

## **CBSE Syllabus for Class 1 Health & Physical Education**

Health and Physical Education Syllabus for CBSE Class 1 is as below:

1. **Body awareness**– Description about self and surrounding, identification of body parts, correct posture, different types of fundamental movements, cleanliness of body and its importance. Growth and development of the body with exercise and playing.
2. **Food and nutrition:** The need for food, identification of food items, eating habits, a healthy diet, developing the culture of sharing.
3. **Safety and security:** The importance of water in the body, proper use and cleanliness of toilets, and healthy habits like washing hands before and after meals.

## **CBSE Syllabus for Class 1 General Knowledge**

CBSE Class 1 Syllabus for General Knowledge is as below:

1. Animals
2. Living Spaces
3. Sources of Water
4. Modes of Transport
5. Festivals of India
6. Odd One Out
7. Spot the Difference
8. Save Electricity
9. Save Water
10. National Symbol of India
11. Important Dates of Year

## **CBSE Syllabus for Class 1 Arts & Craft**

CBSE Syllabus for Arts and Crafts is as below:

1. Draw Different Shapes
2. Knowledge of Primary and Secondary Colours
3. Drawing and Colouring of Different Objects<