

**METHODIST HIGH SCHOOL**  
**(I.C.S.E.BOARD)**

**SYLLABUS**  
**2025-2026**  
**CLASS-X-A/B/C/D**

### ENGLISH LANGUAGE

UNIT –I	PRE- PRELIM & PRELIM
<b>1. Letter</b> [Formal & Informal] <b>2. Grammar</b> <ol style="list-style-type: none"> <li>Verb forms</li> <li>Preposition</li> <li>Join without and, but, so</li> <li>Transformation of sentences</li> </ol> <p><b><u>TERM – I [EXAM] [MARKS- 80]</u></b></p> <ol style="list-style-type: none"> <li>Composition</li> <li>Letter[ Formal &amp; Informal]</li> <li>Notice &amp; Email</li> <li>Comprehension</li> <li><b>Grammar:</b> <ol style="list-style-type: none"> <li>Verb forms</li> <li>Preposition</li> <li>Join without and, but, so</li> <li>Transformation of sentences</li> </ol> </li> </ol>	<ol style="list-style-type: none"> <li>Composition</li> <li>Letter[ Formal &amp; Informal]</li> <li>Notice &amp; Email</li> <li>Comprehension</li> <li><b>Grammar</b> <ol style="list-style-type: none"> <li>Verb forms</li> <li>Preposition</li> <li>Join without and, but, so</li> <li>Transformation of sentences</li> </ol> </li> </ol>

### ENGLISH LITERATURE

<b><u>UNIT-1 [TEST] [MARKS- 20]</u></b>	<b><u>PRE- PRELIM &amp; PRELIM</u></b>
<ol style="list-style-type: none"> <li>With the Photographer – Stephen Leacock <b>[SHORT STORY]</b></li> <li>Haunted Houses – H.W. Longfellow <b>[POETRY]</b></li> </ol> <p><b><u>TERM- 1 [EXAM] [MARKS- 20]</u></b></p> <ol style="list-style-type: none"> <li><b>DRAMA:</b> Julius Caesar: William Shakespear Acts III &amp; IV</li> <li><b>PROSE</b> <ol style="list-style-type: none"> <li>With the Photographer – Stephen Leacock</li> <li>The Elevator – William Sleator</li> <li>The Girl Who Can- Ama Ata Aidoo</li> </ol> </li> </ol>	<ol style="list-style-type: none"> <li><b>DRAMA:</b> Julius Caesar: William Shakespeare (Acts III, IV &amp; V)</li> <li><b>TREASURE CHEST: A Collection of ICSE</b></li> </ol> <p><b>Short Stories &amp; Poems</b></p> <p><b>PROSE (Short Stories):</b></p> <ol style="list-style-type: none"> <li>With the Photographer – Stephen Leacock</li> <li>The Elevator – William Sleator</li> <li>The Girl Who Can- Ama Ata Aidoo</li> <li>The Pedestrian- Ray Bradbury</li> <li>The Last Lesson- Alphonse Daudet</li> </ol>

<b>3. POETRY</b>  a) Haunted Houses – H.W. Longfellow b) The Glove and the Lions- Leigh Hunt c) When Great Trees fall – Maya Angelou	<b>POETRY:</b>  1. Haunted Houses – H.W. Longfellow 2. The Glove and the Lions- Leigh Hunt 3. When Great Trees fall – Maya Angelou 4. A Considerable Speck – Robert Frost 5. The Power of Music – Sukumar Ray
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### **GEOGRAPHY**

<b>Textbook: A textbook of ICSE Geography (X) by Rita Rajen (Brothers Education, Spreading Knowledge/General Printers &amp; Publishers)</b>	
<u><b>TERM –I</b></u>	<u><b>TERM –II</b></u>
Mineral Resources of India Sources of Energy-1 (Conventional) Sources of Energy-2 (Non-Conventional) Agriculture in India Manufacturing Industries of India Water Resources Location, Extent and Physical Features of India. <b>(MAP WORK ONLY)</b> Interpretation of Topographical Maps I and II  <div style="text-align: center;"><u><b>UNIT TEST – I</b></u></div> 1. Climate of India ( <b>Inclusive of Map Work related to chapter</b> ) 2. Soil Resources in India ( <b>Inclusive of Map Work related to chapter</b> ) 3. Natural Vegetation  <u><b>Note:</b></u> <b>TERM-I question paper will cover the syllabus of U.T.I and TERM-1</b>	<div style="text-align: center;"><u><b>Pre-Prelims –I and Pre- Prelims –II</b></u></div> 1. Climate of India 2. Soil Resources in India 3. Natural Vegetation 4. Mineral Resources of India 5. Sources of Energy-1 (Conventional) 6. Sources of Energy-2 (Non-Conventional) 7. Agriculture in India 8. Manufacturing (Major) Industries of India 9. Water Resources 10. Transport 11. Waste Management 12. Location, Extent and Physical Features of India. ( <b>MAP WORK ONLY</b> ) 13. Interpretation of Topographical Maps I and II  <u><b>Note:</b></u> <b>First &amp; Second Prelims Examination question paper will cover the ENTIRE syllabus completed during the session.</b>
<u><b>PROJECT WORK (FILE WORK)</b></u>	
<b>Students are requested to make an informative and creative project on any ONE of the following topics:-</b>  <div style="text-align: center;"> 1. Soil Resources in India  2. Natural Vegetation &amp; Wildlife in India  3. Transport  4. Waste Management (Impact of waste accumulation and methods of Safe Disposal of waste) </div>	

## **HISTORY**

<b>TERM –I</b>	<b>TERM –II</b>
<b>HISTORY</b>	<b>HISTORY</b>
<ol style="list-style-type: none"> <li>1. The First War of Independence, 1857</li> <li>2. Growth of Nationalism</li> <li>3. First Phase of the Indian National Movement</li> <li>4. Second Phase of the Indian National Movement</li> <li>5. The Muslim League</li> <li>6. Mahatma Gandhi and the National Movement</li> <li>7. Quit India Movement</li> <li>8. Forward Bloc and the INA</li> <li>9. Independence and Partition of India</li> </ol>	<ol style="list-style-type: none"> <li>1. The First World War</li> <li>2. Rise of Dictatorships</li> <li>3. The Second World War</li> <li>4. United Nations</li> <li>5. Major Agencies of the United Nations</li> <li>6. Non- Aligned Movement</li> </ol>
<b>CIVICS</b>	<b>CIVICS</b>
<ol style="list-style-type: none"> <li>1. The Union Parliament</li> </ol> <p style="text-align: center;"><b>UNIT-1</b></p> <p><b>LESSON 1</b> The First War of Independence, 1857 (History)</p> <p><b>LESSON 2</b> Growth of Nationalism (History)</p> <p style="text-align: center;"><b><u>TERM 1</u></b></p> <p><b>ALL THE CHAPTERS DONE IN TERM 1</b></p> <p><b>PROJECT WORK- (FILE WORK)</b></p> <p>Prepare a report on the contributions of any one of the following agencies of the United nations – <b>UNESCO/ WHO/ UNICEF/ILO/ UNDP/ FAO</b></p> <p>The Project should be submitted by the second week of July.</p>	<ol style="list-style-type: none"> <li>1. The President and the Vice- President</li> <li>2. Prime Minister and Council of Ministers</li> <li>3. The Supreme Court</li> <li>4. The High Courts and Subordinate Courts</li> </ol> <p><b>PRELIM 1 – ALL LESSONS OF TERM 1 AND TERM 2</b></p> <p><b>PRELIM 2 – ALL LESSONS OF TERM 1 AND TERM 2</b></p>

### MATHS

<u>TERM –I</u>	<u>TERM –II</u>
<b><u>Half Yearly</u></b> <ol style="list-style-type: none"> <li>1. GST (UT1)</li> <li>2. Banking (UT1)</li> <li>3. Central Tendencies (UT1)</li> <li>4. Shares and Dividends</li> <li>5. Linear Inequations</li> <li>6. Quadratic Equations and its Problems</li> <li>7. Arithmetic Progression</li> <li>8. Geometric Progression</li> <li>9. Similarity</li> <li>10. Mensuration</li> <li>11. Loci</li> <li>12. Circles</li> <li>13. Tangents and intersecting chords</li> <li>14. Constructions</li> <li>15. Reflection</li> <li>16. Probability</li> </ol>	<b><u>October-November</u></b> <ol style="list-style-type: none"> <li>1. Trigonometrical Identities</li> <li>2. Heights and Distances</li> <li>3. Section formula &amp; Mid point Formula</li> <li>4. Equation of a Line</li> <li>5. Ratio and Proportion</li> <li>6. Matrices</li> <li>7. Factorization of Polynomials</li> </ol>

### PHYSICS

<u>TERM-I</u>	<u>TERM-II</u>
<ol style="list-style-type: none"> <li>1. Force</li> <li>2. Work, Energy and Power</li> <li>3. Machines</li> <li>4. Refraction of Light at Plane Surfaces</li> <li>5. Refraction through Lenses</li> <li>6. Spectrum</li> <li>7. Sound</li> </ol>	<ol style="list-style-type: none"> <li>1. Current Electricity</li> <li>2. Household Circuits</li> <li>3. Electromagnetism</li> <li>4. Calorimetry</li> <li>5. Radioactivity</li> </ol>

### CHEMISTRY

<u>TERM –I</u>	<u>TERM –II</u>
<ol style="list-style-type: none"> <li>1. Periodic Table (UT-1)</li> <li>2. Chemical Bonding (UT-1)</li> <li>3. Acid, Bases and Salts</li> <li>4. Analytical Chemistry</li> <li>5. Mole Concept</li> </ol>	<ol style="list-style-type: none"> <li>1. Periodic table</li> <li>2. Chemical Bonding</li> <li>3. Acid, Bases and Salts</li> <li>4. Analytical Chemistry</li> <li>5. Mole concept</li> </ol>

6. Electrolysis 7. Metallurgy 8. Study of Hydrogen Chloride	6. Electrolysis 7. Metallurgy 8. Study of Hydrogen Chloride' 9. Study of Ammonia 10. Study of Nitric Acid 11. Study of Sulphuric Acid 12. Organic Chemistry 13. Practical Work
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### **BIOLOGY**

<b>Prescribed Book: Concise Biology (Selina Publishers)</b>	
<b>TERM –I</b>	<b>TERM –II</b>
1. Cell: The unit of life 2. Structure of Chromosomes, Cell Cycle and Cell Division 3. Genetics 4. Absorption by Roots 5. Transpiration 6. Photosynthesis 7. Chemical Coordination in Plants 8. Circulatory System 9. Excretory System 10. Nervous System	1. Sense Organs 2. Endocrine System 3. Reproductive System 4. Human Evolution 5. Population 6. Pollution

### **COMPUTER APPLICATION**

<b>TERM –I</b>	<b>PRE-PRELIMS / PRE-LIMS</b>
1. Decision making Statements ( <b>UNIT –I</b> ) 2. Iteration Statements. ( <b>UNIT –I</b> ) 3. Functions. 4. Constructors. 5. Arrays 6. String Handling ( <b>UNIT –I</b> ) 7. Errors Handling & Exception 8. Encapsulation. 9. Output Questions. 10. Class as the basis of all computation. 11. Library Classes( Class as user defined data types  <b>Total Marks: 100</b>	1. Entire Syllabus 2. Practical/ Programming Assignment  <b>Total Marks:</b> 100 marks-Theory 100 marks- Practical/Assignment(Internel Assessment)

## HINDI

<u>TERM-I</u>	<u>TERM-II</u>
<u>SECTION –A</u>	<u>SECTION-A</u>
<b>Book: सरस हिन्दी व्याकरण</b>	
निबन्ध, कहानी, चित्रलेखन, पत्र – औपचारिक, अनौपचारिक अपठित गद्यांश शब्द भंडार–विलोम पर्यायवाची एक शब्द के लिए अनेक शब्द मुहावरे, लोकोक्तियाँ, तत्समशब्द, भाव वाचक संज्ञा, विशेषण शब्द, वाक्य परिवर्तन, परिभाषा, भेद	निबन्ध, कहानी, चित्रलेखन, पत्र – औपचारिक, अनौपचारिक अपठित गद्यांश शब्द भंडार–विलोम पर्यायवाची एक शब्द के लिए अनेक शब्द मुहावरे, लोकोक्तियाँ, तत्समशब्द, भाव वाचक संज्ञा, विशेषण शब्द, वाक्य परिवर्तन, परिभाषा, भेद
<u>SECTION –B</u>	<u>SECTION-B</u>
<b>Book: साहित्य सागर गद्य खण्ड</b>	
<ol style="list-style-type: none"> <li>1. भेड़ें और भेड़िया</li> <li>2. संदेह</li> <li>3. भीड़ में खोया आदमी</li> <li>4. महायज्ञ का पुरस्कार</li> <li>5. अपना-अपना भाग्य</li> </ol>	<ol style="list-style-type: none"> <li>1. बात अठन्नी की</li> <li>2. नेता जी का चश्मा</li> <li>3. दो कलाकार</li> <li>4. काकी</li> <li>5. बड़े घर की बेटा</li> </ol>
<u>पद्य खण्ड</u>	<u>पद्य खण्ड</u>
<ol style="list-style-type: none"> <li>1. भिक्षुक</li> <li>2. विनय के पद</li> <li>3. मात्र मंदिर की ओर</li> <li>4. साखी</li> <li>5. मेघ आए</li> </ol>	<ol style="list-style-type: none"> <li>1. गिरधर की कुंडलियाँ</li> <li>2. सूर के पद</li> <li>3. वह जन्म भूमि मेरी</li> <li>4. स्वर्ग बना सकते हैं</li> <li>5. चलना हमारा काम है</li> </ol>
<b>Note &amp; Unit I will be included in I<sup>st</sup> Term Exam</b>	<b>Note &amp; Full Course will be included in Pre-prelims and prelims Exams.</b>

## COMMERCIAL STUDIES

<u>TERM –I</u>	<u>TERM –II</u>
<b>1. Stakeholders in Commercial Organisations</b> (a) Meaning of stakeholder, types: Internal Sales promotion – meaning and techniques; difference between advertising and sales promotion. (b) Expectations of employers (owners and managers), employees, creditors and	<b>5. Banking</b> (i) Central Bank: Central Bank: Meaning and functions, Difference between the Central Bank and Commercial Banks. (ii) Internet Banking: Modes of transferring money / Net Banking: NEFT, RTGS, IMPS, mobile wallets: meaning only. ATM, Credit & Debit

suppliers, government and society from a commercial organization.

- (c) E-commerce: Introduction and benefits over traditional methods of transactions, E-tailing, E - advertising, E-marketing and E-security (meaning only). ERP and its modules (brief concept). (Shareholder, employee and employer – meaning of each) and External stakeholders (supplier, creditor, government and society – meaning of each); differences between internal and external stakeholders.
- (d) Consumer Protection: Consumer Protection Act (1986); features of the Act, rights of a consumer, Consumer exploitation; meaning and types, Importance of consumer awareness.

## 2. Marketing and Sales

- (a) Marketing: Meaning and objectives of marketing. Difference between marketing and sales.
- (b) Product and service: Meaning and difference between a product and a service (with examples).
- (c) Pricing: Meaning and objectives:
- (d) Advertising and Sales promotion Advertising: meaning, importance of advertising; merits and demerits, difference between advertising and publicity. Advertising Agency; meaning and functions only, Social advertising media – Concept and examples only.

## 3. Finance and Accounting

- (a) Capital and Revenue: Capital and revenue receipts, capital and revenue expenditure (meaning, difference and examples) deferred revenue expenditure (meaning and examples)
- (b) Final accounts of Sole Proprietorship:
- Meaning and preparation of Trading account, Profit and Loss account and

cards- meaning & difference, caution to be taken while using these cards.

- (iii) Financial fraudulent practices: Credit card fraud, false accounting, insurance fraud, intellectual property fraud, internet and cyber fraud. A brief understanding of these types of financial fraud.

## 6. Revision of Term 1 and Term 2



<p>Balance sheet based on the given trial balance with the adjustment of closing stock only.</p> <ul style="list-style-type: none"> <li>(Preparation of manufacturing account, profit and loss on sale of assets, intangible and fictitious assets, prepaid and accrued expenses and incomes are excluded.)</li> </ul> <p>(c) Sources of Finance</p> <p>(i) Capital Market: Meaning and functions of Capital Market.</p> <p>(ii) Sources of raising capital: Long term: Meaning of shares (Types; preference and equity) and debentures, differences between the two. Short term: loans from commercial banks (cash credit, overdraft, discounting of bills – meaning only).</p> <p><b>4. Human Resources: Recruitment, selection and training.</b></p> <p>(i) Recruitment – meaning; sources: internal and external; advantages and disadvantages of internal and external sources.</p> <p>(ii) Selection - meaning and steps, types of selection tests.</p> <p>(iii) Training – meaning, objectives and methods of training (on the job and off the job).</p>	
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### ECONOMIC APPPLICATION

<u>TERM-I</u>	<u>TERM-II</u>
<ul style="list-style-type: none"> <li>Ch-1. Law of Demand and determinants of demand</li> <li>Ch-2 Law of Supply and determinants of Supply</li> <li>Ch-3 Elasticity of Demand and Supply</li> <li>Ch-4. Factors of production - Land and</li> </ul>	<ul style="list-style-type: none"> <li>Ch-7. The Role of State in Economic Development</li> <li>Ch-8. Public Sector Enterprises and their Privatisation</li> <li>Ch-9. Money and inflation</li> <li>Ch-10. Banking- Commercial and Central Banks</li> </ul>

<p>Labour</p> <ul style="list-style-type: none"> <li>Ch-5. Factors of production- Capital and Entrepreneur</li> <li>Ch-6 Forms of Market structure- Basic concepts</li> </ul>	
<b><u>UNIT-I</u></b>	
<ul style="list-style-type: none"> <li>Ch-1. Law of demand</li> <li>Ch-2. Law of Supply</li> </ul> <p><b><u>Topic for project</u></b></p> <ol style="list-style-type: none"> <li>Elasticity of demand</li> <li>Factors of production- Capital and Entrepreneurship</li> <li>Perfect Competition and Monopoly</li> <li>Banking- Commercial and Central Banks</li> </ol>	

### **FRENCH**

#### **Suggested textbooks for French**

**Point de depart: Herbert F. Collins, Mac Millan.**

**En Avant: Herbert F. Collins, Mac Millan.**

**Allons Redécouvrir le Français: A. Mugve**

**Get Ready Practice Book French for Class X ICSE: Sarabari Sen & Sarabjit Lall (Goyal Publications)**

<b><u>UNIT –I</u></b>	<b><u>UNIT –II</u></b>
<ol style="list-style-type: none"> <li>Les rédactions:               <ol style="list-style-type: none"> <li>L'environnement</li> <li>Les nouvelles technologies</li> <li>La fête indienne</li> </ol> </li> <li>Les lettres informelles:               <ol style="list-style-type: none"> <li>à correspondant français,</li> <li>à vos parents.</li> </ol> </li> <li>La traduction: (par français en anglais)</li> <li>La compréhension.</li> <li>La grammaire:               <ol style="list-style-type: none"> <li>les temps: l'imparfait, le futur simple, le futur proch.</li> </ol> </li> </ol>	<ol style="list-style-type: none"> <li>Les rédactions:               <ol style="list-style-type: none"> <li>L'internet</li> <li>Le système politique en France</li> </ol> </li> <li>Les lettres informelles:               <ol style="list-style-type: none"> <li>à votre cousin</li> <li>à votre professeur</li> </ol> </li> <li>La traduction: (par français en anglais)</li> <li>La compréhension.</li> <li>La grammaire:               <ol style="list-style-type: none"> <li>Les temps: le présent, le passé composé, le futur</li> <li>Les négatifs</li> </ol> </li> </ol>

b) Le pronoms relatif (où, dont, qui, que) c) Le pronom personnel (D.O / I.D.O)	c) Les interrogatifs d) Les féminins
<b><u>TERM –I</u></b>	<b><u>TERM –II</u></b>
<p>1. Les rédactions:</p> <p>a) Le chômage,</p> <p>b) Les médias,</p> <p>c) La pollution,</p> <p>d) La diversité culturelle,</p> <p>e) Les sports,</p> <p>f) l'argent</p> <p>2. Les lettres informelles:</p> <p>a) à votre ami,</p> <p>b) à vos parents,</p> <p>c) à correspondant indien</p> <p>3. La traduction: (par français en anglais)</p> <p>4. La compréhension.</p> <p>5. La grammaire:</p> <p>a) Les temps: le présent, le passé récent, le passé composé, le futur antérieur, le plus que parfait.</p> <p>b) Les féminins</p> <p>c) Les pluriels</p> <p>b) Formez les phrases avec des mots.</p>	<p>1. Les rédactions:</p> <p>a) L'Inde</p> <p>b) La France et sa culture</p> <p>2. Les lettres informelles:</p> <p>a) à votre ami</p> <p>b) à vos parents</p> <p>3. La traduction: (par français en anglais)</p> <p>4. La compréhension.</p> <p>5. La grammaire:</p> <p>a) Les temps: Le présent, le passé composé, Le futur</p> <p>b) Le degré de comparaison</p> <p>c) Le pronom personnel, Le pronom relatif</p> <p>d) Formez les phrases avec des mots.</p>

### **PHYSICAL EDUCATION**

<b>TERM.1</b>	<b>THEORY</b>	<b>MAX.MARKS[100]</b>
<b><u>Section A</u></b>		
Chapter.1	HUMAN GROWTH AND DEVELOPMENT.	
Chapter.2	MEANING AND OBJECTIVES OF PHYSICAL EDUCATION.	
Chapter.3	BODY TYPES.	
Chapter.4	MEANING,COMPONENTS AND FACTORS OF PHYSICAL FITNESS	
<b><u>SECTION B</u></b>		

**1. CRICKET - 1-44 LAWS OF CRICKET.**

**2. FOOTBALL -1-20 LAWS OF FOOTBALL**

**SECTION B**

Candidates will be required to answer questions on any two of the following team games.

**Cricket, Football, Hockey, Basketball, Volleyball, Badminton.**

**PRACTICAL ASSESSMENTS [100 MARKS]**

PUSH UPS/ SIT UPS/ STANDING JUMP/ SHUTTLE RUN/ 50 METRE SPRINT/

Distance Run

600 METRE GIRLS-1000 METER BOYS/ SPECIALISATION TESTS ON ANY TWO GAMES

**TERM.2**

**Section A**

Chapter.5. MEANING, IMPORTANCE AND PRINCIPLES OF SPORTS TRAINING.

Chapter.6. SAFETY, PREVENTION OF SPORTS RELATED INJURIES.

Chapter.7. MEANING AND IMPORTANCE OF HEALTH EDUCATION, NUTRITION & DIET. INCLUDED ALL CHAPTERS 1-4

**Section B**

**1. CRICKET - LAWS 1-44 OF CRICKET**

**2. Knowledge of the game**

**3. Rules of the game**

The Field of play: Diagram of the cricket field and pitch with measurements and specifications; The Ball (Shape, Material, Circumference, Weight); The Bat (Length, Width, Material); Stumps and bails (Height, Width); The Players (Number of players (playing eleven and substitutes); Substitutions; The Players' Equipment; Compulsory equipment; Types of matches (One day, Five days, Four days and T20); Officials and their duties (2 field umpires, 1 third umpire, 1 match referee and 2 scorers); The Ball in and out of Play; Ways of a batsman getting out

**4. Fundamental skills and technique**

Batting (On drive, Off drive, Square cut and Leg glance); Fielding (Close catching, Catching 'In the outfield', Long barrier and Throwing); Bowling (In swing, Out swing, Yorker and Full toss); wicket- keeping

(Footwork, Catching the ball, and Diving)

### **5. Associated terminology**

Maiden over, Hat trick, Extra, Dead rubber, Seam bowling, Over, No ball, Bouncer, Sight screen, Bump ball, Danger area, Power play, Overthrow, Declaration, Appeal, Bodyline Bowling, Dot ball, Substitute, Dead ball, Ball- tampering, Century, Follow-on, Golden duck, Nick, Nightwatchman, Tailender, Pull shot, Innings defeat, Cover drive, Innings, Straight drive, Sweep shot, Hook shot, Reverse sweep, Upper cut, Late cut, Leg glance, Pull shot, Flick shot, Beamer, Off cutter, Leg cutter, Short pitch, Full length delivery, Reverse swing,

### **6. National and International governing bodies of Cricket**

BCCI - Board of Control for Cricket in India

ICC - International Cricket Council

### **7. National and International tournaments**

National Tournament: Ranji Trophy, Duleep Trophy, Vijay Hazare Trophy, Deodhar Trophy, Irani Trophy, Indian Premier League. International Tournaments: ICC Cricket World Cup, ICC champions Trophy, ICC World T20, World Cricket League.

## **2. FOOTBALL [laws 1 to 22]**

### **1. Knowledge of the game**

### **2. Laws of the game**

The Field of play: Diagram of the Field with Measurements and Specifications, Height and Width of Goalpost, Height of Corner flags The Ball: Shape, Material, Circumference, weight, Air pressure The Players: Number of players (playing eleven and substitutes), Number of substitutions allowed in a match, Substitution procedure The Players' Equipment, Compulsory Equipment The Referee: Powers and Duties, Compulsory Equipment, Referee signals Other match officials: Assistant Referees: Duties and Signals; Fourth official: Duties; Additional assistant referee: Duties; Reserve assistant referee: Duties The Duration of the Match: Periods of play, Halftime interval, Allowance for time lost, Penalty kick, Abandoned match The Start and Restart of Play: Kick-off and its Procedure (start, both halves, both halves of extra time and restarts play after a goal), Free kicks and its Procedure (Direct and Indirect), Penalty Kicks and its Procedure, Throw-in and its Procedure, Goal kicks and its Procedure, Corner Kicks and its Procedure The Ball in and out of Play Determining the outcome of a match: Goal scored, Winning team, Kicks from the penalty mark Offside: Offside position, Offside offence, No offence Fouls and Misconduct: Direct free kick, Indirect free kick, Disciplinary action (Yellow card and Red card), Restart of play after fouls and misconduct

### **3. Fundamental Skills and Technique**

Passing (Short pass and Long pass); Trapping (Step trap, Inside trap, Thigh trap, Chest trap and Head trap);

Shooting (Instep, Swerve shot, Chip and toe punt); Dribbling; Receiving; Heading; Tackle; Goalkeeping.

**4. Terminology**

Advantage, Zonal marking, Sliding Tackle, Through pass, Quarter Circle, Man to Man Marking, Additional time, Extra time, Nutmeg, One-on-one, Step over, Technical area, Volley, Half Volley, Attacker, Defender, Chip, Cross, Overlap, Lob, Banana Kick, Bicycle Kick, Wall Pass, Goal line technology (GLT)

**5. National and International Governing Bodies**

AIFF - All India Football Federation

FIFA - Federation Internationale de Football Association

IFAB - International Football Association Board

**6. National and International Tournaments**

National Tournaments: Santosh Trophy, Subroto Cup, Federation Cup, Durand Cup, I – League

International Tournaments: FIFA World Cup, UEFA European Championship, AFC Cup

**NEW PROJECT ON CRICKET AND FOOTBALL**

**PRACTICAL ASSESSMENTS [100 MARKS]**

PUSH UPS/ SIT UPS/ STANDING JUMP/ SHUTTLE RUN/ 50 METRE SPRINT/ Distance Run 600 METRE GIRLS-1000  
METER BOYS/ SPECILISATION TESTS ON ANY TWO GAMES

**NOTE- EVERY FRIDAY-PRACTICAL PERIODS- STUDENTS TO COME STRICTLY IN THE P.ED. UNIFORM**

**PRINCIPAL  
METHODIST HIGH SCHOOL  
KANPUR**