

CBSE / NCERT Curriculum Map

Grades 1-10

A practical map for grown-ups and educators

Use this guide as a clear starting point. Adapt the pace to the learner, keep sessions short, and celebrate steady effort.

Focus	A simple next step
1. Mathematics	Choose one small activity, notice what works, and record the next step.
2. English and Literacy	Choose one small activity, notice what works, and record the next step.
3. Science	Choose one small activity, notice what works, and record the next step.
4. Social Studies	Choose one small activity, notice what works, and record the next step.
5. Coding and Computing	Choose one small activity, notice what works, and record the next step.

Plan and reflect

Write one goal for the next four weeks.

What we will try

How often

What progress will look like

What we noticed

Weekly check-in

Keep the conversation curious and pressure-free.

A win to celebrate

Something that felt tricky

One question we still have

Our next small step