	
MENTAL ABILITY	M7 - HEAVY AND LIGHT (PG. NO. 08-09) M8 - SHAPE: RECTANGLE (PG. NO. 102)	M9 - SAME-DIFFERENT (PG. NO. 10-11) M10 - CIRCLE (PG. NO. 101)	M11 - MORE-LESS (PG. NO. 12-13)	M12 - LOGICAL REASONING (PG. NO. 14 - 15)	
PRACTICE	T2/WS/MATHS/NUR/26-27/01 T2/WS/MATHS/NUR/26-27/02	T2/WS/MATHS/NUR/26-27/03 T2/WS/MATHS/NUR/26-27/04	T2/WS/MATHS/NUR/26-27/05 T2/WS/MATHS/NUR/26-27/06	T2/WS/MATHS/NUR/26-27/07 T2/SAMPLE/WS/MATHS/NUR/26-27/08	
EVALUATION	T2/RT/MATHS/NUR/26-27/01	T2/RT/MATHS/NUR/26-27/02 MOCK TEST - IV	T2/RT/MATHS/NUR/26-27/03	T2/RT/MATHS/NUR/26-27/04	
JADUI PITARA/ ACTIVITY	WHO I AM?	SORT ITEMS BY SHAPES AND SIZE	COUNT AND TELL	BUILD BLOCK TOWER	



2026 - 2027

CLASS - NURSERY

SUBJECT: THE WORLD AROUND US (TWAU)

LEARNING OUTCOMES

- *Identifying and naming common objects and their uses.*
- *Recognizing and naming colors, shapes, and sizes.*
- *Identifying and naming animals and their sounds.*
- *Understanding and naming family members, friends, and people in the community.*
- *Understanding and naming basic emotions and feelings.*
- *Recognizing and naming common fruits, vegetables, and foods.*
- *Understanding and identifying different modes of transportation.*
- *Understanding and identifying different seasons and weather conditions.*
- *Understanding the concepts of cleanliness and hygiene.*
- *Identifying and naming different types of plants and trees.*
- *Understanding the importance of a healthy diet and physical activity.*
- *Understanding and appreciating nature and its importance.*
- *Recognizing and naming different types of animals.*





TWAU

CLASS - NURSERY



TERM - I	APRIL	MAY	JULY	AUGUST	SEPTEMBER
CONCEPT	C1 - MYSELF (PG. NO. 03) C2 - FAMILY TREE (PG. NO. 04) C3 - MY BODY (PG. NO. 05)	C4 - FRUITS (PG. NO. 06-07) C5 - VEGETABLES (PG. NO. 08-09) C6 - ANIMALS (PG. NO. 12-13)	C7 - BIRDS (PG. NO. 14 & 15) C8 - TRANSPORT (PG. NO. 16 & 17) C9 - FLOWERS (PG. NO. 18)	C10 - SEASONS (PG. NO. 19) C11 - MY BIRTHDAY PARTY (PG. NO. 22) C12 - LIVING ROOM (PG. NO. 23)	C13 - KITCHEN (PG. NO. 24)
PRACTICE	T1/WS/TWAW/NUR/26-27/01 T1/WS/TWAW/NUR/26-27/02	T1/WS/TWAW/NUR/26-27/03 T1/WS/TWAW/NUR/26-27/04	T1/WS/TWAW/NUR/26-27/05 T1/WS/TWAW/NUR/26-27/06	T1/WS/TWAW/NUR/26-27/07	T1/WS/TWAW/NUR/26-27/08
TERM - II	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEB-MARCH
CONCEPT	C14 - BEDROOM (PG. NO. 25) C15 - BATHROOM (PG. NO. 26) C16 - GAMES - WE PLAY (PG. NO. 27) C17 - DRESSING ROOM (PG. NO. 28)	C18 - OUR HELPERS (PG. NO. 30) C19 - FOOD (PG. NO. 31) C20 - CLOTHES (PG. NO. 32)	C21 - PLACES AROUND US (PG. NO. 33) C22 - COLOURS (PG. NO. 34 & 35) C23 - ELECTRONIC GOODS (PG. NO. 36)	C24 - ACTION WORDS (PG. NO. 37) C25 - FESTIVALS (PG. NO. 38) C26 - CHILDREN WORLD (PG. NO. 39 & 40) C27 - ACTIVITY (PG. NO. 10, 11, 20, 21 & 29)	FINAL TERM EXAMS
PRACTICE	T2/WS/TWAW/NUR/26-27/01 T2/WS/TWAW/NUR/26-27/02	T2/WS/TWAW/NUR/26-27/03 T2/WS/TWAW/NUR/26-27/04	T2/WS/TWAW/NUR/26-27/05 T2/WS/TWAW/NUR/26-27/06	T2/WS/TWAW/NUR/26-27/07 T2/WS/TWAW/NUR/26-27/08	REVISION



2026 - 2027

CLASS - NURSERY

SUBJECT: ART

LEARNING OUTCOMES

- *The student will enhance hand eye co-ordination, build confidence and self esteem.*
- *To engage them in exploration and imaginative play with colours and materials.*
- *Concentration and fine motor skills will be developed among students.*
- *To encourage them to explore their creativity & imagination.*
- *To encourage children to play & experiment in a fun & related environment.*





ART

CLASS - NURSERY



TERM - I	APRIL	MAY	JULY	AUGUST	SEPTEMBER
CONCEPT	C1 - PRIMARY COLOURS (PG. NO. 03) C2 - PATTERNS (PG. NO. 04) C3 - PLAY WITH LINES (PG. NO. 05) C5 - SQUARE (PG. NO. 07)	C4 - PLAY WITH ZIG-ZAG (PG. NO. 06) C6 - TRIANGLE (PG. NO. 08) C7 - CIRCLE (PG. NO. 09) C8 - APPLE (PG. NO. 10) C9 - MANGO (PG. NO. 11)	C11 - CAR (PG. NO. 13) C12 - TRAFFIC LIGHT (PG. NO. 14) C13 - SHEEP (PG. NO. 15) C14 - BALL (PG. NO. 16) C15 - BUTTERFLY (PG. NO. 17)	C10 - FLAG (PG. NO. 12) C16 - BAT (PG. NO. 18) C17 - BOAT (PG. NO. 19) C18 - ICE CREAM (PG. NO. 20) C19 - SPACESHIP (PG. NO. 21)	REVISION
TERM - II	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEB-MARCH
CONCEPT	C20 - ORANGE (PG. NO. 22) C21 - KITE (PG. NO. 23) C22 - FLOWER (PG. NO. 24) C23 - WATER DROPS (PG. NO. 25) C25 - BOUNCY BALLOONS (THUMB IMPRESSIONS) (PG. NO. 27)	C26 - PENCIL (PG. NO. 28) C27 - DEEPAWALI (SPARKLING) (PG. NO. 29) C28 - DUCK (PG. NO. 30) C29 - FLOWER POT (BUTTON PASTING) (PG. NO. 31) C30 - HELICOPTER (PG. NO. 32)	C24 - BELL (PG. NO. 26) C31 - CATERPILLAR (PG. NO. 33) C32 - PUMPKIN (PG. NO. 34) C33 - HOUSE (PG. NO. 35) C34 - CAKE (PG. NO. 36)	C35 - PICHKARI (PG. NO. 37) C36 - MOON AND STAR (PG. NO. 38) C37 - SUN (PAPER TEARING) (PG. NO. 39) C38 - PAPER HAT (PAPER FOLDING) (PG. NO. 40)	REVISION
					FINAL TERM EXAMS



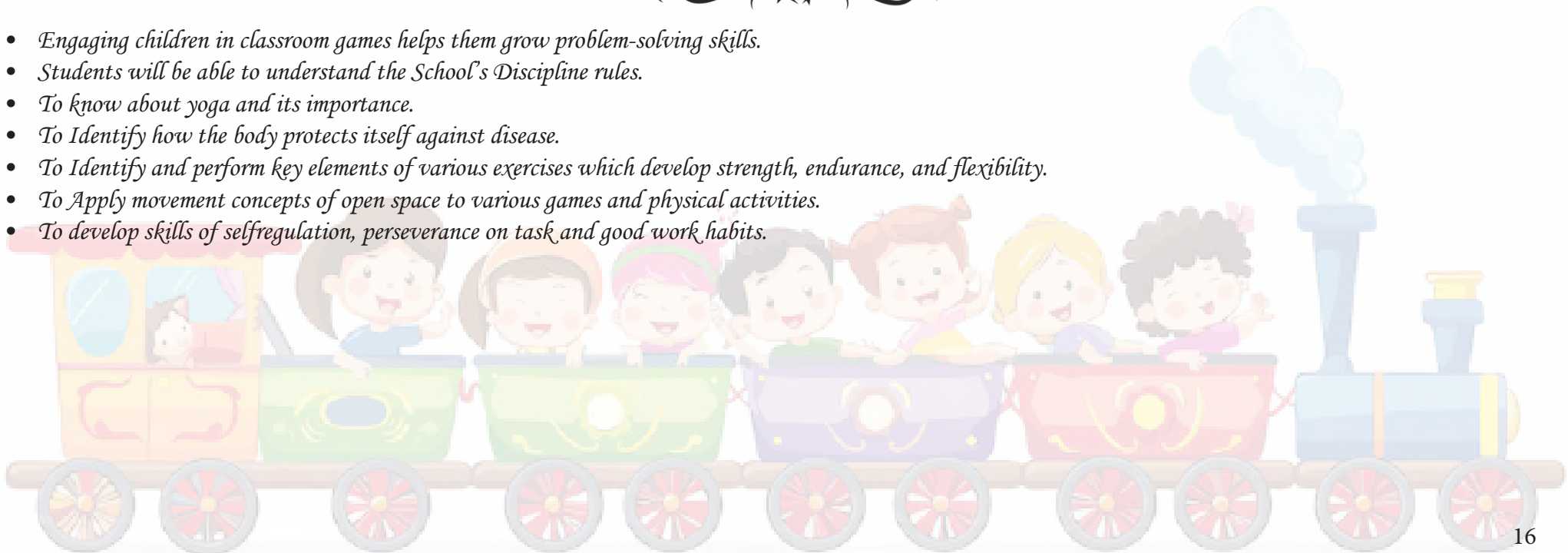
2026 - 2027

CLASS - NURSERY

SUBJECT: SPORTS / FREE PLAY

LEARNING OUTCOMES

- *Engaging children in classroom games helps them grow problem-solving skills.*
- *Students will be able to understand the School's Discipline rules.*
- *To know about yoga and its importance.*
- *To Identify how the body protects itself against disease.*
- *To Identify and perform key elements of various exercises which develop strength, endurance, and flexibility.*
- *To Apply movement concepts of open space to various games and physical activities.*
- *To develop skills of selfregulation, perseverance on task and good work habits.*





SPORTS / FREE PLAY

CLASS - NURSERY



TERM - I	APRIL	MAY	JULY	AUGUST	SEPTEMBER
CONCEPT	C1 - SIT STAND C2 - WARMING UP EXERCISE C3 - P.T EXERCISE	C4 - LADDER JUMP C5 - ZIG ZAG RUN C6 - AEROBIC EXERCISE C7 - YOGA (TADASANA & SHAV-ASANA)	C8 - CATCH THE BALL C9 - THROWING AT THE TARGET C10 - HOP, SKIP AND JUMP	C11 - 15M DASH C12 - KICK THE BALL C13 - BEAN BAG BALANCE C14 - HEIGHT & WEIGHT MEASUREMENT	--
TERM - II	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEB-MARCH
CONCEPT	C15 - TREASURE HUNT C16 - CIRCLE RUNNING C17 - STEP UPS C18 - BABY PUSHUPS	C19 - AEROBICS C20 - SPOT MARCH C21 - YOGA (PADMASANA & VEERBHADRASANA)	C22 - ZIGZAG RUN C23 - HIDE AND SEEK C24 - HOPSCOTCH	C25 - POSHAM PA C26 - YOGA EXERCISE C14 - HEIGHT & WEIGHT MEASUREMENT	--



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📍 St. No. 2, Friends Colony, Chandigarh Road, Jamalpur, Ludhiana 141010 (Pb.) INDIA

☎ 0161-4600207, 99884-53531 ✉ toddlers.uspc@gmail.com



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