

# STUDENT POLICE CADET PROJECT

## SCHOOL LEVEL ACTIVITY CALENDAR ( HS & HSS) JUNIOR

YEAR : 2018 - 19

MONTH : February

DATE AND DAY	PERIOD	ACTIVITIES	PARTICIPANTS	OBJECTIVES	EXPECTED OUTCOME	PERSON RESPONSIBLE
Feb-02	40 Mnts	Physical Training revision + RBPT - No.6 Exercise for legs	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 or Unarmed combat (Kalari/Karate/Taekwondo/Judo)with 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	<b>Assembly :-</b> 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	Subhayatra - Road safety awareness program: Class on traffic awareness Field activities with senior cadets with the support of CPOs and Dis	Cadets	* To develop a habit of obeying traffic rules * To make the leaners aware of the causes of road accidents * To make the leaners understand traffic signs and traffic rules	* Enhanced academic performance and communication skills * Contemporary awareness and right knowledge, information and attitude * Broadened thoughts and perspectives 1. Cadets practice a responsible road culture * Cadets spreads awareness on traffic rules	CPOS and Dis Resource persons from Motor Vehicle Department/Traffic Department arranged by the School LAC
	10 Mnts	Break				
	80 Mnts	Class on digital empowerment program	Cadets	* To enable Cadets and other students learn various possibilities of digital world. * To enable Cadets to impart basic ICT skills to the general public * To spread the day today application of ICT to others	* Cadets use possibilities of digital world in their studies  * The benefits of ICT is effectively extended to peers, siblings, parents & general public	Faculty from IT Mission, DI and CPO

Feb-02	15 Mnts	<b>Clean &amp; Green School – Clean Campus Drive</b>	Cadets, CPOs, DIs	<ul style="list-style-type: none"> <li>* To Motivate all students, teachers and other school community to voluntarily participate in cleaning school premises.</li> <li>* To train SPCs in adoption of sensible waste-handling practices in their schools &amp; homes</li> <li>*To ensure that the school has a set of functioning and well maintained water, sanitation and hygiene facilities.</li> </ul>	<ul style="list-style-type: none"> <li>* Neat, clean, green &amp; beautiful class rooms and school premises</li> <li>* Students develop responsible waste generation and management culture</li> <li>* Cadets maintain personal hygiene properly</li> </ul>	Cadets, CPOs, DIs
Feb-06	90 Mnts	Parade revision + saluting at the halt	Cadets	<ul style="list-style-type: none"> <li>* To develop high sense of discipline among cadets.</li> <li>* To help cadets to establish a healthy harmony between their body and minds</li> <li>* To bring a feeling of self pride among the cadets</li> <li>* To motivate cadets to be aware of their grooming and appearance</li> </ul>	Confident, disciplined and well mannered cadets who feel proud about themselves	Drill Instructor and CPOs
Feb-13	90 Mnts	Parade revision +Saluting at the halt	Cadets	<ul style="list-style-type: none"> <li>* To develop high sense of discipline among cadets.</li> <li>* To help cadets to establish a healthy harmony between their body and minds</li> <li>* To bring a feeling of self pride among the cadets</li> <li>* To motivate cadets to be aware of their grooming and appearance</li> </ul>	Confident, disciplined and well mannered cadets who feel proud about themselves	Dis and CPOs
Feb-16	40 Mnts	Road walk and run (6Kms)	Cadets	*To enhance the physical stamina of cadets	Physically fit cadets with good stamina	DIs, CPOs
	10 Mnts	Break				
	40 Mnts	Minor Games (Refer - Minor games, Outdoor Manual)	Cadets	<ul style="list-style-type: none"> <li>* To achieve fun and enjoyment through vigorous activity with in a short period</li> <li>* To develop dexterity and improve physical fitness.</li> </ul>	<ul style="list-style-type: none"> <li>* Cadets build various skills and engage in social activities.</li> <li>* Cadets develop reasoning skills and creative skills</li> <li>* Help children learn to take turns and how to win by following asset of instructions and learn the strength of unity.</li> </ul>	Cadets, DIs, CPOs
	45 Mnts	Fresh up and break fast				
	25 Mnts	<b>Assembly :-</b> 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	<ul style="list-style-type: none"> <li>*To develop a feeling of affiliation, unity and discipline among cadets.</li> <li>*To enable cadets to share their experiences with others.</li> <li>*To get cadets updated about current affairs.</li> <li>*To facilitate national integration and secularism through prayer, pledge etc.</li> </ul>	<ul style="list-style-type: none"> <li>*Cadets develop quality of togetherness and learn how to behave in a group.</li> <li>*Understand the value of secularism and national integration.</li> <li>*To procure contemporary awareness and help cadets to connect with the events and developments around them</li> </ul>	Dis, CPOs

Feb-16	80 Mnts	Indoor Class Indoor Manual Module 4 (Health and Hygiene ,Activity 5 - First aid the best aid ) Indoor manual : Module 5 (Family and society, Activity 1 -Responsibility in family )	Cadets	<ul style="list-style-type: none"> <li>* To educate and train cadets on basic first aid tips</li> <li>* To reinforce the importance of sharing of responsibilities in the family</li> <li>* To train cadets to treat everyone equally, irrespective of gender</li> </ul>	<ul style="list-style-type: none"> <li>* Enhanced academic performance and communication skills</li> <li>* Contemporary awareness and right knowledge, information and attitude</li> <li>* Broadened thoughts and perspectives</li> <li>* Socially responsible cadets trained in first aid tips</li> <li>* Cadets play an important role in their families by sharing the familial responsibilities</li> <li>* Cadets learn to respect and consider everyone around them irrespective of their gender</li> </ul>	CPOs and Dis
	10 Mnts	Break				
	80 Mnts	Indoor Class: Responsible and effective use of social media	Cadets	<ul style="list-style-type: none"> <li>* Cadets are familiarised with immense knowledge and opportunities the modern day media platforms are capable of providing</li> <li>* Cadets are aware of the pitfalls of social media</li> <li>* Cadets are educated to use social media platforms responsibly and effectively for learning</li> </ul>	<ul style="list-style-type: none"> <li>* Cadets develop the habit of using social media platforms for their learning and development</li> <li>* Cadets become responsible netizens</li> <li>* Cadets are vigilant about the social media misuse happening among their friends</li> </ul>	Competent resource persons arranged by School LAC
15 Mnts	<b>Clean &amp; Green School – Clean Campus Drive</b>	Cadets, CPOs, Dis	<ul style="list-style-type: none"> <li>* To Motivate all students, teachers and other school community to voluntarily participate in cleaning school premises.</li> <li>* To train SPCs in adoption of sensible waste-handling practices in their schools &amp; homes</li> <li>* To ensure that the school has a set of functioning and well maintained water, sanitation and hygiene facilities.</li> </ul>	<ul style="list-style-type: none"> <li>* Neat, clean, green &amp; beautiful class rooms and school premises</li> <li>* Students develop responsible waste generation and management culture</li> <li>* Cadets maintain personal hygiene properly</li> </ul>	Cadets, CPOs, Dis	
Feb-20	90 Mnts	Parade revision +Saluting to the right/left while marching	Cadets	<ul style="list-style-type: none"> <li>* To develop high sense of discipline among cadets.</li> <li>* To help cadets to establish a healthy harmony between their body and minds</li> <li>*To bring a feeling of self pride among the cadets</li> <li>* To motivate cadets to be aware of their grooming and appearance</li> </ul>	Confident, disciplined and well mannered cadets who feel proud about themselves	Dis and CPOs
Feb-23	40 Mnts	Physical Training revision + RBPT - No.6 Exercise for legs	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
	15 Mnts	Break				

Feb-23	60 Mnts	Attending the ceremonial parade of senior cadets in the presence of parents, entire school community, district level officer and invited dignitaries	Cadets	* To train cadet on concluding the year long parade practice process in a fruitful way * To observe and get motivated by the performance of the senior cadets	* Cadet is thorough with the parade and is ready for the ceremonial parade * Motivated cadets who look forward for their passing out moment	School LAC
	45 Mnts	Fresh up and breakfast				
	60 Mnts	Participating in the Send of function of senior cadets	Cadets	To observe and get motivated by the performance of the senior cadets	Motivated cadets who look forward for their passing out moment	School LAC
	5 Mnts	Break				
	40 Mnts	Interaction between senior and junior cadets in the presence of School LAC	Cadets	To listen to the experiences of the senior cadets	Motivated cadets who look forward for their passing out moment	School LAC
	5 Mnts	Break				
	60 Mnts	Indoor Class Evaluation of community projects	Cadets	* To evaluate whether the community projects are completely effectively and in timely manner * To evaluate whether the projects were completed according to the respective objectives and expected learning outcomes	* To identify the positive changes brought by the community projects in the lives of cadets, school and in the community * To identify the components helpful for organising the community project effectively * To identify the challenges in completing the community projects as per the plan	CPO, Dis ,DNO, ADNO , PSLO and Head of the school
	15 Mnts	<b>Clean &amp; Green School – Clean Campus Drive</b>	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
Feb-27	90 Mnts	Parade revision + saluting the march and break off	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 * To train cadets how to respect their superiors through a structured expression	* Confident, disciplined and well mannered cadets who feel proud about themselves * Cadet becomes a part of the Student Police force	Dis and CPOs

Book of the Month: Regional book on freedom struggle