COURSE 07
NIOS BRIDGE COURSE • INDEPENDENT PRACTICE EDITION 2026–27

School Experience

विद्यालय अनुभव

Practicum workbook

40 lesson ideas • 20 reflection prompts • 5 activity templates • portfolio and summary report

Study • Practise • Reflect
Chapter-wise concept revision, practical classroom application and explained answers. This is supplementary preparation material, not an official NIOS publication or verified previous-year paper.

School experience workbook

Use this independent planning companion to document real school-based teaching. Do not submit invented classroom observations or records.

Planning and evidence

> Course 7 is a school-based practical component, not a theory question bank. Follow the latest official NIOS instructions and your mentor's directions for required forms, marks and submission.

Suggested lesson plan structure

Grade, date, topic, prior knowledge, observable outcomes, materials, introduction, student activity, differentiated support, formative assessment, closure, reflection and evidence.

Portfolio checklist

Include dated lesson plans, teaching-learning materials, anonymised student work where permitted, assessment evidence, activity records and reflections. Explain why each item was selected and what it demonstrates.

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LESSON PLANNING • 10 IDEAS

Language-I / हिंदी

LESSON 01

कहानी सुनना

Learning outcome: कहानी की घटनाएँ क्रम में बताना

Suggested activity: चित्रों की सहायता से कहानी सुनाएँ; बच्चे घटनाओं को क्रम में रखें।

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 02

चित्र वर्णन

Learning outcome: चित्र के आधार पर तीन वाक्य कहना

Suggested activity: जोड़ी में चित्र देखकर प्रश्न और उत्तर दें।

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

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LESSON 03

तुक वाले शब्द

Learning outcome: समान अंतिम ध्वनि पहचानना

Suggested activity: शब्द बोलें और तुक वाले शब्द जोड़ें।

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 04

शब्द पहचान

Learning outcome: अक्षर-ध्वनि से परिचित शब्द पढ़ना

Suggested activity: शब्द कार्ड और चित्रों का मिलान करें।

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

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LESSON 05

साझा पठन

Learning outcome: साझा पाठ का अर्थ समझना

Suggested activity: पाठ पढ़ते हुए अनुमान और चर्चा करें।

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 06

पठन बोध

Learning outcome: कहानी के मुख्य विचार बताना

Suggested activity: पठन के बाद क्यों और कैसे प्रश्न पूछें।

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 07

शब्दावली

Learning outcome: नए शब्द संदर्भ में प्रयोग करना

Suggested activity: चित्र, अर्थ और नए वाक्य का उपयोग करें।

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

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LESSON 08

अनुभव लेखन

Learning outcome: अपने अनुभव का छोटा अनुच्छेद लिखना

Suggested activity: पहले बोलें, फिर मसौदा लिखें और सुधारें।

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 09

संवाद

Learning outcome: दो पात्रों का सरल संवाद प्रस्तुत करना

Suggested activity: भूमिका अभिनय से संवाद बनवाएँ।

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 10

पुनरीक्षण

Learning outcome: लेखन में सुधार करना

Suggested activity: जोड़ी में मसौदा पढ़कर रचनात्मक प्रतिक्रिया दें।

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

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LESSON PLANNING • 10 IDEAS

Language-II / English

LESSON 01

Greetings

Learning outcome: Exchange two greetings appropriately

Suggested activity: Pair role-play in familiar situations.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 02

Classroom instructions

Learning outcome: Follow two spoken directions

Suggested activity: Use gestures first, then spoken instructions.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

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LESSON 03

Picture talk

Learning outcome: Describe a picture in three sentences

Suggested activity: Ask open prompts and allow rehearsal.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 04

Rhyming words

Learning outcome: Identify words with matching end sounds

Suggested activity: Use oral rhyme games.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

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LESSON 05

Phonics

Learning outcome: Blend sounds to read simple words

Suggested activity: Model blending and use word cards.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 06

Shared reading

Learning outcome: Retell key events in a short text

Suggested activity: Read aloud and pause for predictions.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 07

Vocabulary

Learning outcome: Use three new words in meaningful sentences

Suggested activity: Connect words to objects and contexts.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

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LESSON 08

Story sequence

Learning outcome: Order events and explain a choice

Suggested activity: Use picture-sequence cards.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 09

Personal writing

Learning outcome: Compose a short message for a reader

Suggested activity: Draft, share and revise.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 10

Conversation

Learning outcome: Ask and answer simple questions

Suggested activity: Use pair information-gap activities.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

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LESSON PLANNING • 10 IDEAS

Mathematics

LESSON 01

Counting

Learning outcome: Count a set using one-to-one correspondence

Suggested activity: Move one counter per spoken number.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 02

Place value

Learning outcome: Represent two-digit numbers

Suggested activity: Bundle sticks into tens and ones.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

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LESSON 03

Addition

Learning outcome: Explain two addition strategies

Suggested activity: Use counters and number lines.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 04

Subtraction

Learning outcome: Regroup in a two-digit subtraction

Suggested activity: Use base-ten blocks.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

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LESSON 05

Multiplication

Learning outcome: Represent equal groups

Suggested activity: Make arrays with counters.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 06

Division

Learning outcome: Share objects equally

Suggested activity: Distribute counters and discuss leftovers.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 07

Fractions

Learning outcome: Recognise equal parts of a whole

Suggested activity: Fold paper and compare examples.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

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LESSON 08

Shapes

Learning outcome: Classify shapes by properties

Suggested activity: Sort and explain the rule.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 09

Measurement

Learning outcome: Compare lengths using consistent units

Suggested activity: Measure with equal paper strips.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 10

Data handling

Learning outcome: Create and interpret a simple graph

Suggested activity: Collect class data and make a pictograph.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

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LESSON PLANNING • 10 IDEAS

The World Around Us

LESSON 01

Plants

Learning outcome: Compare observable plant parts

Suggested activity: Observe safe local plants and draw labels.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 02

Water

Learning outcome: Identify daily uses of water

Suggested activity: Map household uses and discuss conservation.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

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LESSON 03

Food

Learning outcome: Identify varied sources of food

Suggested activity: Sort familiar foods by source.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 04

Shelter

Learning outcome: Compare homes in varied contexts

Suggested activity: Discuss pictures without stereotyping.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

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LESSON 05

Transport

Learning outcome: Compare local transport options

Suggested activity: Make a route map and discuss safety.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 06

Weather

Learning outcome: Record daily weather observations

Suggested activity: Use a class weather chart.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 07

Waste

Learning outcome: Sort materials and explain disposal choices

Suggested activity: Use clean sample materials.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

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LESSON 08

Community helpers

Learning outcome: Explain roles of community workers

Suggested activity: Use a supervised interview or role-play.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 09

Local biodiversity

Learning outcome: Observe and classify living things

Suggested activity: Use a safe schoolyard observation.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

LESSON 10

Shared resources

Learning outcome: Plan a feasible conservation action

Suggested activity: Investigate classroom water or paper use.

Assessment: Ask learners to demonstrate the outcome and record one observation.

Adaptation / evidence:

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20-day reflective journal

Record actual classroom events, evidence and changes for the next lesson.

DAY 01

Prior knowledge

What did I observe? What evidence supports my reflection? What will I change?

DAY 02

Learner engagement

What did I observe? What evidence supports my reflection? What will I change?

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DAY 03

Questioning

What did I observe? What evidence supports my reflection? What will I change?

DAY 04

Inclusive participation

What did I observe? What evidence supports my reflection? What will I change?

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DAY 05

Classroom routines

What did I observe? What evidence supports my reflection? What will I change?

DAY 06

Learning resources

What did I observe? What evidence supports my reflection? What will I change?

DAY 07

Differentiation

What did I observe? What evidence supports my reflection? What will I change?

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DAY 08

Peer collaboration

What did I observe? What evidence supports my reflection? What will I change?

DAY 09

Language support

What did I observe? What evidence supports my reflection? What will I change?

DAY 10

Formative assessment

What did I observe? What evidence supports my reflection? What will I change?

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DAY 11

Feedback

What did I observe? What evidence supports my reflection? What will I change?

DAY 12

Misconceptions

What did I observe? What evidence supports my reflection? What will I change?

DAY 13

Time management

What did I observe? What evidence supports my reflection? What will I change?

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DAY 14

Play and activity

What did I observe? What evidence supports my reflection? What will I change?

DAY 15

Student voice

What did I observe? What evidence supports my reflection? What will I change?

DAY 16

Assessment evidence

What did I observe? What evidence supports my reflection? What will I change?

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DAY 17

Lesson adaptation

What did I observe? What evidence supports my reflection? What will I change?

DAY 18

Professional collaboration

What did I observe? What evidence supports my reflection? What will I change?

DAY 19

Progress since first day

What did I observe? What evidence supports my reflection? What will I change?

DAY 20

Next steps

What did I observe? What evidence supports my reflection? What will I change?

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Five activity planning records

ACTIVITY 01

Storytelling and reading circle

Purpose • materials • participants • procedure • accessibility and safety • learning evidence • reflection.

ACTIVITY 02

Low-cost teaching-learning material workshop

Purpose • materials • participants • procedure • accessibility and safety • learning evidence • reflection.

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ACTIVITY 03

Inclusive cooperative game

Purpose • materials • participants • procedure • accessibility and safety • learning evidence • reflection.

ACTIVITY 04

Local environment observation

Purpose • materials • participants • procedure • accessibility and safety • learning evidence • reflection.

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ACTIVITY 05

Student learning exhibition

Purpose • materials • participants • procedure • accessibility and safety • learning evidence • reflection.

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Portfolio & summary report

Summarise the school context, teaching experience, learning evidence, inclusion strategies, assessment practices, professional learning and priorities for improvement. Attach authentic records as required by the programme.

Evidence index

Professional reflection and next steps

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