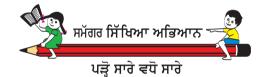
RAINBOW

(English Class I)





ਸਿੱਖਿਆ ਅਤੇ ਭਲਾਈ ਵਿਭਾਗ, ਪੰਜਾਬ ਦਾ ਸਾਂਝਾ ਉਪਰਾਲਾ



Punjab School Education Board

Sahibzada Ajit Singh Nagar

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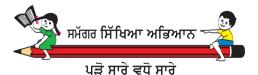
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ਸਿੱਖਿਆ ਅਤੇ ਭਲਾਈ ਵਿਭਾਗ. ਪੰਜਾਬ ਦਾ ਸਾਂਝਾ ਉਪਰਾਲਾ

ਇਹ ਪੁਸਤਕ ਵਿਕਰੀ ਲਈ ਨਹੀਂ ਹੈ।

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Foreword

The Punjab School Education Board has always focussed on imparting quality education and information to the students of the state. The English language is of humongous global significance. Therefore, the curriculum is so designed that our students do not lag behind as far as the proficiency in English is concerned. Keeping in view this need, PSEB is all set to improve the teaching and learning of English at Primary school level.

The present book has been prepared under the guidance of Director Academics, Punjab School Education Board. The book has been developed as per recommendations of NCF 2005, PCF 2013 and learning outcomes issued by NCERT. The goal of writing this book is attainment of basic proficiency and development of language into an instrument of knowledge acquisition. Through this book, efforts have been made to teach English in a meaningful context which is input rich and drawn from the immediate environment.

Hopefully the readers of this book will find it an interesting read. However, the comments and suggestions for improvement are welcome from the teachers and readers of the book.

Chairman

Punjab School Education Board

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Learning Outcomes

The learner

- associates words with pictures.
- names familiar objects seen in the pictures.
- recognizes letters and their sounds A-Z
- differentiates between small and capital letters in print/Braille
- recites poems/rhymes with actions.
- draws/scribbles in response to poems and stories.
- responds orally (in any language including sign language) to comprehension questions related to stories/poems.
- identifies characters and sequence of a story and asks questions about the story.
- carries out simple instructions such as 'Shut the door', Bring me the book', and such others.
- listens to English words, greetings, polite forms of expression, simple sentences, and responds in English/home language/signs.
- listens to instructions and draws a picture.
- talks about self / situations / pictures in English.
- uses nouns such as 'boy,' 'sun' and prepositions like 'in', 'on', 'under' etc.
- produces words with comman blends like 'br,' 'fr' like 'brother,'
 'frog', etc.
- writes simple words like fan, hen, rat, etc.

Activity	Say Hello	Action words	Pasting pictures of family members	Greeting others at home and classroom situations	Colouring	
Reading and writing skills	To read related pictures	To read related pictures and characters	To read related pictures and characters	To read related pictures and characters	To read related pictures and characters	
Listening and speaking skills	Listen and speak rhymes and name related characters and objects.	Able to listen, speak and comprehend simple, common objects and actions.	Able to speak few about self and answer simple questions related to name of family members.	Listen, speak and comprehend related vocabulary and respond to the greetings and courtesies appropriately.	Able to name the parts of body. Rhyme clap-clap	
objective	To enable the learner to greet and introduce each other.	To enrich vocabulary and make familiar with common objects and actions.	To enable the learner to understand the concept of family and family members.	 To make the child familiar with concept of home and things at home. To enable the learner to use greeting and courtesies. 	To enable the learner to know about parts of body.	
Lesson	1. Let's know one another	2. Let's play	3. My family	My Home 4.	5. My body	

9	6. Name of colours and objects	To acquaint the learner with colours and related objects.	To listen and speak related vocabulary.	Identifying colours through pictures	Trace and Colour
	7. English alphabet A-Z	To enable the learner to recognize alphabet, related pictures and vocabulary. To draw simple related pictures.	To listen and speak alphabet and related vocabulary.	Read and write alphabet with or without pictures. Read pictures. Do exercises like match the letters, Fill ups etc.	 Same-Same Line Up Who lost the Game Board Scramble
ω.	Animals, Fruits and Vegetables	To acquaint the learner with Animals Fruits and Vegetables.	To listen and speak names of Animals, Fruits and Vegetables with or without pictures and rhymes.	To read pictures related to Animals, Fruits and Vegetables.	1
9.	English Alphabet a-z	To enable the learner to recognize alphabet, related pictures and vocabulary, with or without picture.	To listen and speak alphabets and related words	Read and write letters Read pictures Do exercise for eg. match the letters, what comes after/before the letters.	1
10.	10. Joining sounds	To introduce the concept of joining sounds of letters to make words.	To listen and speak Words by joining appropriate sounds.	Read and write two and three letter words and related pictures.	•
11.	11. ln/On	To introduce the concept of in/on with related pictures.	To listen and speak phrases related to in/on.	1	-
12.	Good Habits	To acquaint the learner with good habits and manners.	To listen and speak phrases related to good habits and manners.	1	

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Let's Know One Another



Learning Objectives

- To enable the learners to greet each other
- To introduce the learners to one another



- Make the learners stand in a circle outside the classroom.
- Shake hand with each learner and say 'Hello' along with his or her name. For example: 'Hello Aman'.
- Divide the class in pairs. Ask the learners to say 'Hello' to each other along with their partner's name as demonstrated by the teacher.
- Encourage the learners to say 'Hello' to one another everyday.



Friends

Objective

- To create friendly atmosphere in the class room.
- To familiarize the learners with the language.
- To develop listening and speaking skills of the learner.



Hello! Hello! Meet my friends,

Hello! Hello! Meet my friends.

We study and play together,

We are friends,

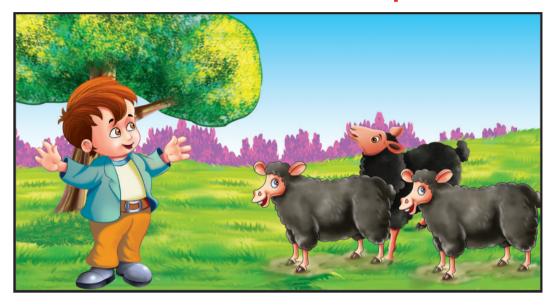
We are friends.

We care for each other.

Post - listening Activity Ask the learners to tell the names of their friends.



Baa baa black sheep



Baa baa black sheep Have you any wool?

> Yes sir, yes sir, Three bags full,

One for the master, One for the dame,

One for the little boy,
Who lives down the lane.



Recite the rhyme with proper gestures and actions. Involve all the learners in recitation.



Humpty Dumpty



Humpty Dumpty sat on a wall,

Humpty Dumpty had a great fall,





All the King's horses,

And All the King's men,



Couldn't put Humpty Dumpty together again.

Rhyme Time

Jack and Jill

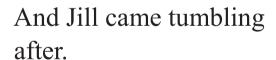


Jack and Jill went up the hill,

To fetch a pail of water.



Jack fell down and broke his crown,





Post - listening Activity Ask the learner

- 1. Who went up the hill?

 3. Who came tumbling after?
- 2. Who fell down?



Let's Play





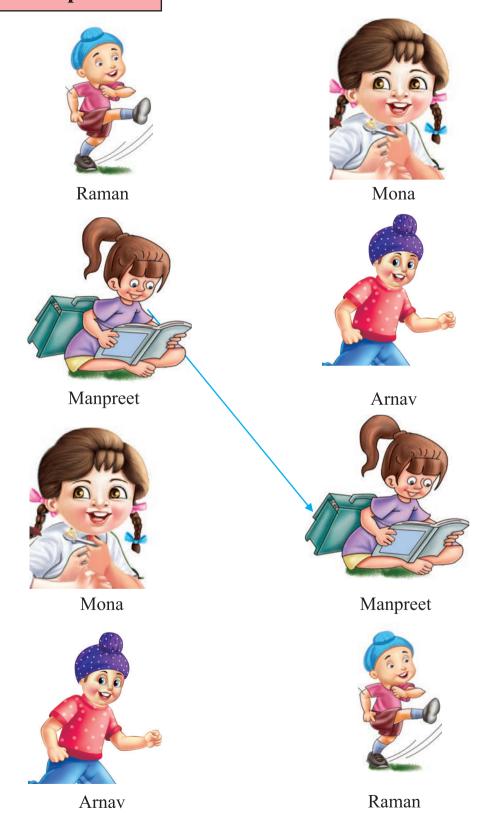
Learning Objectives

- To develop listening and speaking skills of the learners.
- To enrich learners' vocabulary.
- To familiarise the learners with some action words.



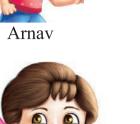
- Ask the learners to see the above picture carefully, and to enjoy its colors, characters and actions.
- Encourage them to say a few words such as boy, girl, ball, dog, tree etc.
- Introduce the action words depicted in the picture play, kick, eat, read and ask the learners to practice them.

Match the pictures



Match the pictures





Mona



Manpreet



Amit











Teacher will help the children to match pictures according to the activities they were doing in the main picture.



Rolly Polly

Rolly Polly, Rolly Polly, Jump Jump Jump.





Rolly Polly, Rolly Polly, Run Run Run.

Rolly Polly, Rolly Polly, Kick Kick Kick.





Rolly Polly, Rolly Polly, Throw Throw Throw.



- Recite the rhyme and perform the actions mentioned in it.
- Extend the rhyme introducing some more action words given on the next page.

Action Words



Rhyme Time

Teddy Bear



Teddy Bear, Teddy Bear, Turn around.



Teddy Bear, Teddy Bear, Touch the ground.



Teddy Bear, Teddy Bear, Polish your shoes.



Teddy Bear, Teddy Bear, Off to school.



• Teacher will recite the rhyme and make the learners to recite with actions.

Comprehension

- 1. Ask the learners to tick (\checkmark) the correct option.
- 1. Teddy Bear polishing shoes





2. Teddy Bear touching the ground





3. Teddy Bear turning around





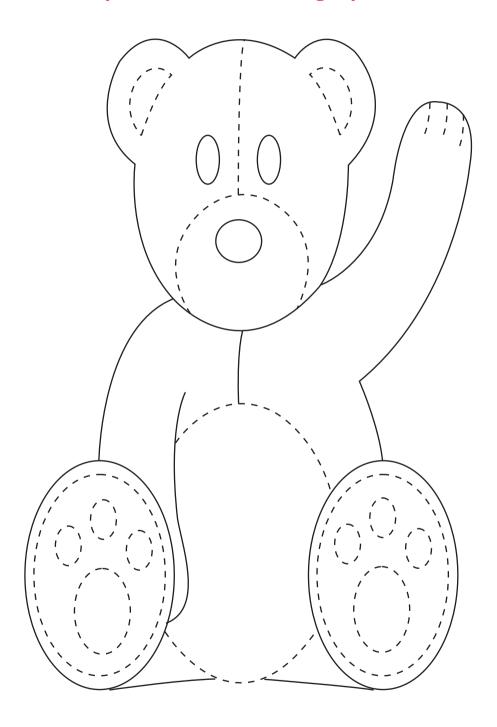
- 2. Teacher will ask the learner to follow, following commands
 - stand up

- sit down
- turn around

- touch your feet
- come here
- go there



Trace the Teddy bear and colour it brightly.





My Family



We all live in a family.

Some people live in a small family.

Some people live in a big family.

Geetu's Family



grandfather



Geetu



grandmother



mother



father

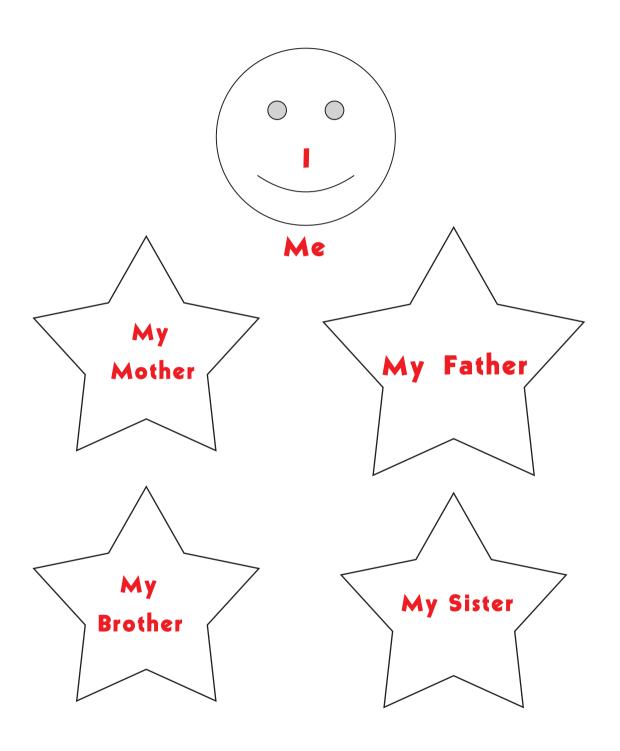


sister



brother

Paste the pictures



Oral Activity

1. What is your name?My name is......





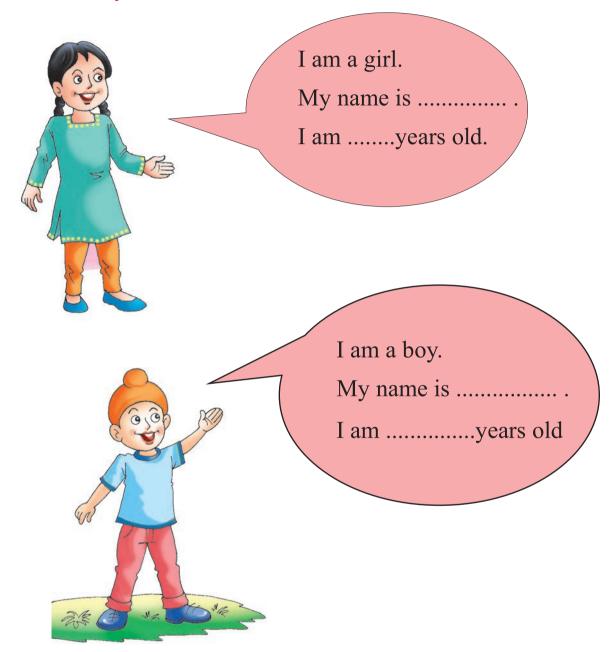




• Help the learners to answer the above questions.

Myself

Introduce yourself

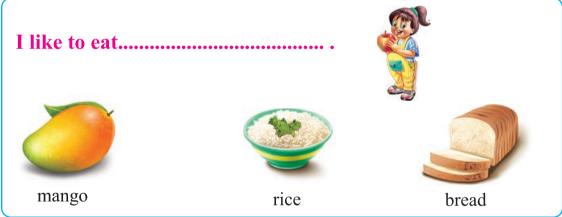




• Ask the learners to speak the above sentence structures to introduce themselves.

Oral Activity









• Give practice of these sentence structures with some more objects.



My Home





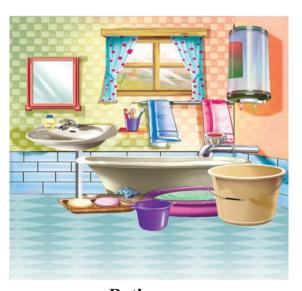
Drawing Room



Bedroom



Kitchen



Bathroom



• Discuss the pictures and the name of things with the learners one by one.

Greetings







• Teacher will explain the concept of morning, afternoon and night and will give oral practice of greetings daily.

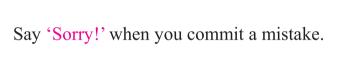
Magic Words



Thank You!

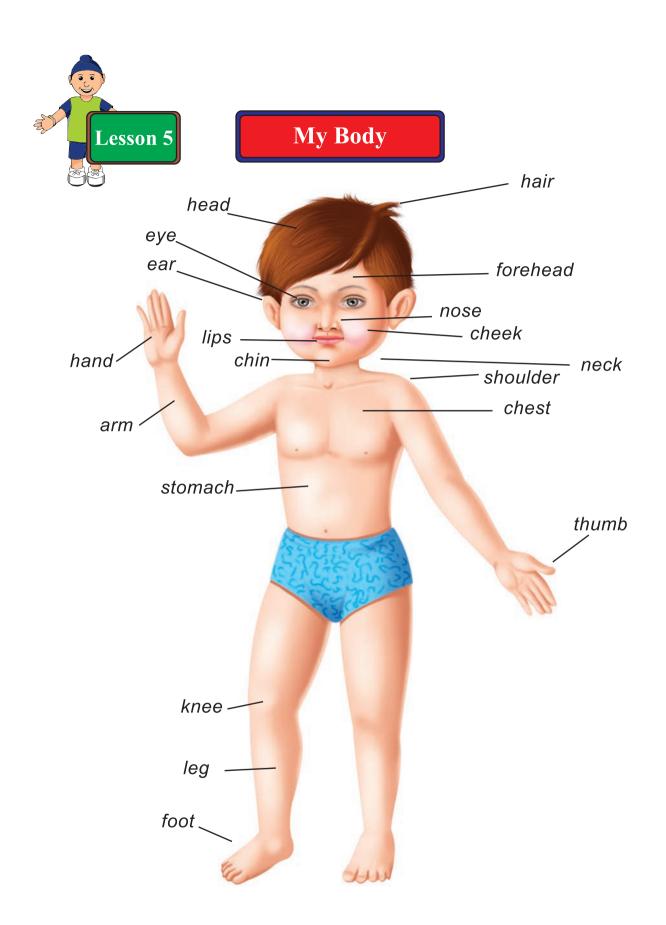
Say 'Thank You!' when somebody helps you/gifts you something.

I am sorry.





Say 'Please!' when you make a request.





Clap Clap Clap

Two little hands go, Clap, clap, clap.



One little head goes, Side to side.



Two little feet go, Tap, tap, tap.



Two little eyes are open wide.

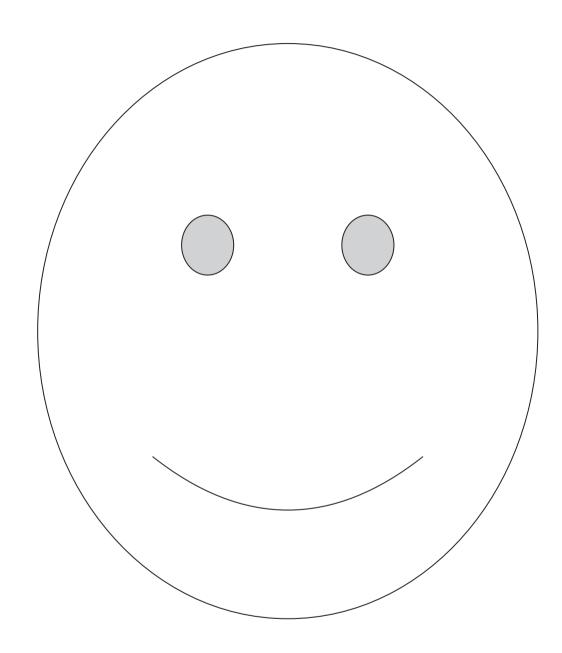




- Recite the rhyme and perform the actions mentioned in the rhyme.
- Demonstrate the parts of body and make the learners to follow commands like
 - Touch your head/eyes/ lips/legs etc.
 - Show your hand/tongue/teeth etc.

Fun with colours

Colour the face





Name of Colours and objects



























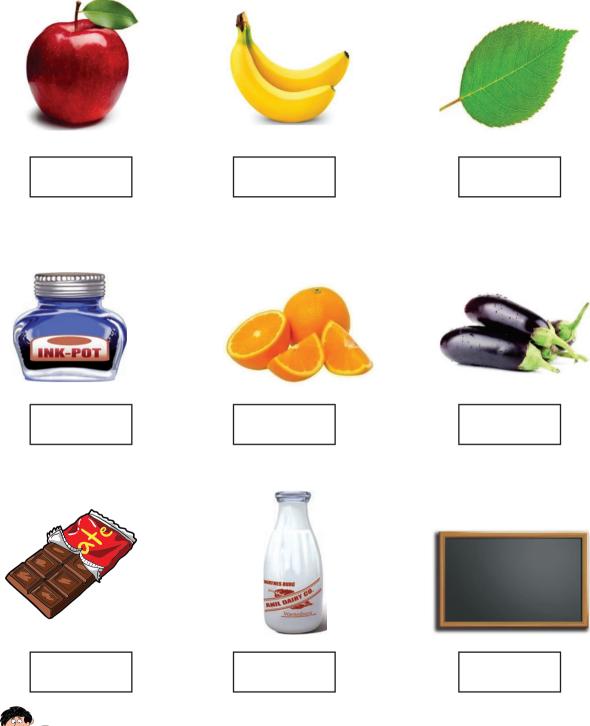






White

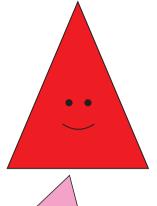
Identify the colour of the given object and colour the box with same colour





• Give more practice with other objects around the learner.

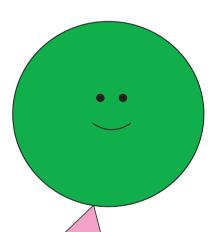




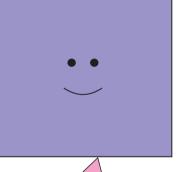
I am a triangle,
I have three sides.
Up I ride, down I slide,
And come back.



I am a rectangle,
I have four sides.
Two are short,
And two are long.

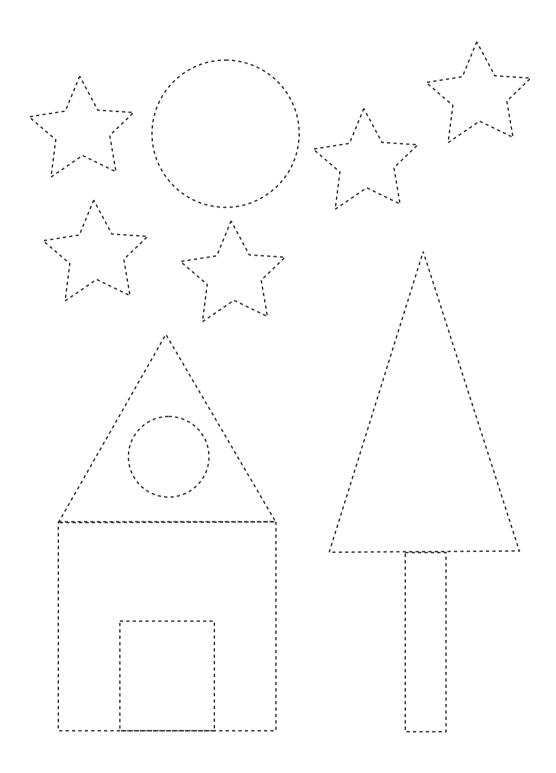


I am a circle,
I am like a ball,
Round and round,
I don't end at all.

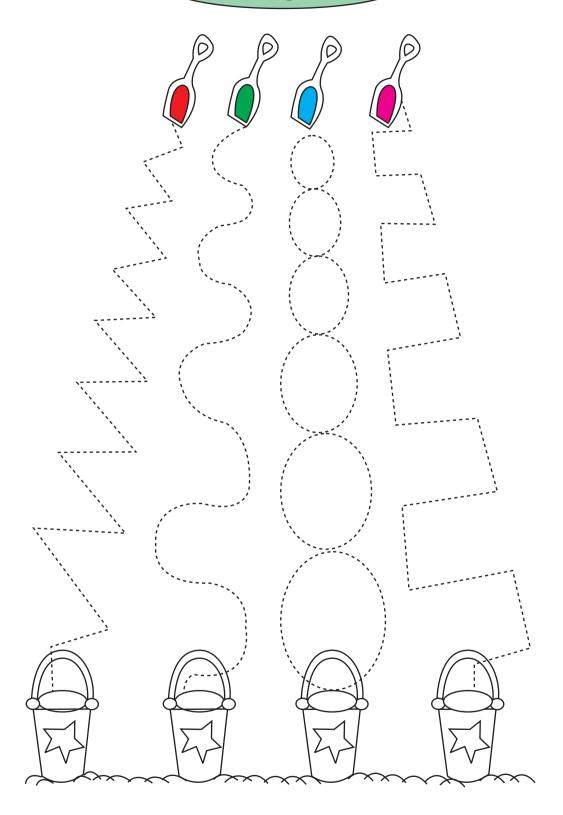


I am a square,
I have four sides.
All are the same,
Look from any side.

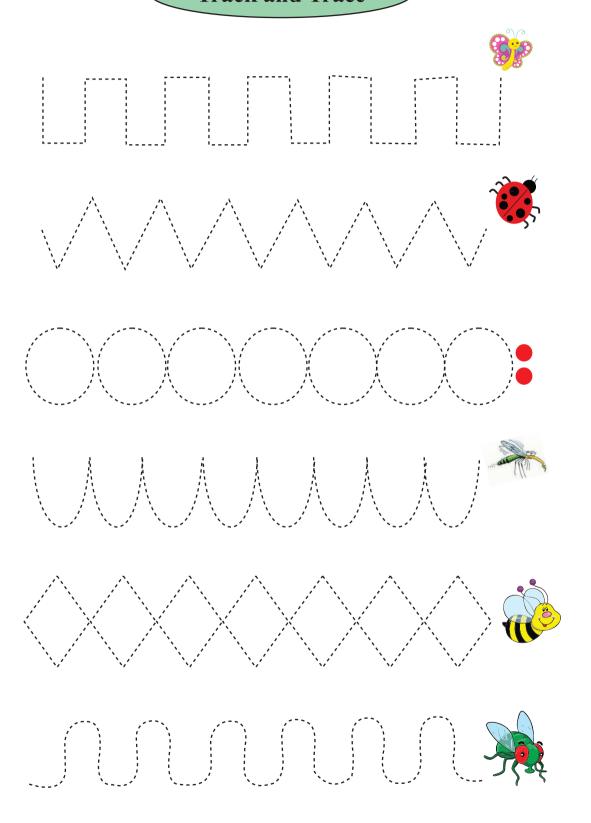
Trace and Colour



Tracing is fun



Track and Trace





English Alphabet A-Z

ABC SONG

Come little children come to me,

I will teach you ABC

ABCDEFG

HIJK LMNOP

LMNOPQRST

UVW XYZ

XYZ butter on the bread,

X Y Z butter on the bread, if you don't like it better go to bed.



Phonic Sounds

a - the apple on the tree says: $\frac{a}{a} / \frac{a}{a}$



b - the bouncing ball says: /b/ /b/ /b/



c - the cuddly cat says: c / c / c / (k / k / k / k)



d - the dancing dog says: /d/ /d/ /d/



e - the egg in the pan says: /e/ /e/



f- the floating fish says: /f/ /f/ /f/



g - the green grapes say: /g//g//g/



h - the happy hen says: /h/ /h/ /h/





- Pronounce the specific words given above focusing on the first sound in each word.
- Ask the learners to speak after you correctly.

i - the ink in the inkpot says: /i/ /i/ /i/



j- the juice in the jug says: /j/ /j/



k - the kite in the sky says: /k//k/



1- the little lamp says: /1/ /1/ /1/



m - the milk in the mug says: /m//m//m/



n - the nib in the pen says: /n//n//n/



o - the orange on the box says: /o/ /o/ /o/



p - the pot and the pan say: /p/ /p/ /p/



q - the quick quail says: /q/ /q/



r- the red red rose says: r/r/r/



s - the smart star says: /s//s//s/



t- the tap and the tub say: /t/ /t/ /t/



u - the urn and the umbrella say: /u/ /u/ /u/



v - the van in the valley says: /v/ /v/ /v/



w -the web on the wall says: /w/ /w/ /w/



x - the x-mas tree says: /ks/ /ks/ /ks/



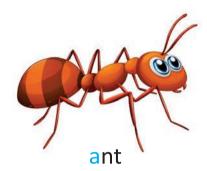
y - the yellow yatch says: /y/ /y/ /y/



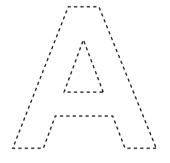
z - the zebra in the zoo says: z/z/z/







Colour it







apple



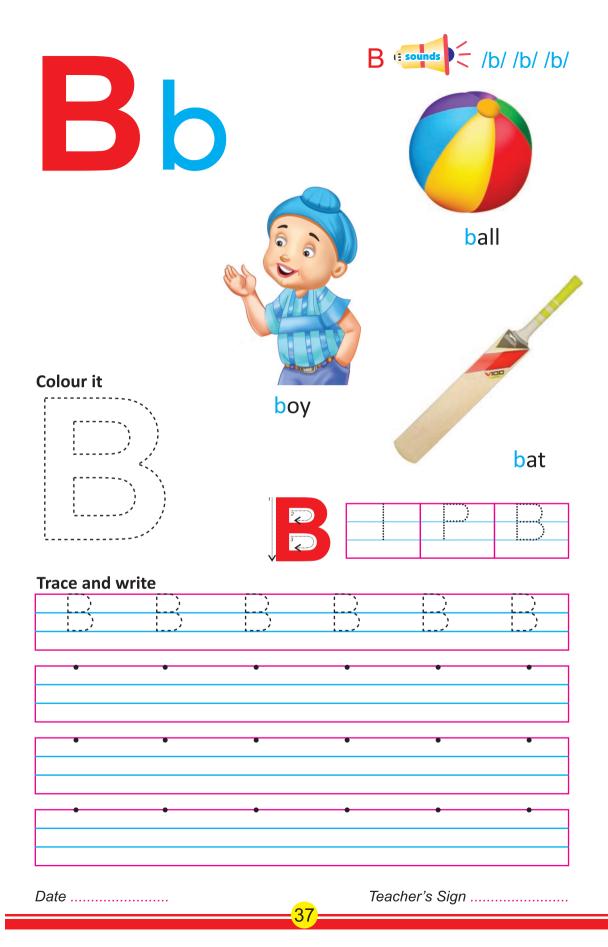
aeroplane



Trace and write

A	A	A	A	A	A
•	•	•	•	•	•
•	•	•	•	•	•
-					_
•	•	•	•	•	•

Date





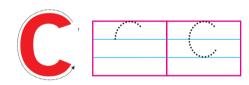




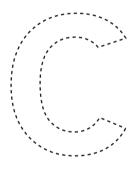
car



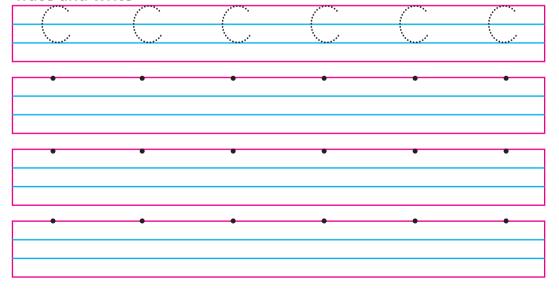




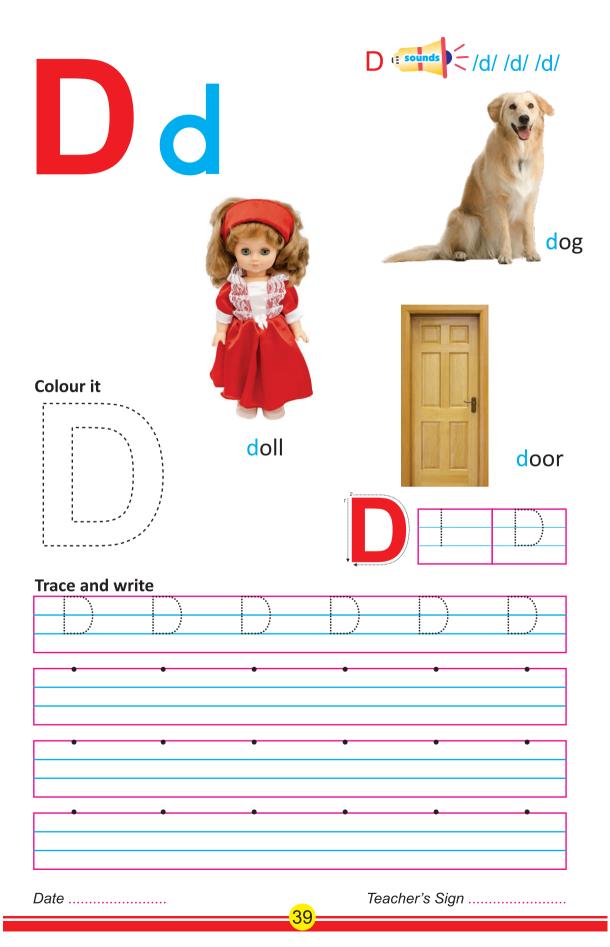
Colour it



Trace and write



Date



Colour the same letters with same colour

















Match the letters with pictures

C



B



D



A





Activity Same-Same

Teacher will write a few letters on the blackboard in random order. Spread the complete set of alphabetic flash cards in front of children. Ask them to find and match flash card with the letters written on blackboard. Students will focus on the shape of the letter. This activity will help to fix the impression of the letters in the minds of children. The activity can be done by making two teams. Scores can be given if the letter is matched correctly.







elephant

Colour it

egg

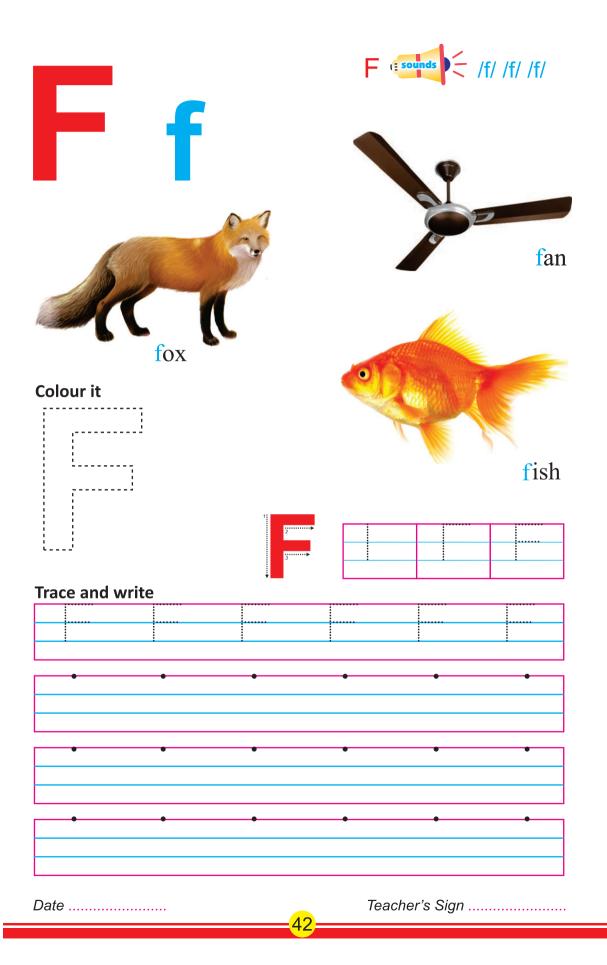
eye

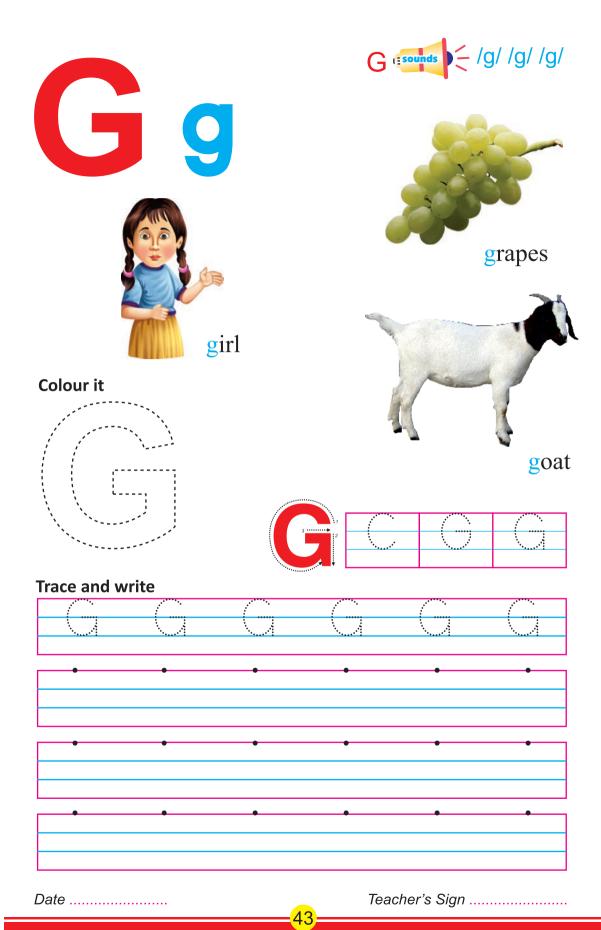
Trace and write

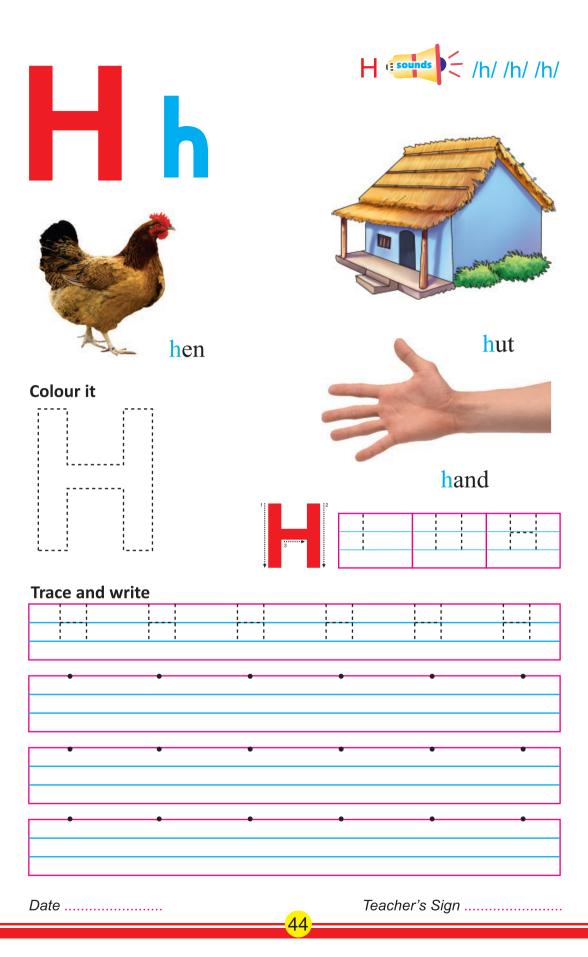
Date



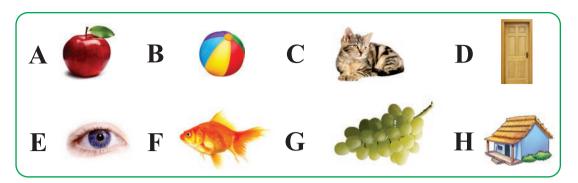
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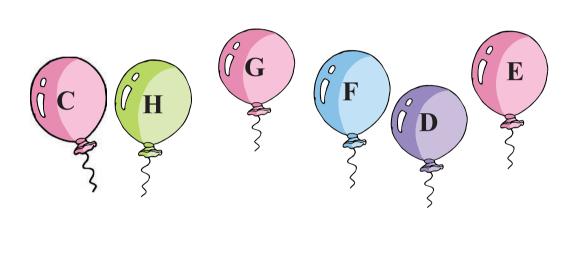


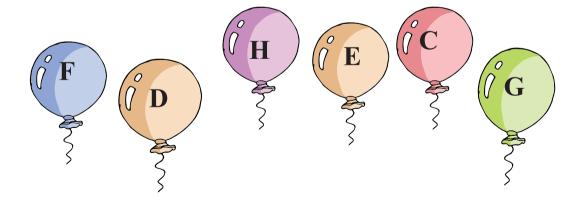


Look and read



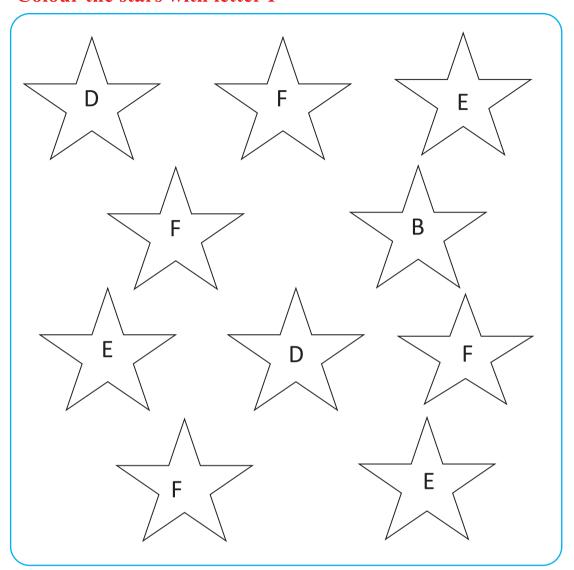
Match the letters



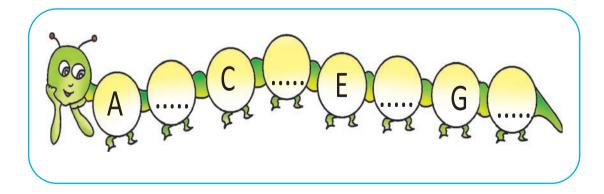


Date

Colour the stars with letter F



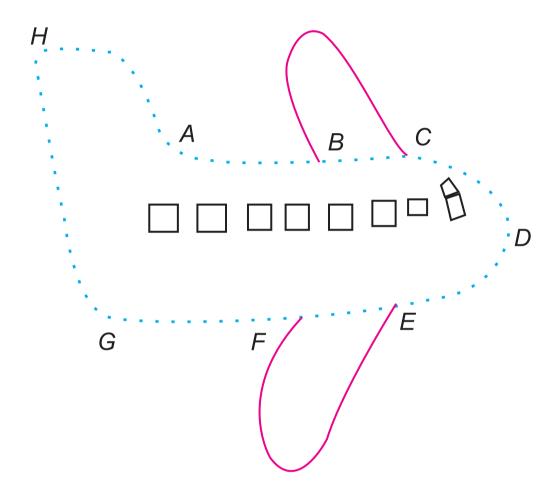
Fill in the blanks



Date

Join the Dots

Join the dots and colour the picture





Activity Line up

- Distribute alphabet flash cards among the 4-5 learners.
- Ask them to read the letter and to arrange themselves in correct sequence as you count 1-3.
- Give more practice to those who fail to arrange themselves in correct sequence.



Who Lost the Game

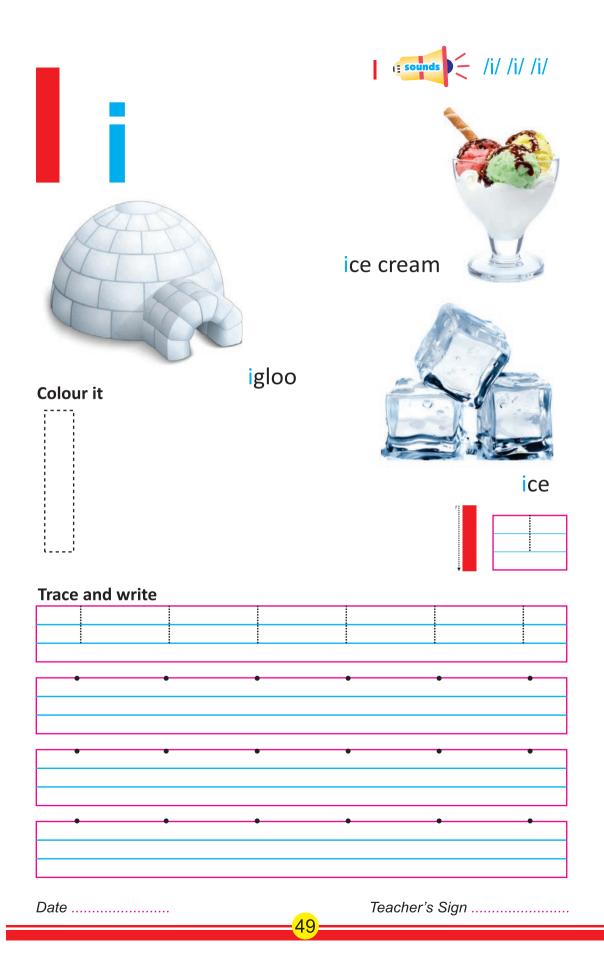


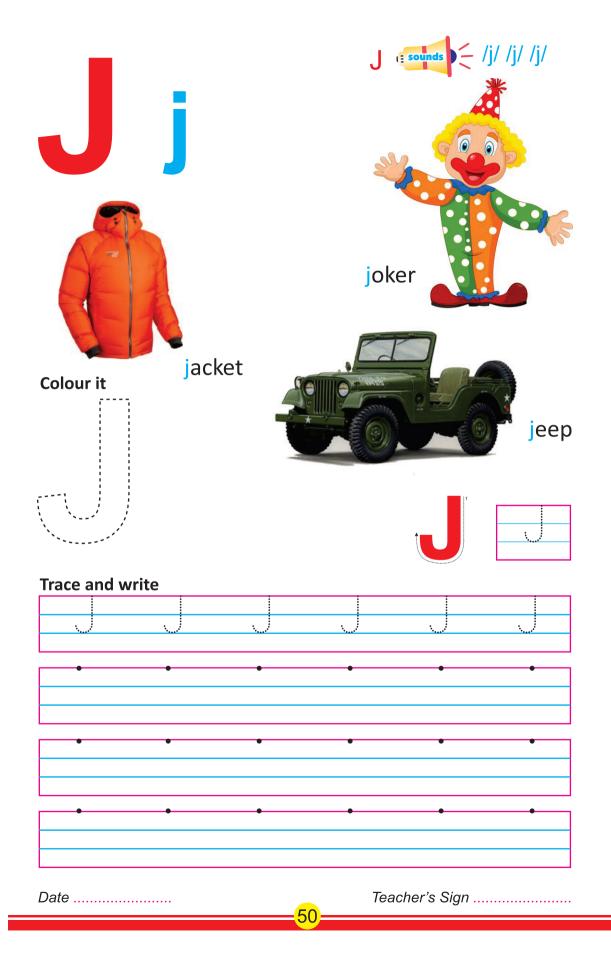
Note for the Teacher

- The teacher will ask the students to act as a train. Students wearing flash cards of letters will act as bogies of the train.
- Classroom objects like pencil/ eraser/ chalk/ colours will be displayed on a table as tickets.
- The number of tickets will be one less than the bogies.
- The students will run in a circle and sing the following song.

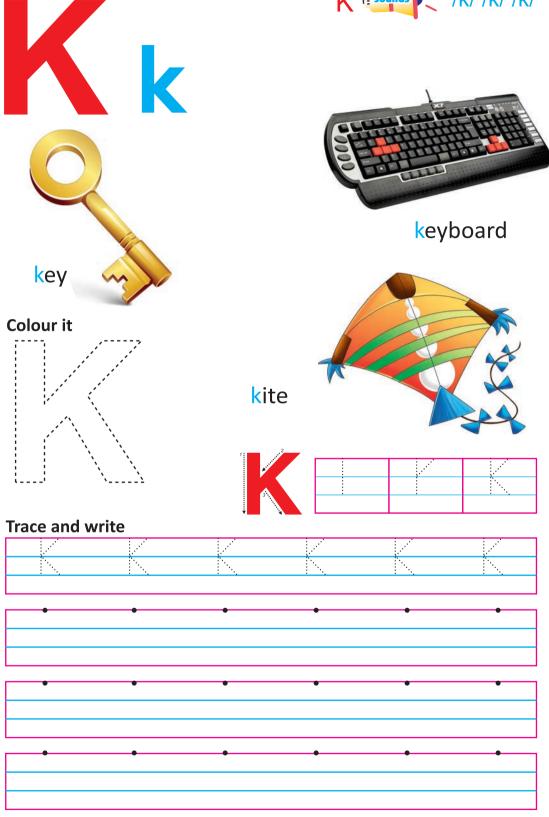
Let's have fun,
Run run run.
Run like a train,
Let's play a game,
Let's play a game.
Who lost the game?
Stop.

- As the teacher says stop, the students will stop and try to pick tickets from the table.
- The student who fails to get a ticket will lose the game.
- The teacher will ask who lost the game, the students will say the name of the letter to tell who lost the game.
- The teacher will continue the game till the last student.

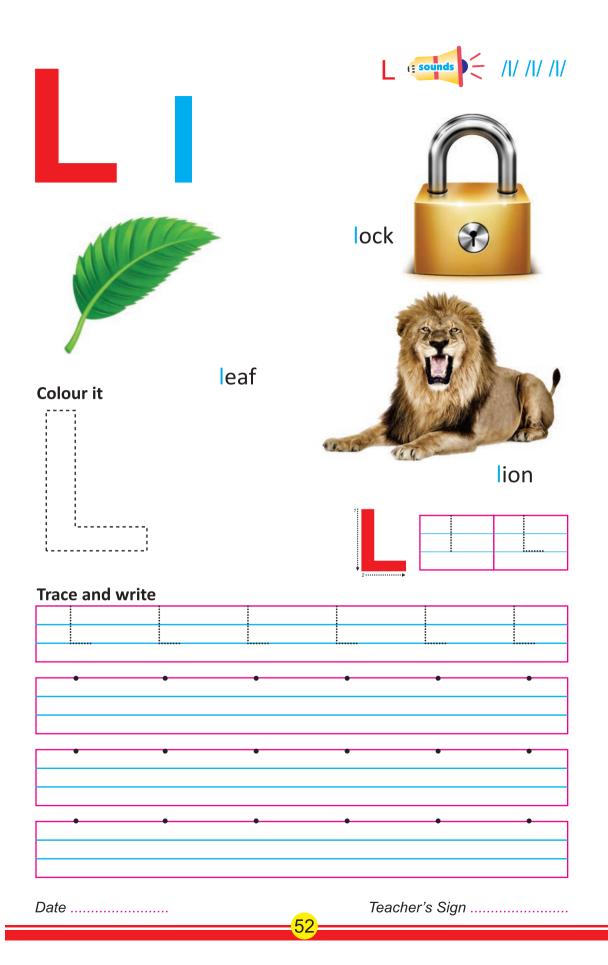




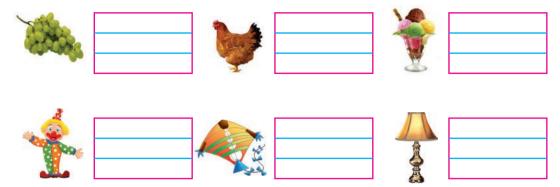




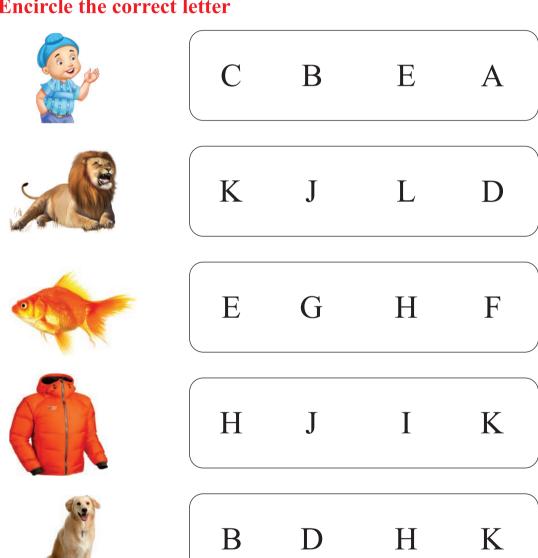
Date



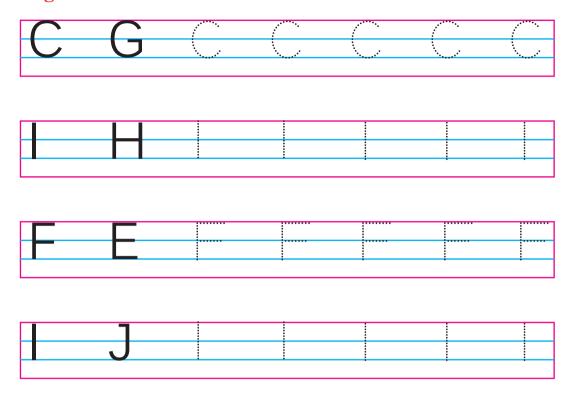
Look at the picture and write the letter



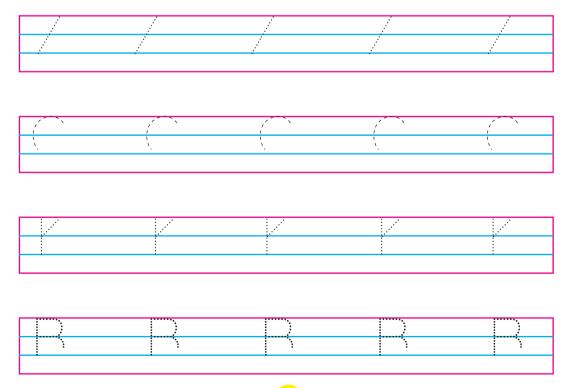
Encircle the correct letter



Change the letters as denoted



Complete the letter









mango



monkey



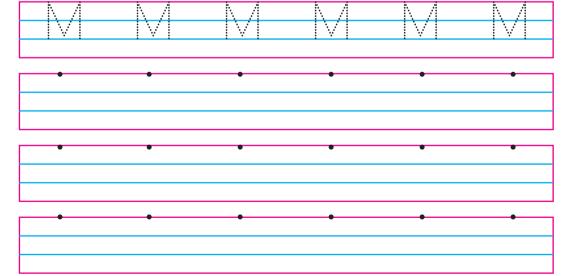




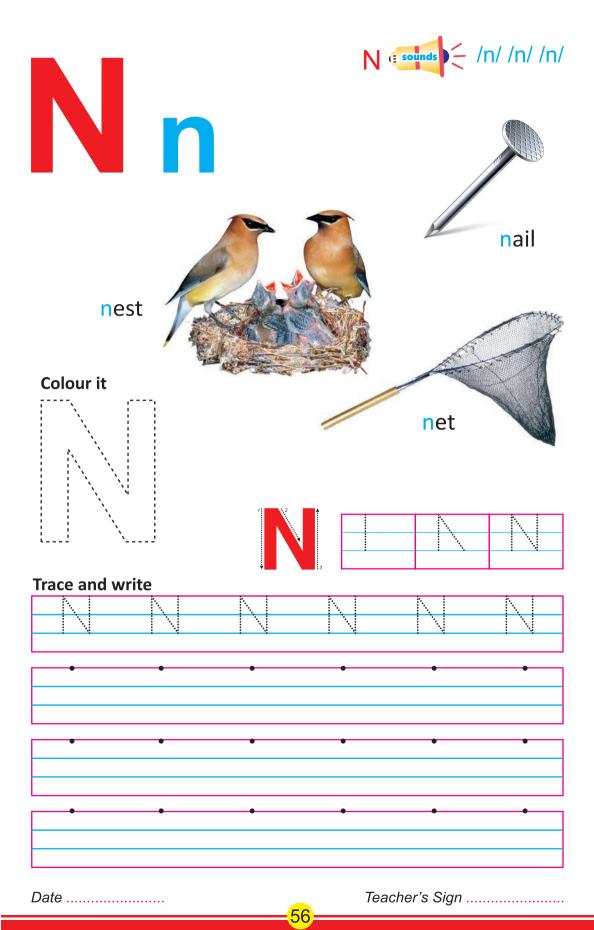


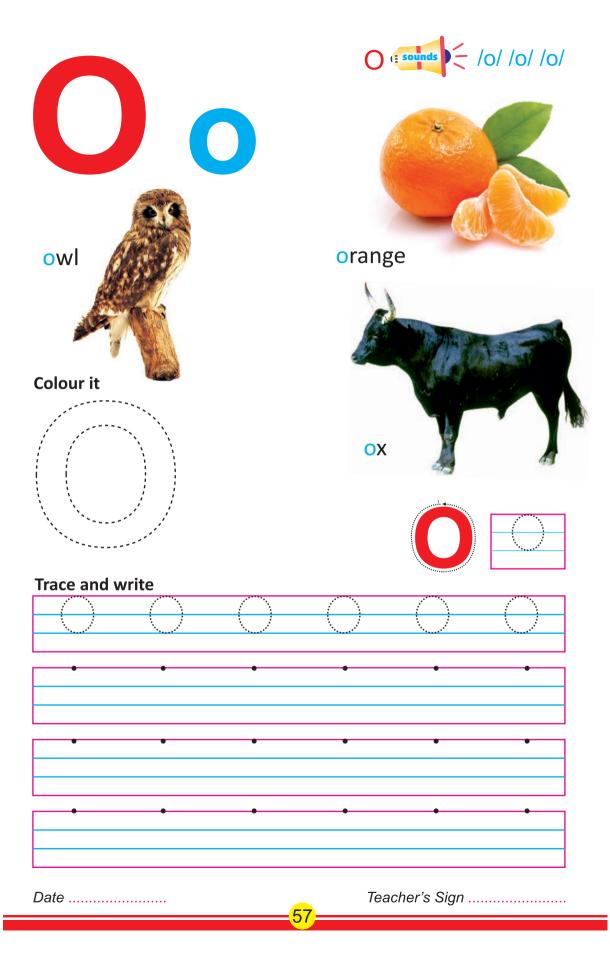
monitor

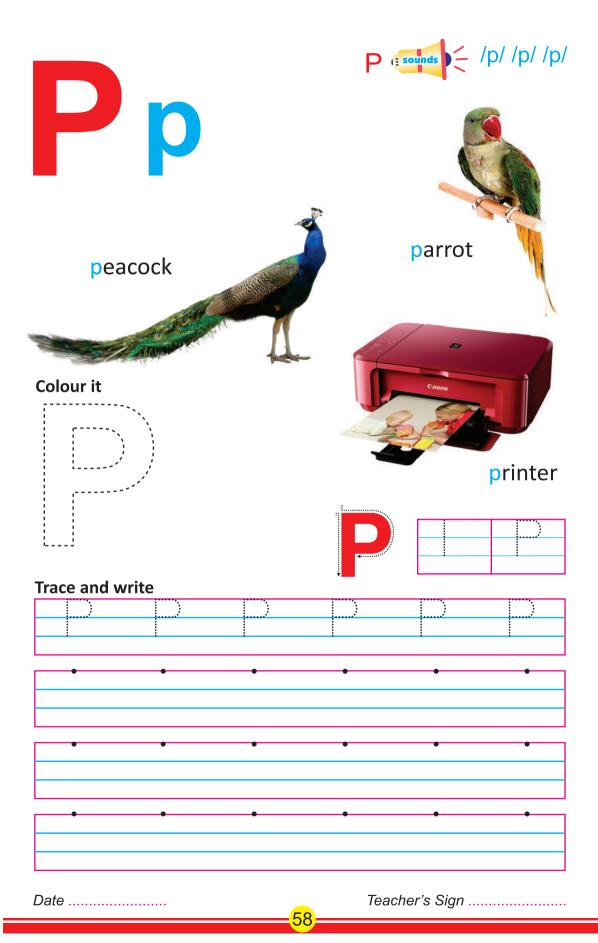
Trace and write



Date







Look and read









O



P



Write the missing letters

































Colour the odd one out

1.



 $\left(\mathsf{T}\right)$



2.



E





3.



D

D

В

4.



 $\left(\begin{array}{c} I \end{array} \right)$

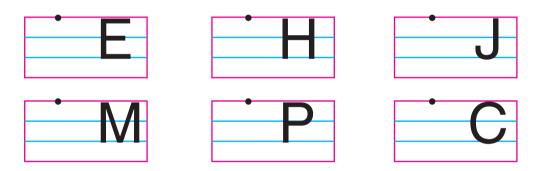


H

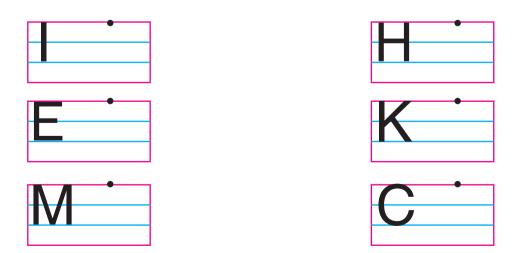
Colour the boxes with letter M

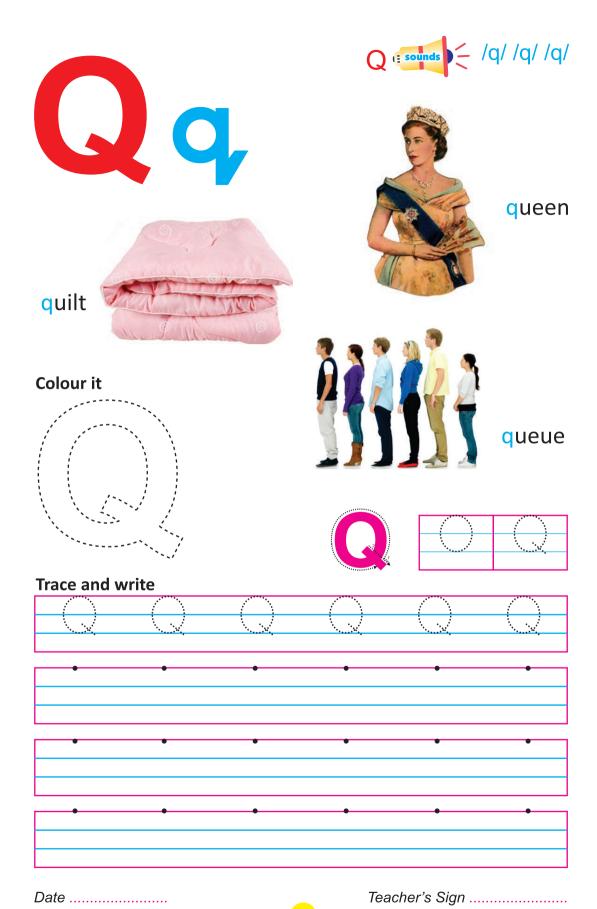
A	Н	M	E
M	K	L	N
I	M	Н	M
M	K	E	N

What comes before

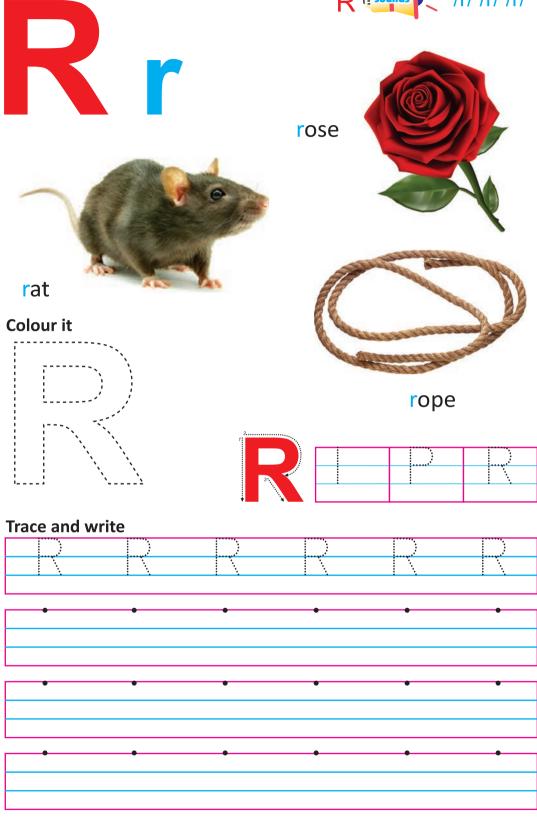


What comes after

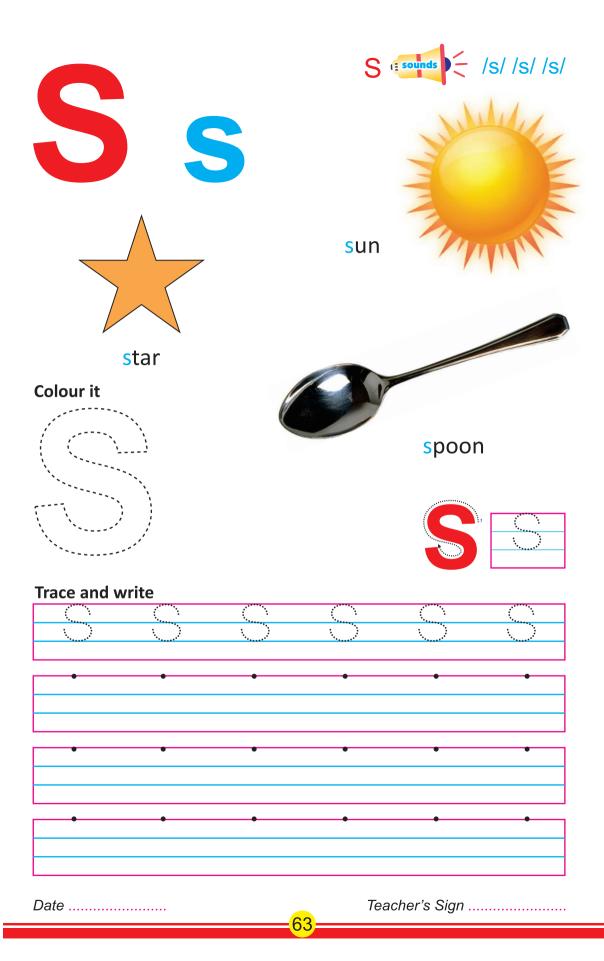


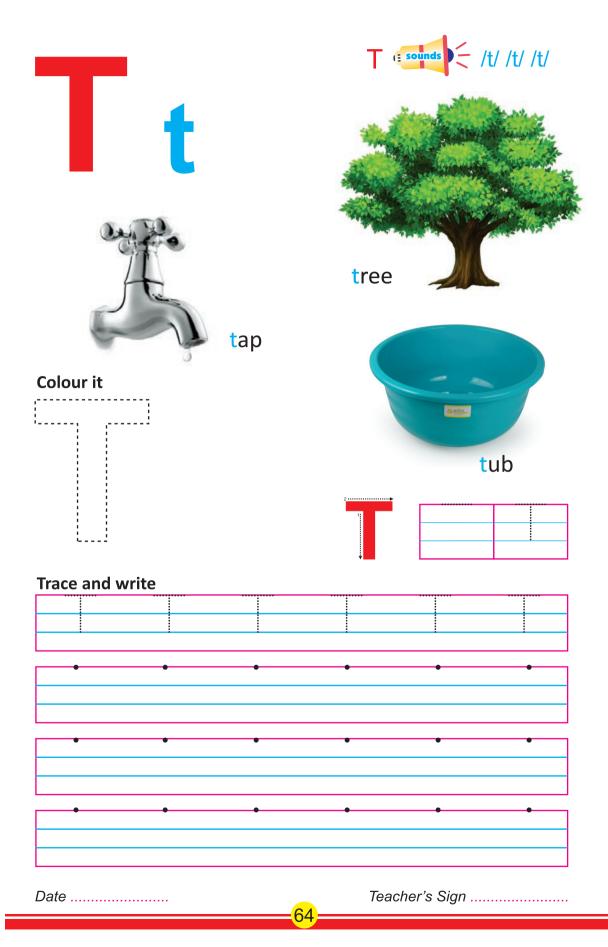






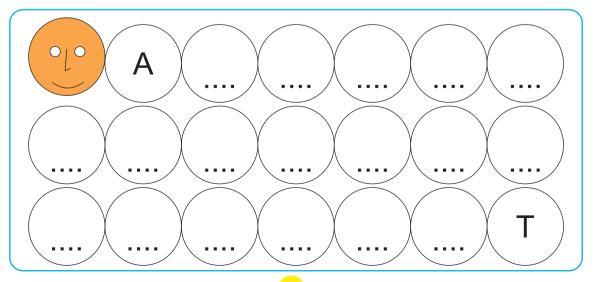
Date



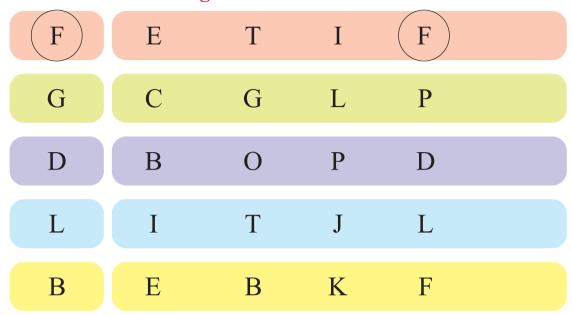


Match the picture with the letter P R E

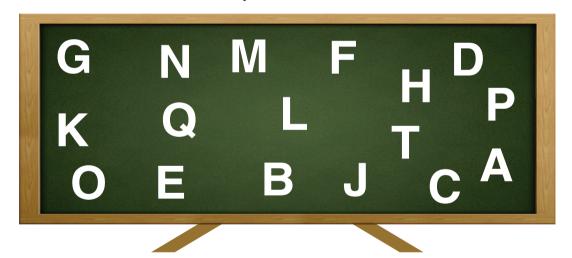
Write A to T



Encircle the matching letter



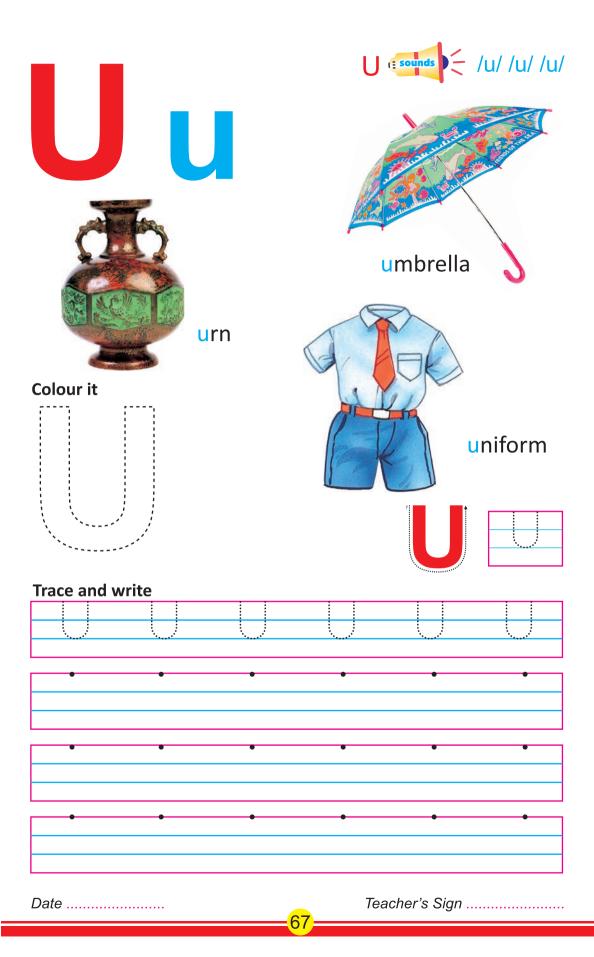
Activity Board Scramble





Activity Board scramble

- Divide the class in two groups.
- Write the letters on the black board randomly.
- One student from each team will stand at the same distance from the board. Speak a letter, the student who encircles the letter first will be the winner.
- Repeat the activity with all the members of the teams.



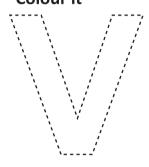


violin





Colour it





van





Trace and write

V	•	•	W	W	¥
•	•	•	•	•	•
•	•	•	•	•	•
		•	•	•	•

Date

Teacher's Sign

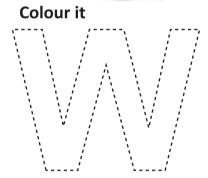






watermelon

watch





woman



Trace and write

	VV	VV	- VV	VV	$ \bigvee$ \bigvee
•	•	•	•	•	•
•	•	•	•	•	•
•	•	•	•	•	•

Date

Teacher's Sign





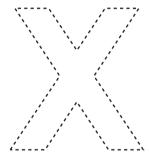


x-mas tree



xylophone

Colour it





x-ray



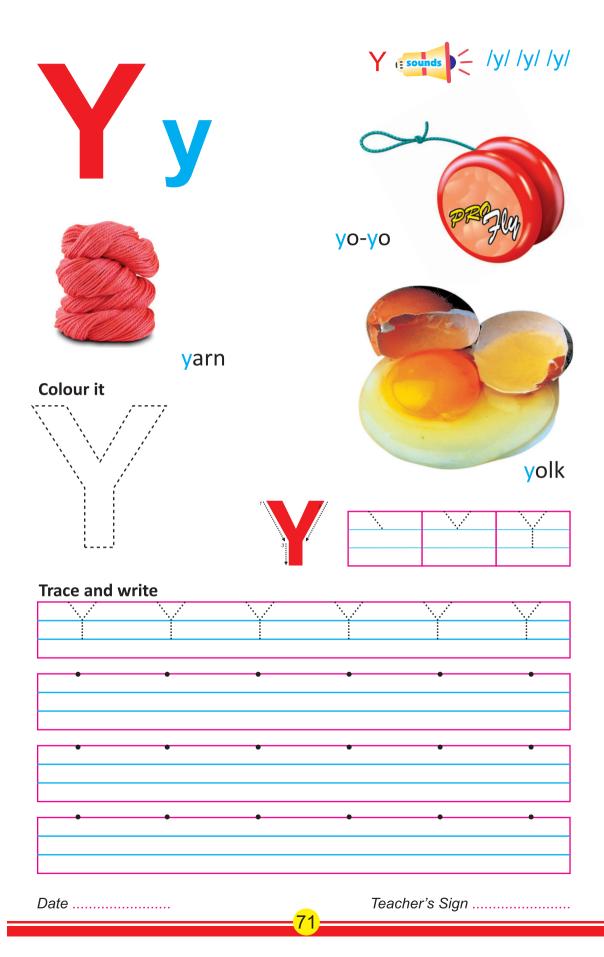


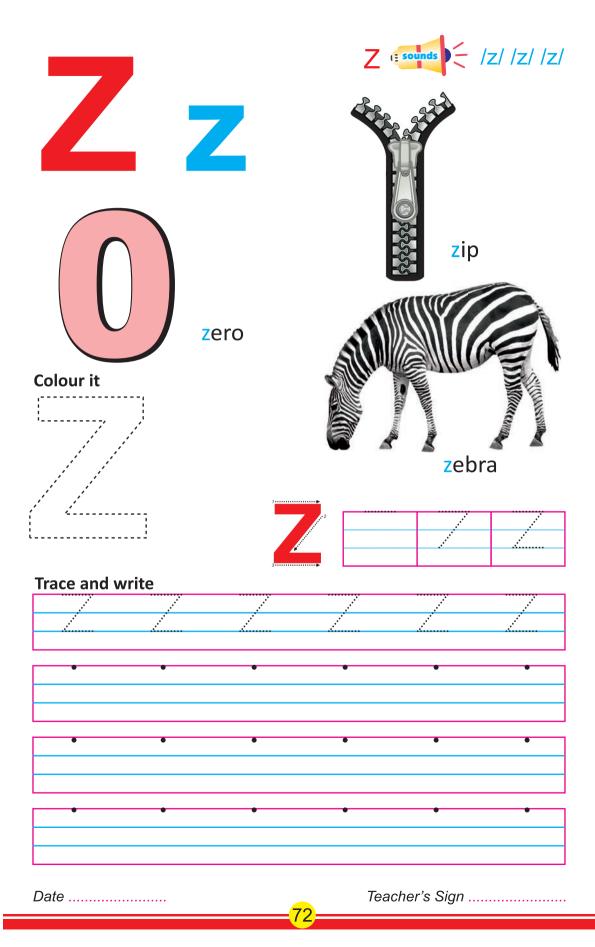
Trace and write

=X	X	X	X	Δ	X
•	•	•	•	•	•
•	•	•	•	•	•
	•	•	•	•	•

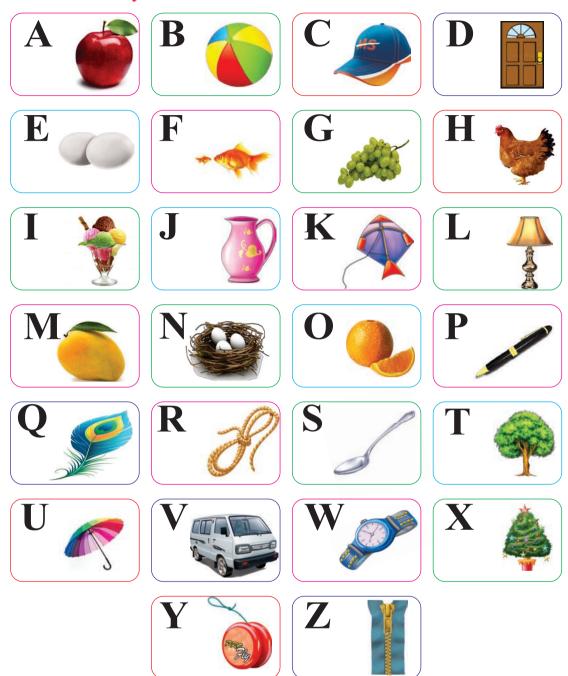
Date

Teacher's Sign





Look and Say





Encourage the learners to draw the pictures and write the letters in correct sequence.

Read and Colour





Teacher will develop the habit of drawing pictures along with alphabet.



Read aloud





D K L

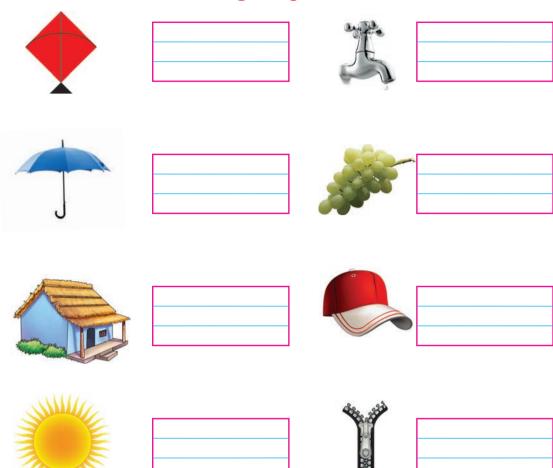
S V Z Q

P R M T

UNEX

A O

Write the letter for the given picture



Colour the boxes with letter X

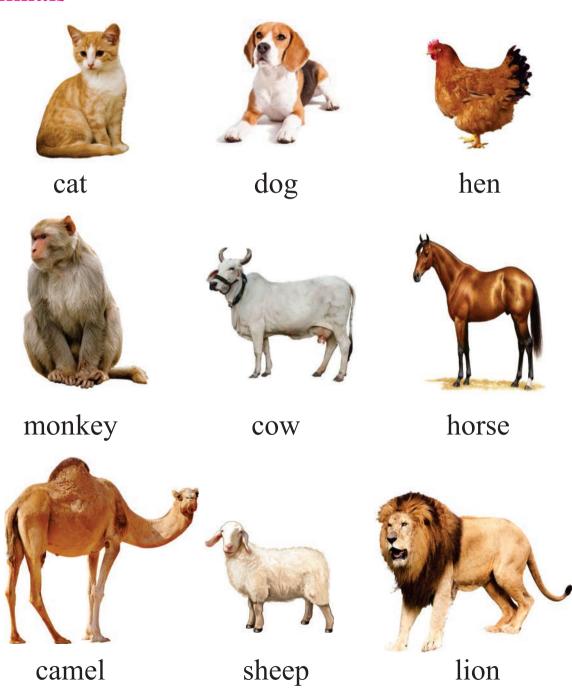
С	G	Q	X	W	N
X	R	U	V	Н	Е
F	O	M	M	X	Y
T	X	S	I	L	X
P	A	M	X	N	Z
X	M	J	M	K	D

Draw the pictures for the given letters F L T J M R B What comes before I R GWhat comes between

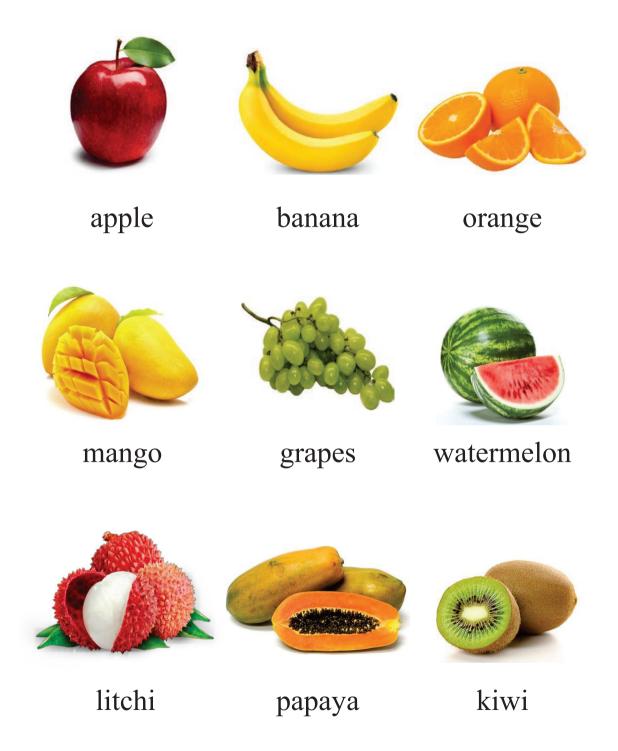


Animals, Fruits and Vegetables

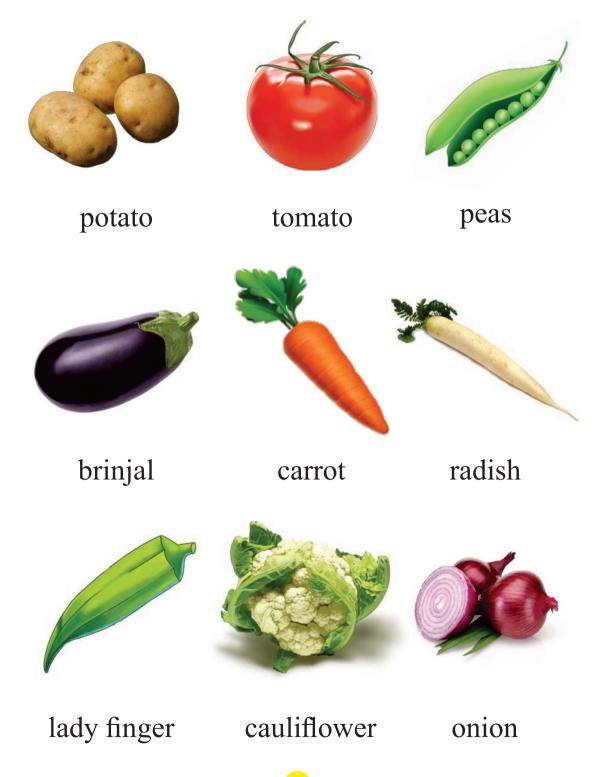
Animals



Fruits



Vegetables





English Alphabet (a-z)



e f g h

i

m n o p

q r s t

u v w x

y z

Aa

/a/-/a/ ants on the apple, /a/-/a/ ants on the apple, Don't eat it.

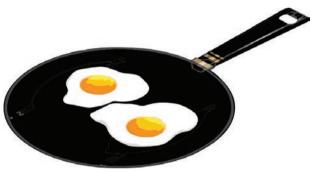


Note: Teacher will give enough practice of following words by pointing and focusing on structure and sound of first letter.

axe	bat	cat	dad
arm	b ag	cup	<mark>d</mark> ay
ant	b ib	car	<mark>d</mark> en
ass	bin	cap	dip
arrow	book	cot	dog
aeroplane	book	cub	dot

E e

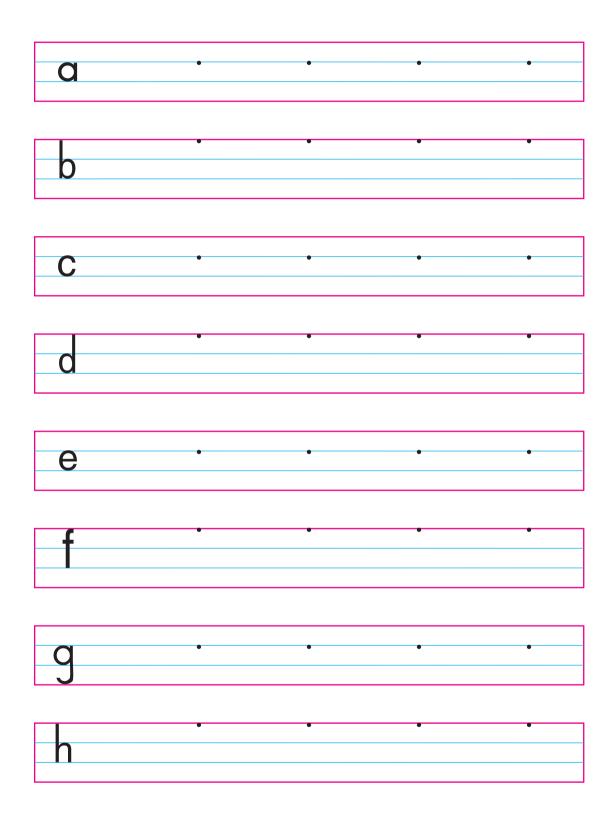
/e/-/e/ eat eggs daily,
/e/-/e/ eat eggs daily,
/e/-/e/ eggs in the pan,
Crack the eggs like this /e/



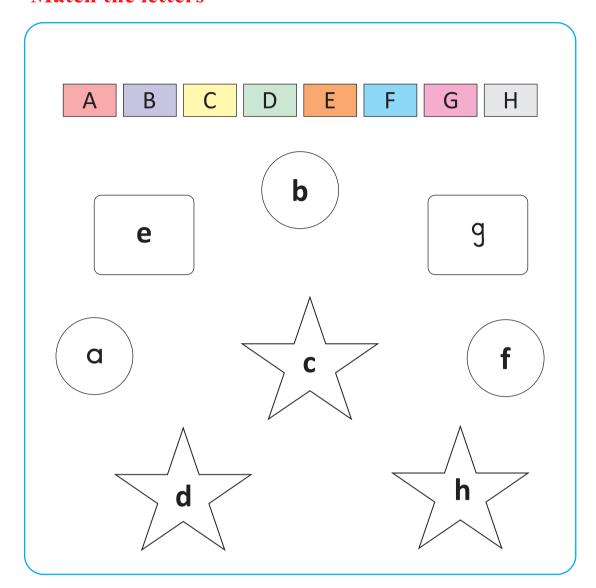
Note: Teacher will give enough practice of following words by pointing and focusing on structure and sound of first letter.

egg	fan	gun	hat
eye	fat	gum	hen
ear	fog	gap	hop
end	fit	gate	<mark>h</mark> ip
eel	fin	glue	hit
eat	food	good	hut

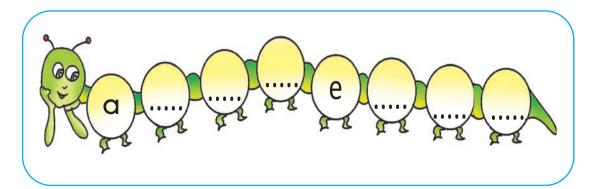
Let's Practice



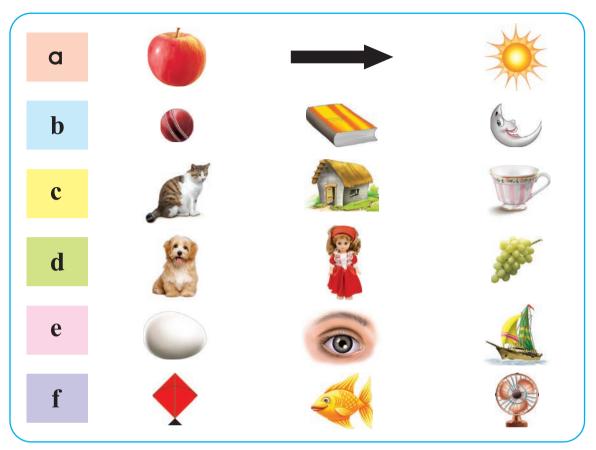
Match the letters



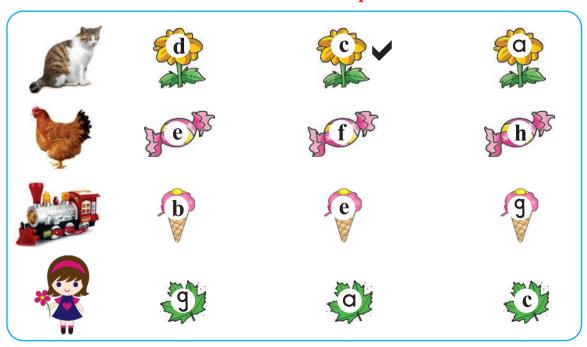
Fill in the blanks



Read the letter in each box and circle the picture which does not go with the letter given in the box



Tick the letter that matches with the picture



I i

/i/- /i/- icy icy ice cream, /i/- /i/- icy icy ice cream, The ice cream is chill.



Note: Teacher will give enough practice of following words by pointing and focusing on structure and sound of first letter.

ink	jam	kit	lad
ice	jug	key	leg
inn	jet	kid	log
ill	juice	kite	lid
igloo	jump	king	lip
icecream	jeep	kettle	lamp

00

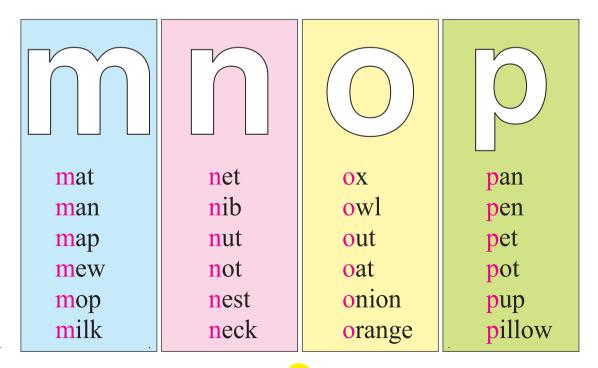
/o/-/o/ orange in the box, /o/-/o/ oats in the box,

Let's eat oranges and oats.

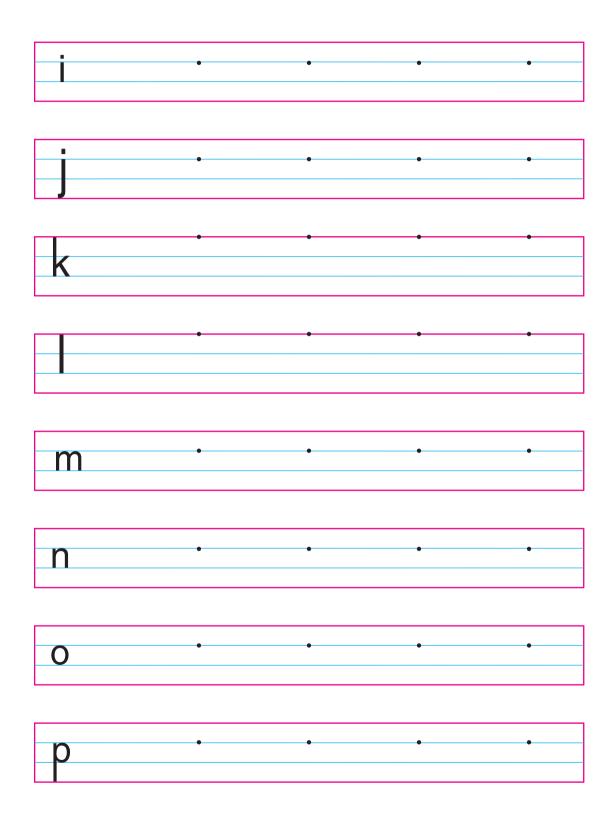




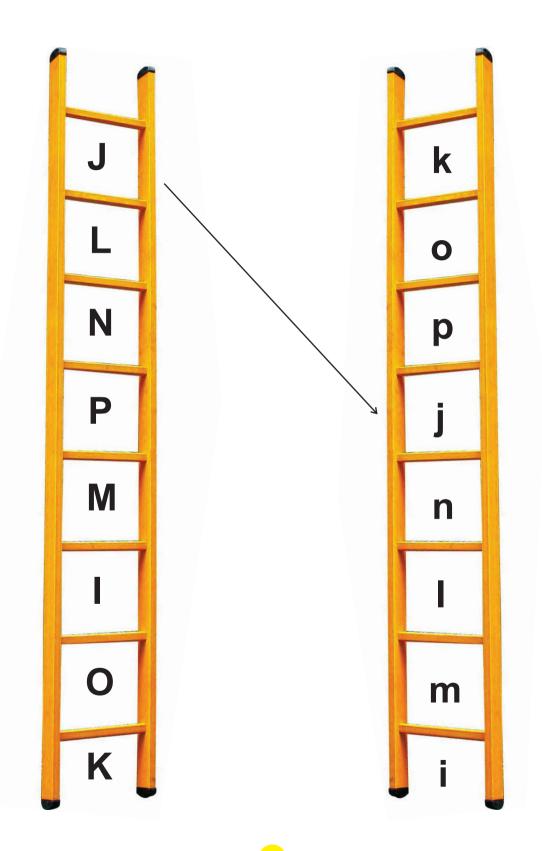
Note: Teacher will give enough practice of following words by pointing and focusing on structure and sound of first letter.



Let's Practice



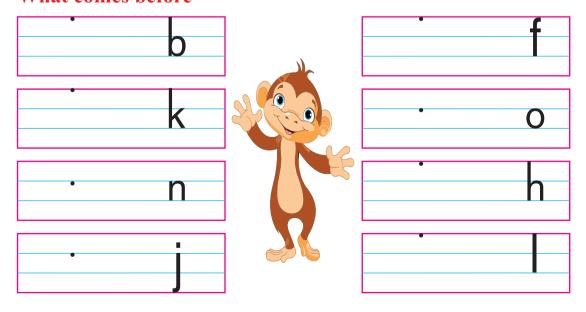
Match the capital letters with small letters



Encircle the given letter in the words

j	jug	juice	jeep	jump
	lip	little	leg	doll
n	man	nib	net	ring
m	mouse	dam	milk	jam
k	kite	kick	pick	king

What comes before



Draw picture for the following letters

j	k	
m	I	
С	f	
h	а	
0	е	
b	g	

Ss

The snake is in the grass,

The snake is in the grass,

The snake is hissing in the grass,

Hiss hiss hiss.



Note: Teacher will give enough practice of following words by pointing and focusing on structure and sound of first letter.

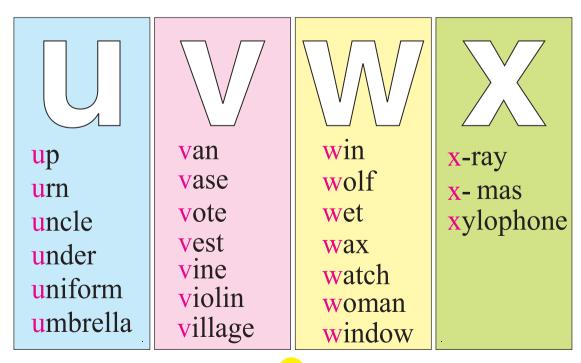
quilt	rat	sit	tap
queen	red	sun	tag
quill	run	son	tub
quiz	rug	sat	tin
quick	roll	six	ten
quack	rose	star	tree

Uu

/u/ /u/ uncle's umbrella, /u/ /u/ uncle's umbrella, Up goes umbrella.



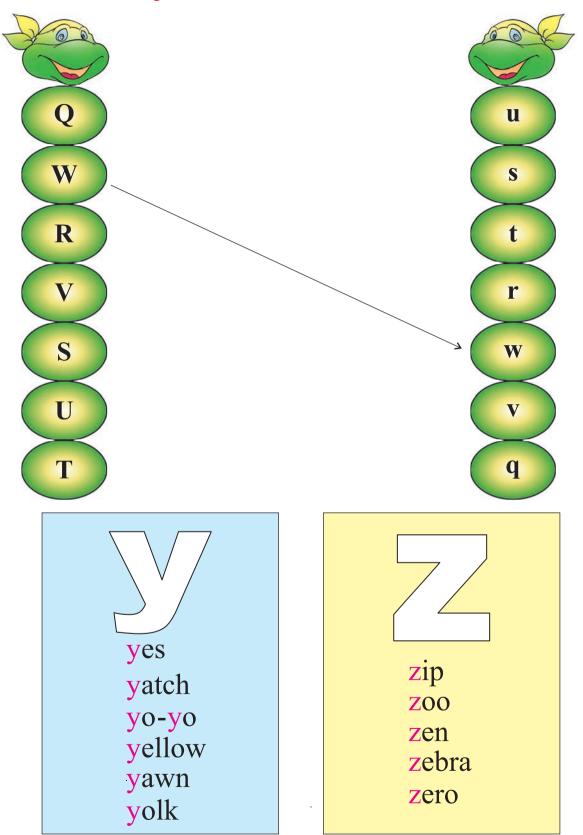
Note: Teacher will give enough practice of following words by pointing and focusing on structure and sound of first letter.



Let's Practice

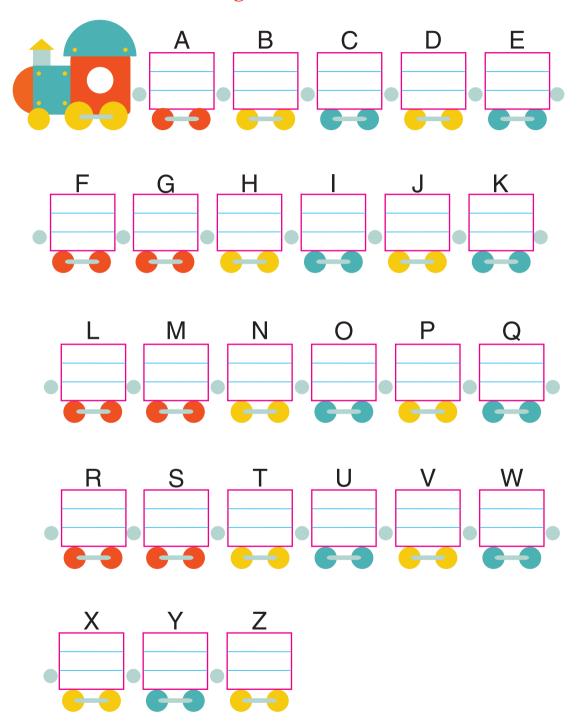
q,	•	•	•	•
r	•	•	•	•
S	•	•	•	•
	•	•	•	•
u	•	•	•	•
V	•	•	•	•
W	•	•	•	•
X	•	•	•	•

Match the capital letters with small letters



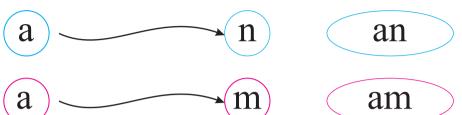
Let's Practice

Write small letters for given letters





Joining sounds



$$(a)$$
 (s) (as)

$$(a)$$
 (t) (at)

$$(i)$$
 (t) (it)

$$(i)$$
 (s) (is)

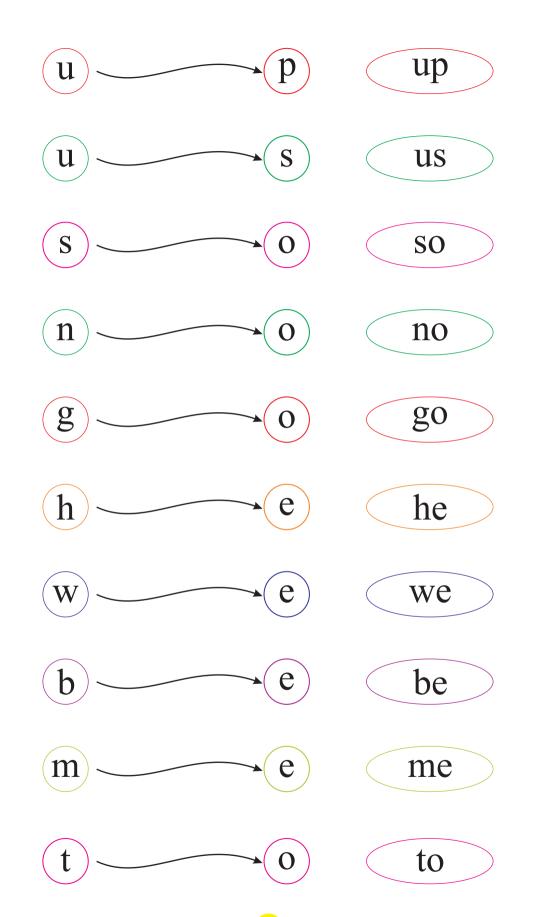
$$(i)$$
 (f) (if)

$$(i)$$
 (i) (in)

$$o$$
 or or

$$o$$
 on on

$$(0)$$
 (f) (of)



Read aloud



$$b \longrightarrow at = bat$$



$$c \longrightarrow at = cat$$



$$f \longrightarrow an = fan$$



$$v \longrightarrow at = van$$



$$t \longrightarrow ap = tap$$



$$c \longrightarrow ap = cap$$



$$c \longrightarrow ar = car$$

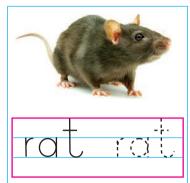


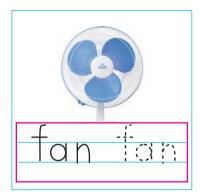
$$j \longrightarrow ar = jar$$

Trace and write







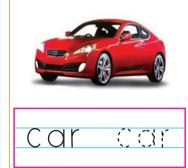




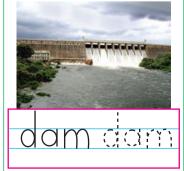














Trace and write







роу



cap cap



hut hut



dog dog



car car



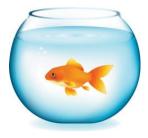
van van



in / on



a cat in a hat



a fish in a pot





a dog on a box



a bird on a hut



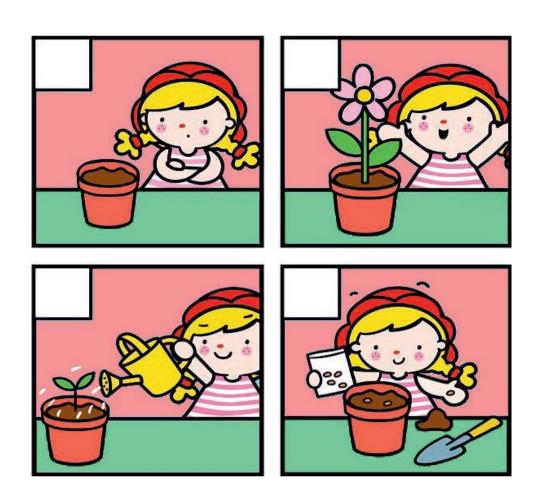
a cat on mat

Opposites

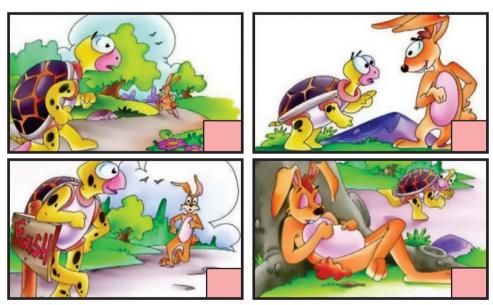
sit	stand	
up	down	
heavy	light	
open	close	
big	small	
day	night	*)

Write proper sequence of pictures

A.



В.



One Two Buckle My shoe



One 1 two 2, buckle my shoe.

Three 3 four 4, shut the door.





Five $5 \sin 6$, pick up the sticks.

Seven 7 eight 8, lay them straight.

Nine 9 ten 10, a big fat hen.



In My Classroom



In your classroom, In your classroom, What do you see in your classroom?



In my classroom, in my classroom, blackboard and chalk in my classroom.



In your classroom, In your classroom, What do you see in your classroom? In my classroom, in my classroom, books and note books in my classroom.



In your classroom, In your classroom, What do you see in your classroom? What do you see?



In my classroom, in my classroom, benches and table in my classroom.





Ask the learners to practice this rhyme with other classroom objects.



Good Habits/Manners

Brush, brush, brush your teeth, Brush them every day. Father, mother, brother, sister, Brush them every day.



Take, take, take, your bath,
Take it everyday.
Father, mother, brother sister,
Take it everyday.



Comb, comb, your hair, Comb it everyday. Father, mother, brother sister, Comb it everyday.



Clean, clean, clean your room, Clean it everyday. Father, mother, brother sister, Clean it everyday.



Good Manners



Our National Symbols



Fun with colours

