

STUDENT POLICE CADET PROJECT

SCHOOL LEVEL ACTIVITY CALENDAR (HIGH SCHOOL WING) JUNIOR

YEAR : 2018 - 19		MONTH : January				
DATE AND DAY	PERIOD	ACTIVITIES	PARTICIPANTS	OBJECTIVES	EXPECTED OUTCOME	PERSON RESPONSIBLE
Jan-01	90 Mnts	Parade Revision + Flank salute -Salute to the right and salute to the left while marching	Cadets	* To develop high sense of discipline among cadets. * To help cadets to establish a healthy harmony between their body and minds *To bring a feeling of self pride among the cadets * To motivate cadets to be aware of their grooming and appearance	Confident, disciplined and well mannered cadets who feel proud about themselves	Dis and CPOs
Jan-05	40 Mnts	Physical Training Revision + RBPT 6 - No.5 Exercise for trunk	Cadets	To promote physical fitness and strength through a structured programme	Physically fit cadets who lead a healthy life style by practicing physical activities on a daily basis	Dis and CPOs
	10 Mnts	Break				
	40 Mnts	Yoga & Unarmed combats with the support of Audio Visuals	Cadets	* To nurture cadets to lead a balanced life by helping them to maintain a control on their body and mind.	Cadets with high level concentration who possess a healthy body and healthy mind	Competent resource persons arranged by the School LAC
	45 Mnts	Fresh up and breakfast				
	25 Mnts	Assembly :- 1. SPC Prayer by the cadets. 2 SPC Pledge. 3 Thought for the day(a one minute talk by a cadet on a famous quote, thoughtful saying, proverb etc.) 4. News Analysis (cadet/s analyse the important news of the week based on one English newspaper and two regional newspapers). 5. Book Review.(Cadet/s presents a synopsis of the book of the month)	Cadets	*To develop a feeling of affiliation, unity and discipline among cadets. *To enable cadets to share their experiences with others. *To get cadets updated about current affairs. *To facilitate national integration and secularism through prayer, pledge etc.	*Cadets develop quality of togetherness and learn how to behave in a group. *Understand the value of secularism and national integration. *To procure contemporary awareness and help cadets to connect with the events and developments around them	Dis, CPOs
	80 Mnts	Indoor Class: manual module 4 - Health and Hygiene Activity 1 & 2(Healthy practices for improving mental health)	Cadets	* To educate cadets on common behavioural and emotional issues * To educate cadets on how to be stable with their emotions * To educate cadets on practicing healthy behaviour	* Cadets with good mental health * Cadets with appropriate knowledge on coping with emotions * Cadets practice healthy behaviour	Competent resource person arranged by School LAC
10 Mnts	Break					

	80 Mnts	Drishyapadam: Hubble	Cadets	<ul style="list-style-type: none"> * To promote visual learning methodology for making learning more engaging and interesting * To generate curiosity among cadets to explore more about our universe * To create a " Nothing is Impossible" attitude 	<ul style="list-style-type: none"> * Cadet become visually literate * Cadet develops individual strategies to enhance learning * Curious & Confident cadets with an "I can & I will" attitude 	CPOs with the help visual text modules and materials
	15 Mnts	Clean & Green School -- Clean Campus Drive	Cadets, CPOs, DIs	<ul style="list-style-type: none"> * To Motivate all students, teachers and other school community to voluntarily participate in cleaning school premises. * To train SPCs in adoption of sensible waste-handling practices in their schools & homes *To ensure that the school has a set of functioning and well maintained water, sanitation and hygiene facilities. 	<ul style="list-style-type: none"> * Neat, clean, green & beautiful class rooms and school premises * Students develop responsible waste generation and management culture * Cadets maintain personal hygiene properly 	Cadets, CPOs, DIs
Jan-09	90 Mnts	Parade Revision+ Flank salute - Salute to the right and salute to the left while marching	Cadets	<ul style="list-style-type: none"> * To develop high sense of discipline among cadets. * To help cadets to establish a healthy harmony between their body and minds * To bring a feeling of self pride among the cadets * To motivate cadets to be aware of their grooming and appearance 	Confident, disciplined and well mannered cadets who feel proud about themselves	DIs and CPOs
Jan-16	90Mnts	Parade Revision+ Mark Time, Marching in double time and halt	Cadets	<ul style="list-style-type: none"> * To develop high sense of discipline among cadets. * To help cadets to establish a healthy harmony between their body and minds * To bring a feeling of self pride among the cadets * To motivate cadets to be aware of their grooming and appearance 	Confident, disciplined and well mannered cadets who feel proud about themselves	DIs and CPOs
	40 Mnts	Cross Country (6 Kms)	Cadets	To enhance the physical stamina of cadets	Physically fit cadets with good stamina	DIs, CPOs
	10 Mnts	Break				
	40 Mnts	Yoga & Unarmed combats with the support of Audio Visuals	Cadets	* To nurture cadets to lead a balanced life by helping them to maintain a control on their body and mind.	* Cadets with high level concentration who possess a healthy body and healthy mind	Competent resource persons arranged by the School LAC
	45 Mnts	Fresh up and breakfast				

Jan-19	25 Mnts	Assembly :- 1. SPC Prayer by the cadets. 2 SPC Pledge. 3 Thought for the day(a one minute talk by a cadet on a famous quote, thoughtful saying, proverb etc.) 4. News Analysis (cadet/s analyse the important news of the week based on one English newspaper and two regional newspapers). 5. Book Review.(Cadet/s presents a synopsis of the book of the month)	Cadets	*To develop a feeling of affiliation, unity and discipline among cadets. *To enable cadets to share their experiences with others. *To get cadets updated about current affairs. *To facilitate national integration and secularism through prayer, pledge etc.	*Cadets develop quality of togetherness and learn how to behave in a group. *Understand the value of secularism and national integration. *To procure contemporary awareness and help cadets to connect with the events and developments around them	Dis, CPOs
	80 Mnts	Indoor Class: manual 4 : Health and Hygiene(Activity 3 and 4) - Eating habits and Healthy life style	Cadets	* To educate cadets on healthy food habits * To motivate cadets to spread the awareness of healthy food habits in the school and home * To plan and organise school level activities on healthy life styles and food habits (E.g. Pesticide free vegetable gardens)	*Cadets who follow healthy food habits * Cadets take initiative to promote healthy food habits among their friends and family members * Cadets practice and promote healthy life style	CPOs, Dis
	10 Mnts	Break				
	80 Mnts	Indoor Class: Time management and discipline	Cadets	* To build time consciousness among cadets * TO help cadets to self analyse their current efficiency in time management * To develop effective time management skills among cadets * To educate cadets on life techniques to maintain control over their thoughts and actions while alone or in groups.	* Cadets become conscious about their time and resources * Cadets proactive effective time management skills * Cadets develops appropriate control over their thoughts and actions	CPOs, Dis
	15 Mnts	Clean & Green School -- Clean Campus Drive	Cadets, CPOs, Dis	* To Motivate all students, teachers and other school community to voluntarily participate in cleaning school premises. * To train SPCs in adoption of sensible waste-handling practices in their schools & homes *To ensure that the school has a set of functioning and well maintained water, sanitation and hygiene facilities.	* Neat, clean, green & beautiful class rooms and school premises * Students develop responsible waste generation and management culture * Cadets maintain personal hygiene properly	Cadets, CPOs, Dis
Jan-23	90 Mnts	Parade Revision+ Pace forward and step close (in by number)	Cadets	* To develop high sense of discipline among cadets. * To help cadets to establish a healthy harmony between their body and minds * To bring a feeling of self pride among the cadets * To motivate cadets to be aware of their grooming and appearance	Confident, disciplined and well mannered cadets who feel proud about themselves	Dis and CPOs

Special day 26th January		Republic Day Celebrations : *Flag Hoisting , *Ceremonial Parade, *Decorating school premises with plastic free materials , *Public processions and so on	Cadets & School Community	* To promote the spirit of India First 'among cadets * To promote secular thoughts and actions among cadets * To promote patriotism among cadets * To promote 'My country , My responsibility 'feeling among cadets 5. * To make cadets aware about the contributions & sacrifices of national heroes	* Cadets starts to practice and promote secularism * Cadets place India above all sectarian thoughts like caste , creed, religion and so on * Cadets become patriotic and starts to contribute to strengthen the democracy	School LAC,Dis, CPOs, Entire School Community
Special day 30th January		Martyr's day: *Special assembly, *remembrance, Pledge, * honouring regional heroes, * Screening of a movie on * Indian Freedom Struggle	Cadets & School Community	* To make cadets educate about the contributions and sacrifices of martyrs * To promote patriotism among cadets * To promote 'My country , My responsibility 'feeling among cadets 5.	* Cadets place India above all sectarian thoughts like caste , creed, religion and so on * Cadets become patriotic and starts to contribute to strengthen the democracy	School LAC, CPOs, Dis
	90 Mnts	Parade revision + Pace forward and step close (without by number)	Cadets	* To develop high sense of discipline among cadets. * To help cadets to establish a healthy harmony between their body and minds * To bring a feeling of self pride among the cadets * To motivate cadets to be aware of their grooming and appearance	Confident, disciplined and well mannered cadets who feel proud about themselves	Dis, CPOs

Book of the month: Who will Cry When you Die (Robin Sharma)