

ST. THOMAS SCHOOL, LONI

CURRICULUM

ART AND CRAFT

Teaching Objectives:

- To unleash the true skills of learner.
- To create a source of livelihood.
- Helps in portray the virtual world into real world.
- To cast the emotions and feeling of artist.
- Helps in understanding our rare beautiful culture and history.
- Helps to create an another career opportunity within.

MUSIC

Teaching Objectives:

- To know about eminent Musicians, their life and achievements.
- To know about different musical instruments and their parts.
- To give Vocal Exercises
- Learning English motivational songs (example: Believer, We will rock you, Waving Flag etc.) so that students have better understanding about pronunciation, accent, new words and also help in communication
- Learning Prayer songs in different languages of different states. So that students learn new words of other languages. Through this a child develop an attitude of accepting others language and culture.

PHYSICAL EDUCATION

Teaching Objectives:

- To provide and co-ordinate a cohesive framework for sports specific development of a child.
- To develop physical fitness and skills.
- To enhance mental ability.
- To develop constructive social abilities.
- To develop and control emotional maturity.
- To promoting healthy lifestyle through regular physical activities.
- To promote the feeling of love, mutual corporation and brotherhood among the children.
- To develop motor components like strength, agility, speed, flexibility and endurance.

YOGA

Teaching Objectives:

- Asanas give sufficient exercise to the internal organs of the body. With this an individual can maintain good health and longitive of life
- Yoga is a solo-practice, where two or more individual are required in other games.
- YOGASAN help the body to acquire more resistance power to keep the disease away.
- To make body more flexible
- Through different YOGASAN the blood in the blood -vessels is purified.
- YOGASAN are non-violent activity and a person becomes morally good.
- YOGASAN make possible not only physical and mental development but also intellectual and spiritual development.

DANCE

Teaching Objectives:

- To develop a multifaceted physicality.
- To stimulate the conscious understanding of the language of body movement in a synchronized manner.
- Respond to changes in Rhythm.
- To make the body move to internal and external rhythms.
- To create an integrated knowledge in the cultural and historical contexts of dance and its various forms.
- To make the children learn the values and methods of artistic collaboration.
- To understand the importance of different dance forms related to different festivals, cultures, traditions, celebrations.
- To develop a sensation of coordinating with different rhythms within the timings.
- To develop confidence in aesthetic performances.
- To identify the great talents, skills especially in those children who may not be academically strong, and help them channelize their energy in an efficient manner for a better future.

CULINARY ART

Teaching Objectives:

- To make the child aware about various spices, condiments, cereal, pulses etc. grown in India.
- To make the child aware about various nutrients (proteins, vitamins, fats, carbohydrates etc.) present in different types of food and also enhance their knowledge related to the subject science.
- To help the child, maintain their balance diet.

- Food is closely intertwined with culture. By studying culinary arts, child will learn how different cultures prepare different types of foods. This will give child a greater appreciation for different cultures. This is an incredibly effective way to get children to open up to new things, especially if they haven't been exposed to different cultures.
- To make the child learn knowledge of variety of cooking techniques and food preparation methods this will enhance their top-notch listening and oral communication skills.
- Cooking will build a person's imaginations and will make them to think harder.

LIFE SKILLS EDUCATION

Teaching Objectives:

- To promote positive attitudes and behaviors among the young adolescents
- To improve communication abilities
- To promote healthy decision making
- To prevent negative and high risk behaviors
- To promote greater sociability
- To teach anger control
- To increase self-esteem and self confidence
- To improve academic performance.

Well designed and well delivered Life Skills Programmes can help young adolescents become more responsible, healthy and resilient both during adolescence and adulthood.