RAINBOW

(English Class I)



ਸਿੱਖਿਆ ਅਤੇ ਭਲਾਈ ਵਿਭਾਗ, ਪੰਜਾਬ ਦਾ ਸਾਂਝਾ ਉਪਰਾਲਾ



Punjab School Education Board

Sahibzada Ajit Singh Nagar

Downloaded from https://www.studiestoday.com

© Punjab Government

First Edition 2018-19 2,24,845 copies

All rights, including those of translation, reproduction and annotation etc., Are reserved by the Punjab Government

Co-ordinator : Surabhi Jaikwal

Cover design : Manjit Singh Dhillon

WARNING

- 1. The Agency-holders shall not add any extra binding with a view to charge extra money for the binding. (Ref. Cl. No. 7 of agreement with Agency-holders).
- 2. Printing, Publishing, Stocking, Holding or Selling etc., of spurious Text-books qua text books printed and published by the Punjab School Education Board is a cognizable offence under Indian Penal Code.



ਪੜ੍ਹੋ ਸਾਰੇ ਵਧੋ ਸਾਰੇ

ਸਿੱਖਿਆ ਅਤੇ ਭਲਾਈ ਵਿਭਾਗ, ਪੰਜਾਬ ਦਾ ਸਾਂਝਾ ਉਪਰਾਲਾ

ਇਹ ਪੁਸਤਕ ਵਿਕਰੀ ਲਈ ਨਹੀਂ ਹੈ।

Published by: Secretary, Punjab School Education Board, Vidya Bhawan, Phase-8, Sahibzada Ajit Singh Nagar-160062 and Printed by M/s New Simran Offset Printers, Jalandhar.

Downloaded from https://www.studiestoday.com

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

TEXTBOOK DEVELOPMENT COMMITTEE

WRITERS

- 1. Harjit Kaur, G.P.S. Raipur Kalan, S.A.S. Nagar
- 2. Neelam Kumari, G.P.S. Rurka, S.A.S. Nagar
- 3. Gurpreet Kaur, G.P.S. Safera, Patiala

VETTERS

- 1. Kuldip Kumar Varma (S.C.E.R.T.)
- 2. Navneet Kaur (S.C.E.R.T.)
- 3. Rosy Mehta, S. S. Mistress, GSSS Attari, Ferozpur.
- 4. Sunita Singh, English Mistress, GHS Mansoorwal Dona, Kapurthala.

ABOUT THE BOOK

Every educational system has certain objectives which aim at bringing about desirable changes in learners. To achieve this objective NCF 2005, PCF 2013 and learning outcomes issued by NCERT provides the framework for making syllabi, textbooks and teaching practices within school education program in Punjab. The framework defines clear and high standards to be achieved by all students.

English language being the second language of students in Punjab needs an immense foregrounding of children, emphasising equally on listening, speaking, reading, writing and creative skills. Rainbow English I is student friendly and activity based book. The learners are introduced to letters and their sounds in a unique way. An attempt has been made to give ample practice of reading and writing letters and words through exercise given in the book. Writing space is also given in the book wherever required to hone the skills of learners.

This books has been developed in the light of NCF 2005, PCF 2013 and Learning outcomes issued by NCERT. This book provides learners as well as teachers, various opportunities to achieve language skills in an enjoyable manner.

In this book writing space is given along with the reading section. Writing part can be covered side by side or after the completion of reading part. During writing practice the sequence of letters can be from simple to complex or as per the proper sequence of alphabet, keeping in view the learning levels of the students.

v

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	5. My body	

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

		CONTENT			
Lesson 1	:	Let's Know one Another	01		
Lesson 2	:	Let's Play	06		
Lesson 3	:	My Family	14		
Lesson 4	:	My Home	20		
Lesson 5	:	My Body	23		
Lesson 6	:	Name of Colours and Objects	26		
Lesson 7	:	English Alphabet A-Z	32		
Lesson 8	:	Animals, Fruits and Vegetables	78		
Lesson 9	:	English Alphabet a-z	81		
Lesson 10	:	Joining Sounds	99		
Lesson 11	:	In / On	104		
Lesson 12	:	Good Habits	109		



Activity



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 sat on a wall,

Humpty Dumpty had a great fall,





All the King's horses,

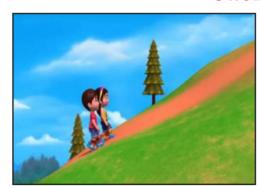
And All the King's men,



Couldn't put Humpty Dumpty together again.



Jack and Jill

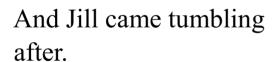


Jack and Jill went up the hill,

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

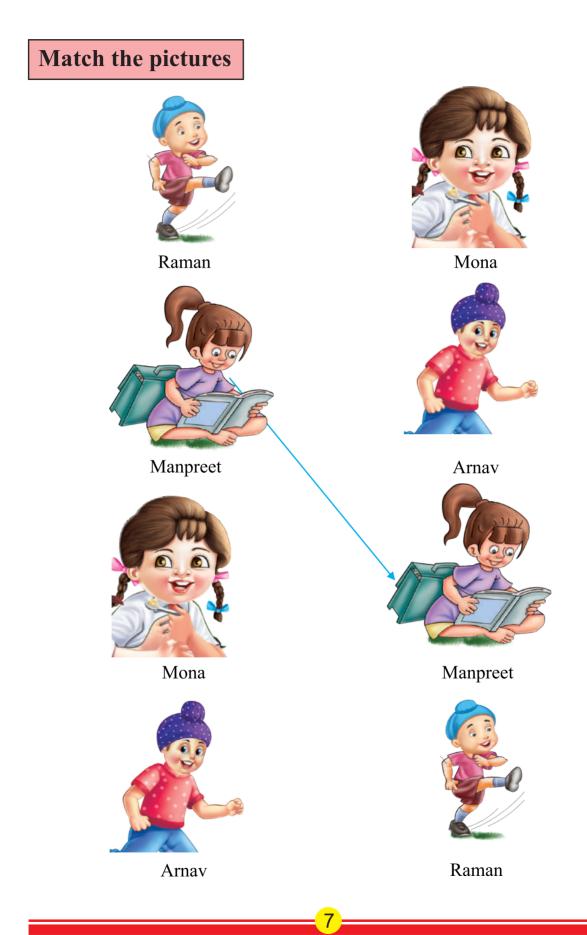


Learning Objectives

- 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



Arnav



Mona





Manpreet









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.



10



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.



- 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





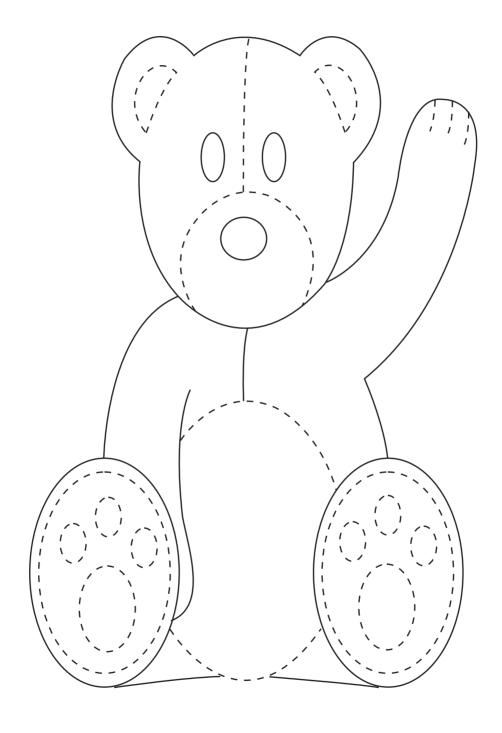
- 2. Teacher will ask the learner to follow, following commands
 - stand up

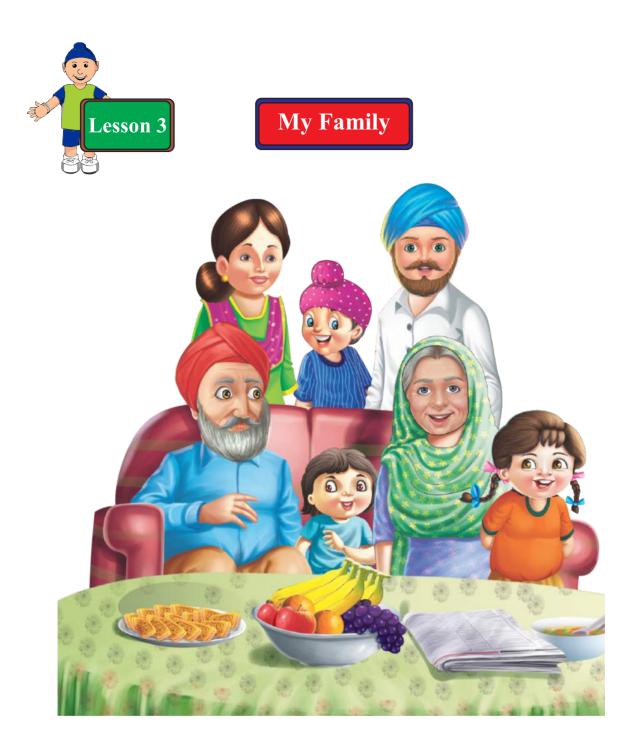
- sit down
- turn around

- touch your feet
- come here
- go there



Trace the Teddy bear and colour it brightly.





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

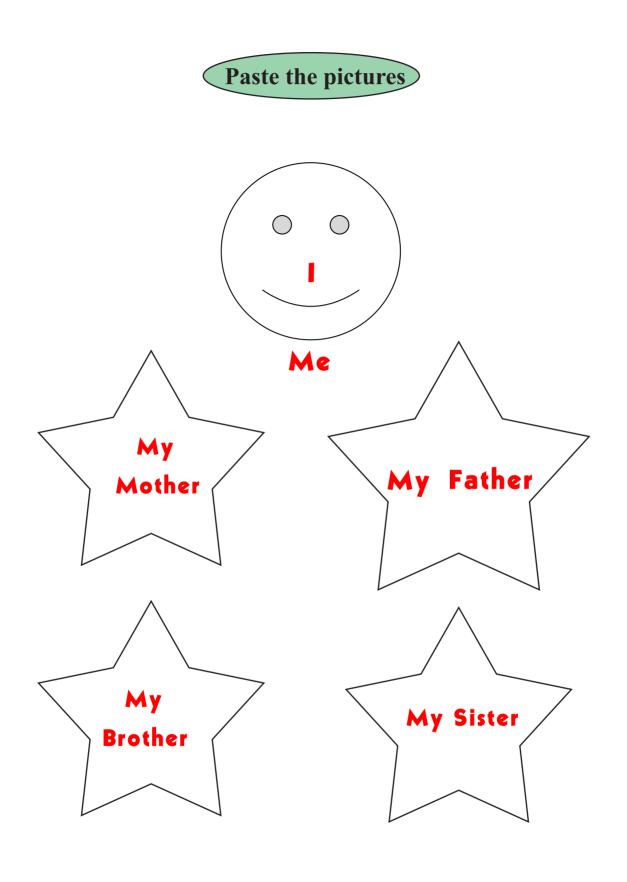


father





brother



Oral Activity

1. What is your name?	
My name is	





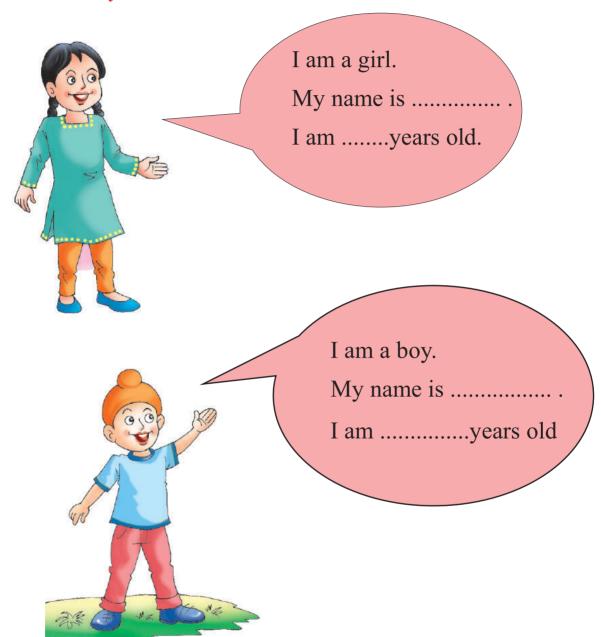




• Help the learners to answer the above questions.

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

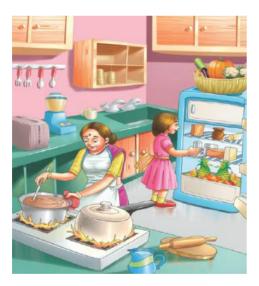




Drawing Room



Bedroom



Kitchen



Bathroom



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

Greetings

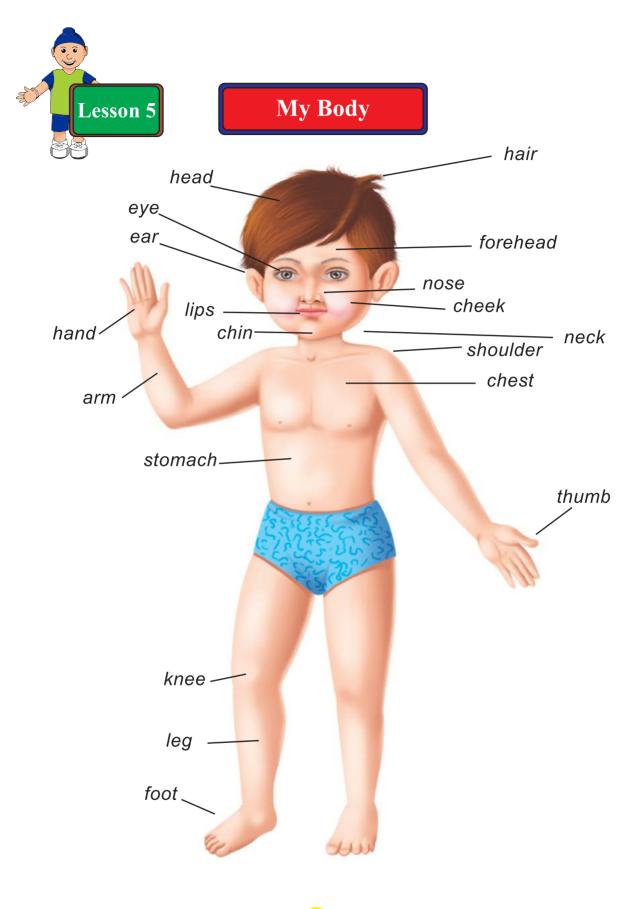






• Teacher will explain the concept of morning, afternoon and night and will give oral practice of greetings daily.





23

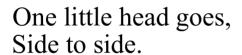


Clap Clap Clap

Two little hands go, Clap, clap, clap.



Two little feet go, Tap, tap, tap.







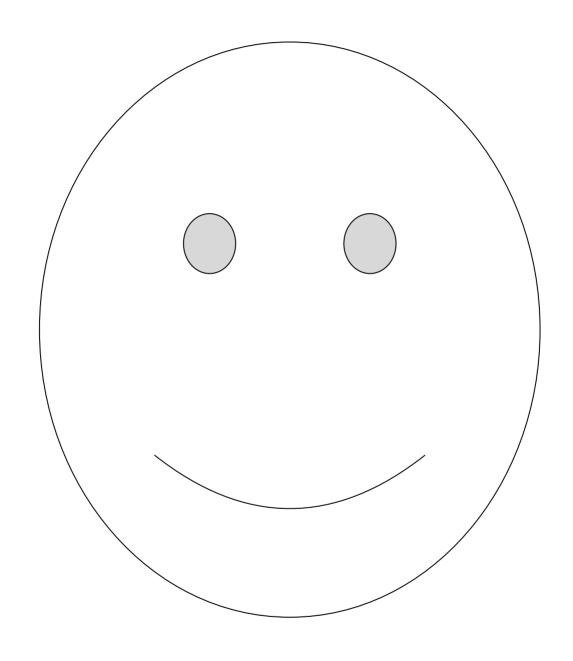
Two little eyes are open wide.



- 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.

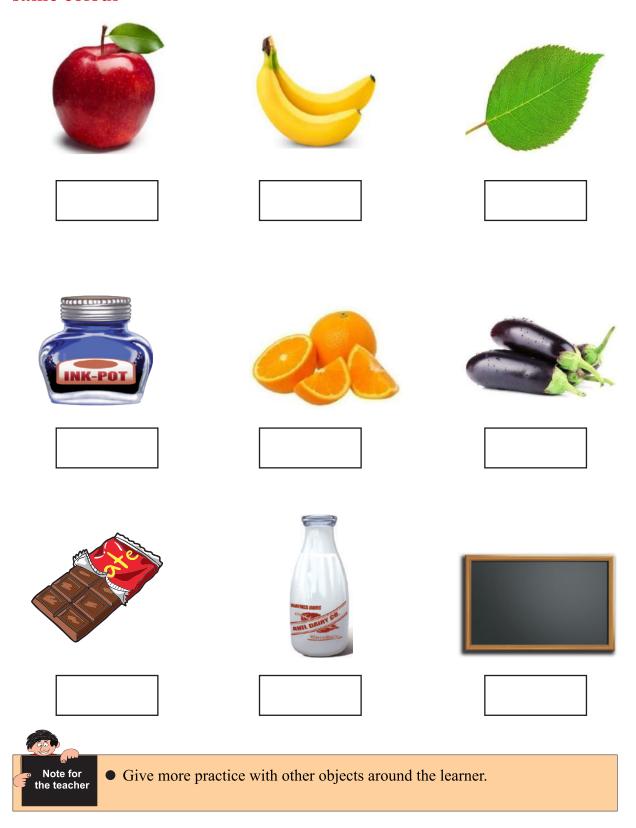


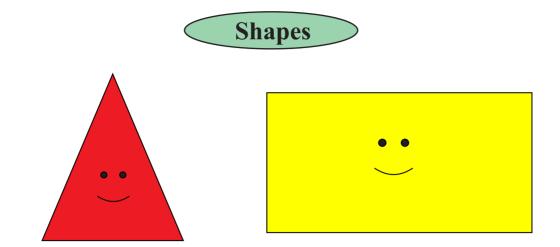
Colour the face





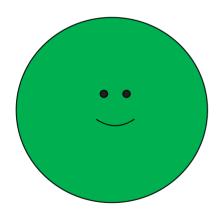
Identify the colour of the given object and colour the box with same colour



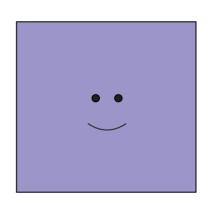


I am a triangle,
I have three sides.
Up I ride, down I slide,
And come back.

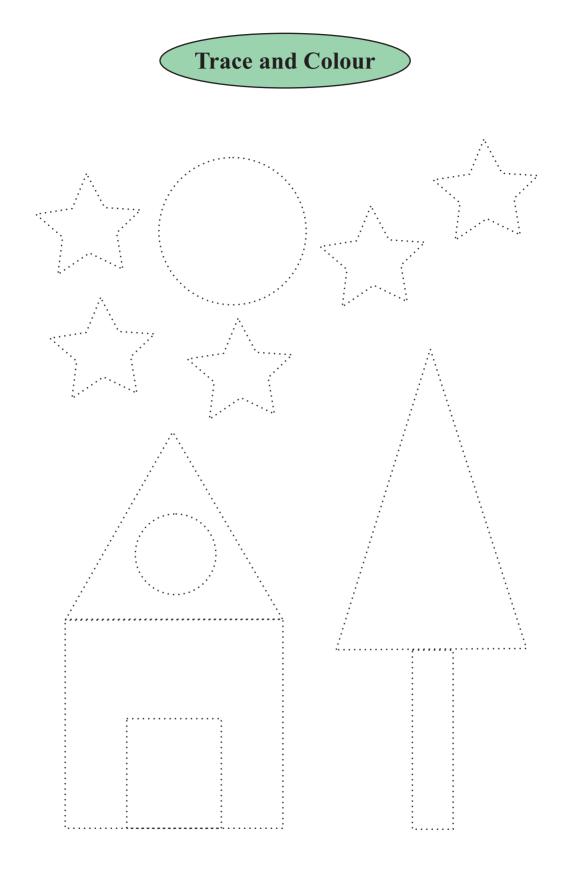
I am a rectangle,
I have four sides.
Two are short,
And two are long.

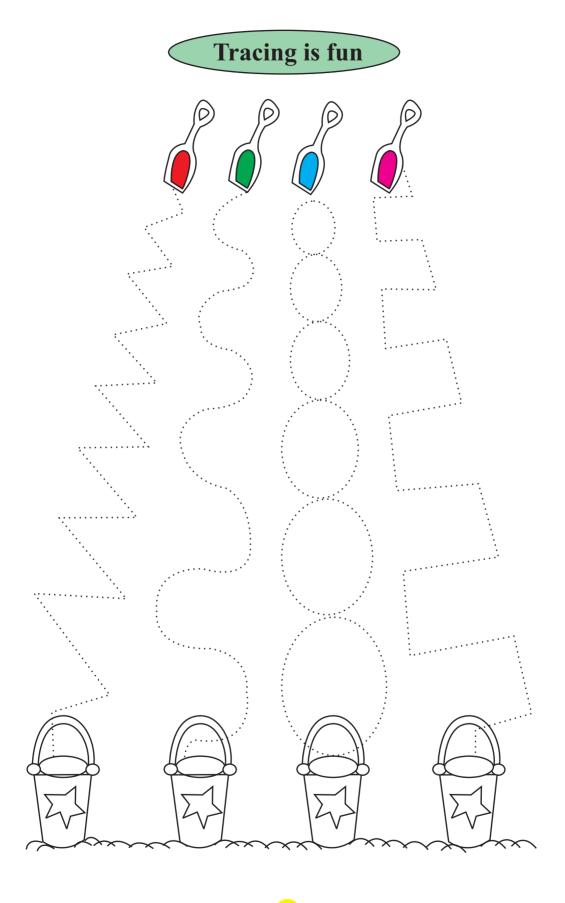


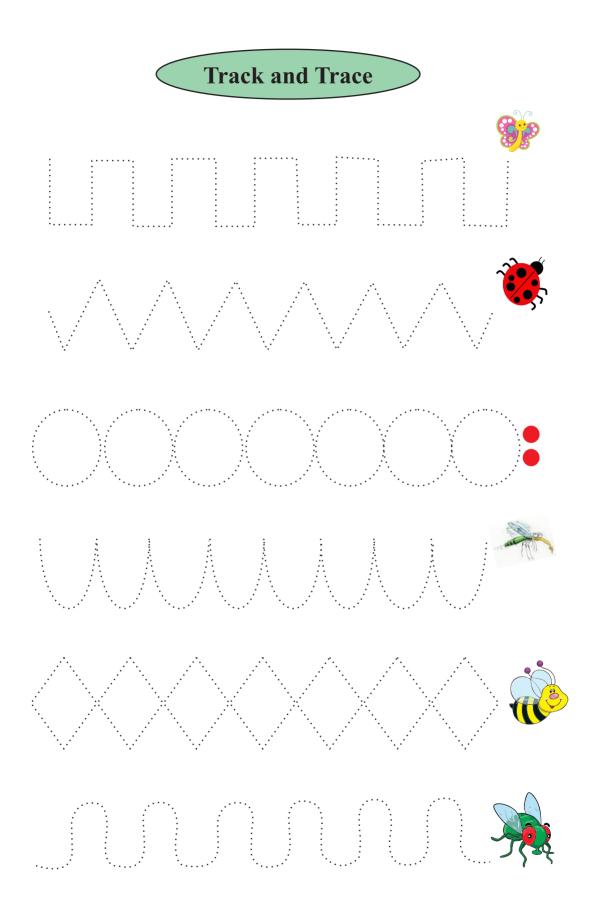
I am a circle,
I am like a ball,
Round and round,
I don't end at all.



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









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,

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: $\frac{c}{c}$ ($\frac{k}{k}$)



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/ /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/



p - the pots and the pans say: p/p/p/p



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

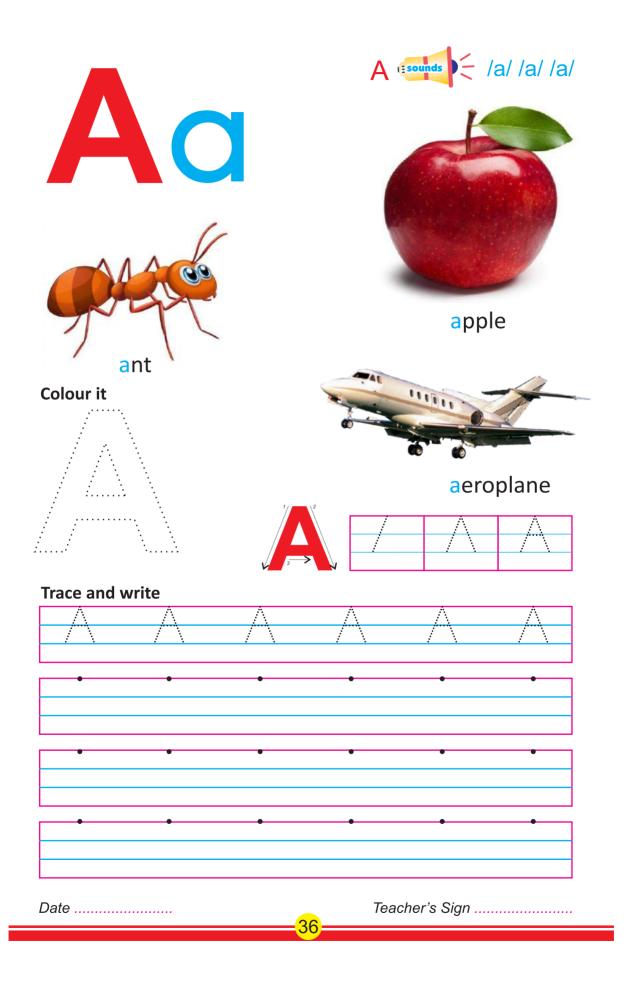


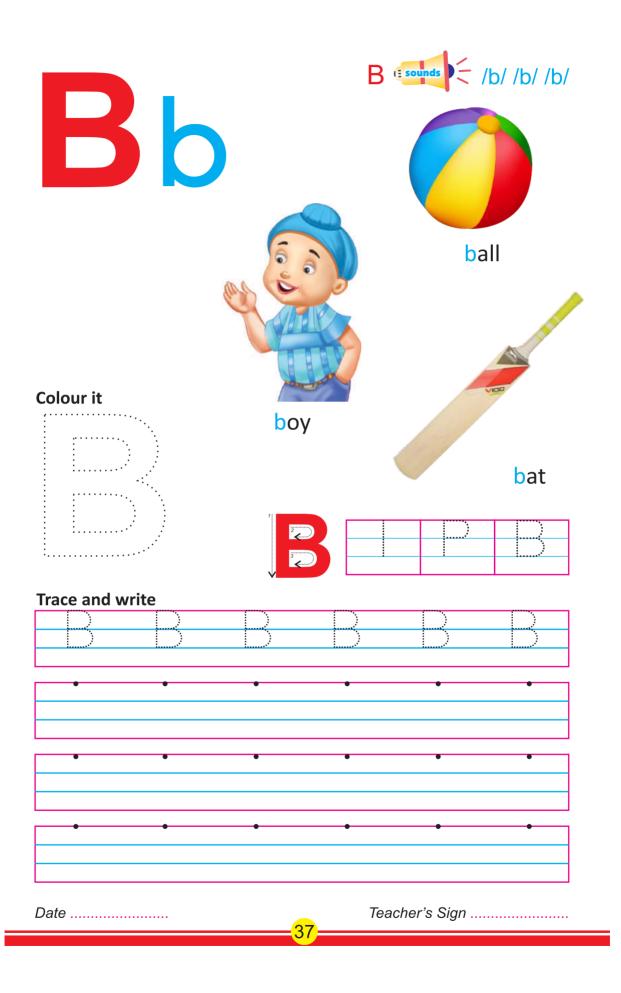
y - the yellow yatch says: /y/ /y/ /y/

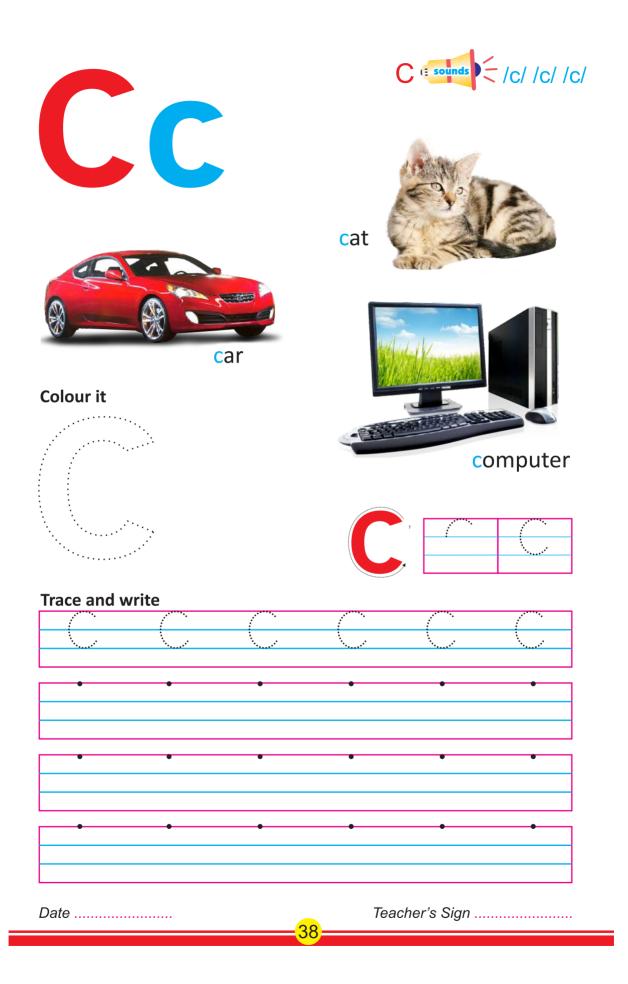


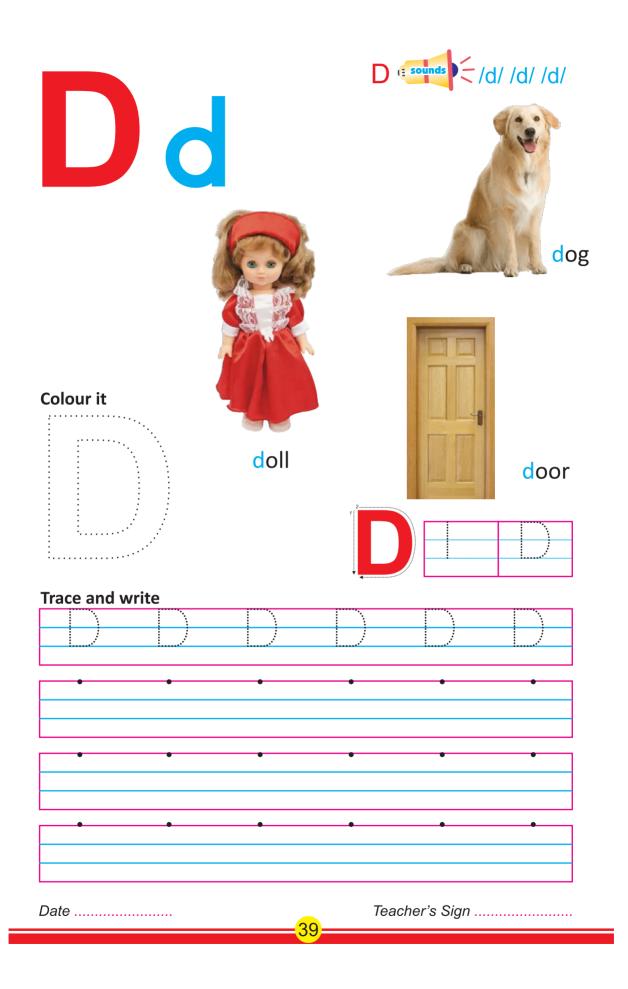
z - the zebra in the zoo says: /z//z//z/











Colour the same letters with same colour

















Match the letters with pictures

C



B



D



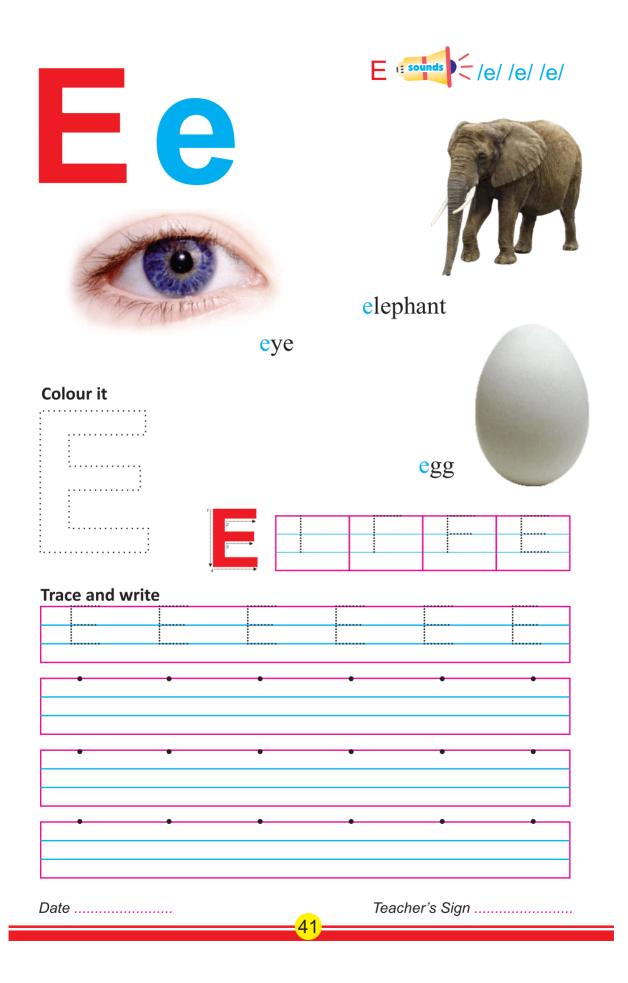


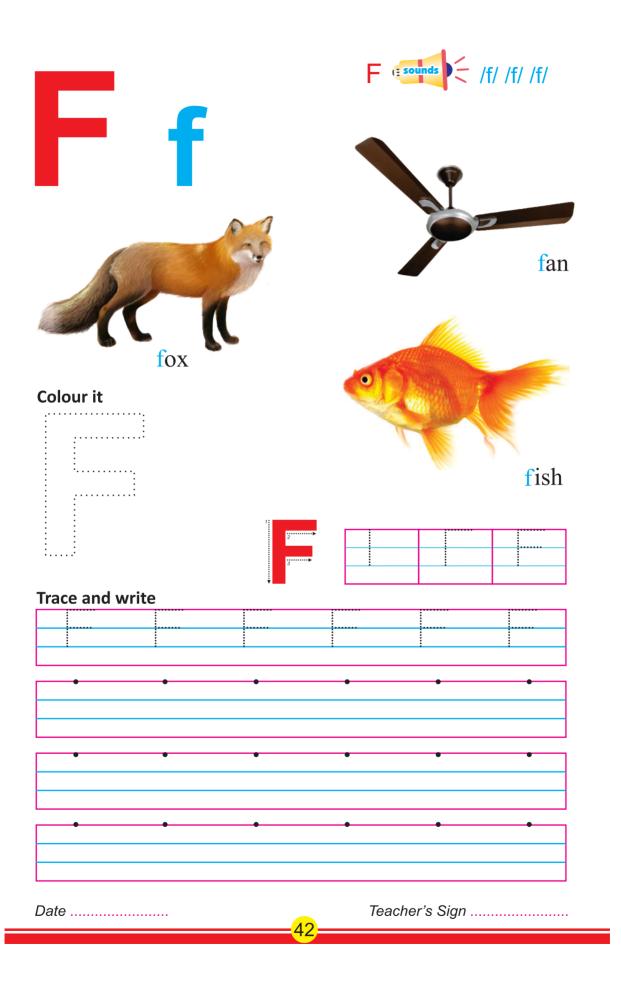


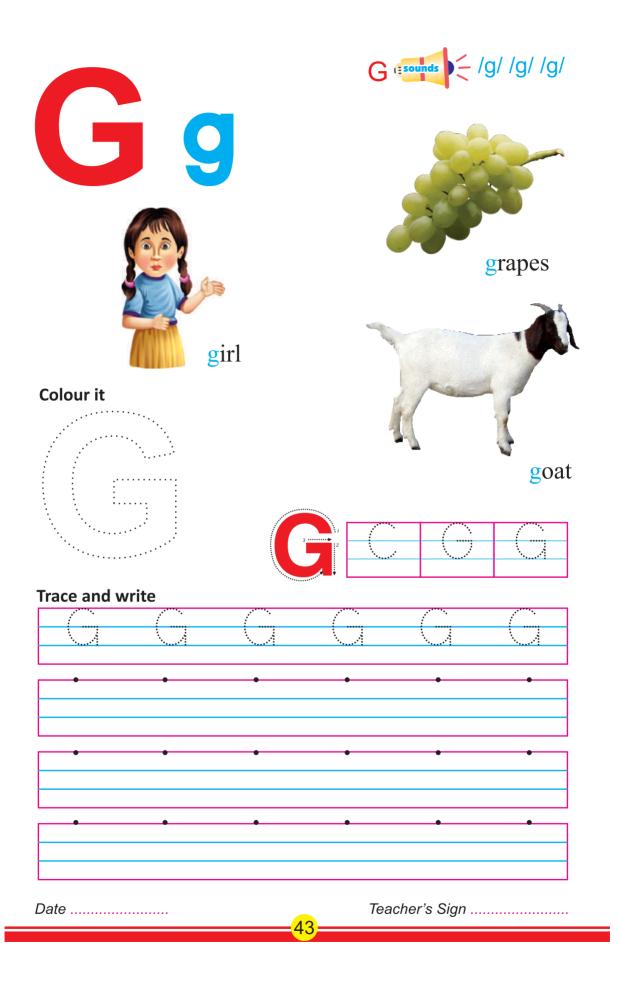


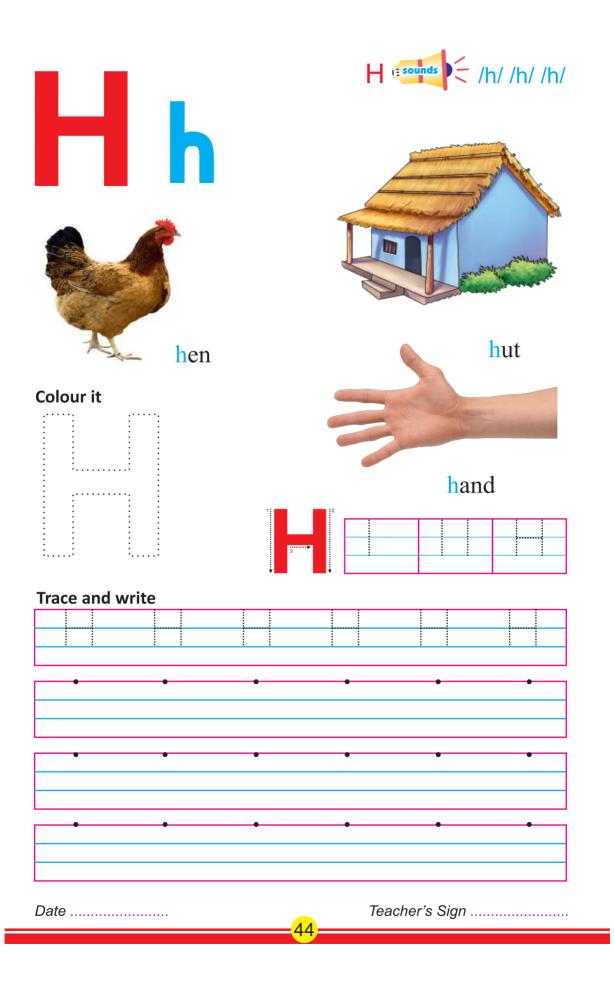
Activity Same-Same

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.

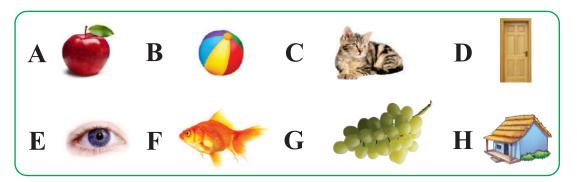




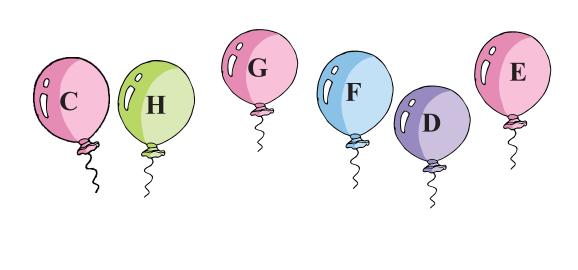


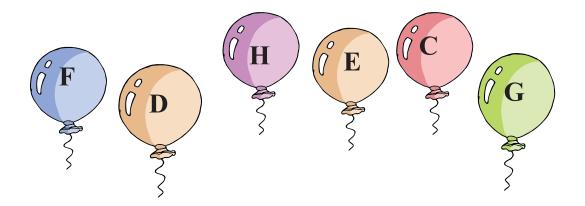


Look and read



Match the letters





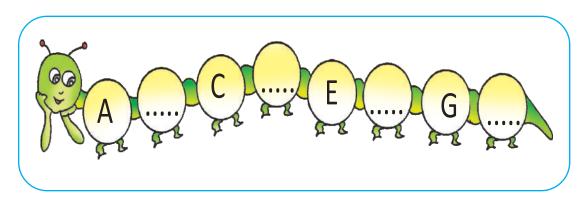
Date

Teacher's Sign

Colour the stars with letter F



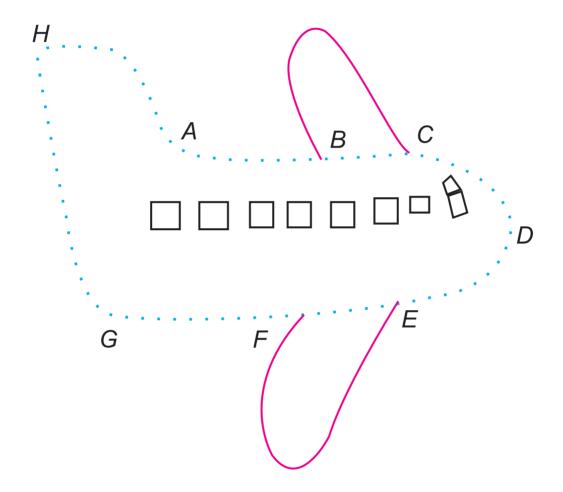
Fill in the blanks



Date Teacher's Sign



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 fails to arrange themselves in correct sequence.



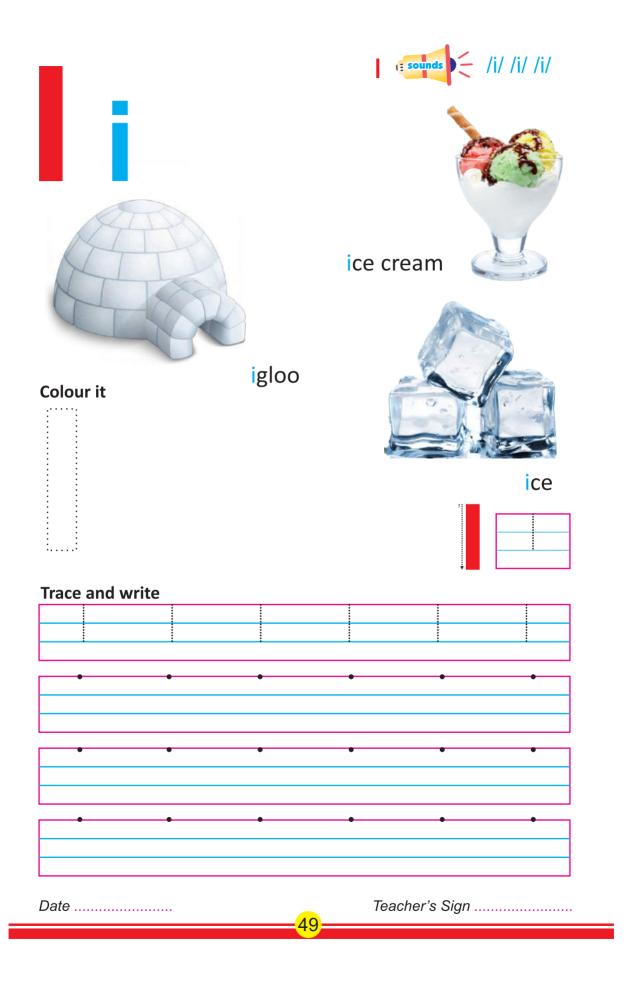


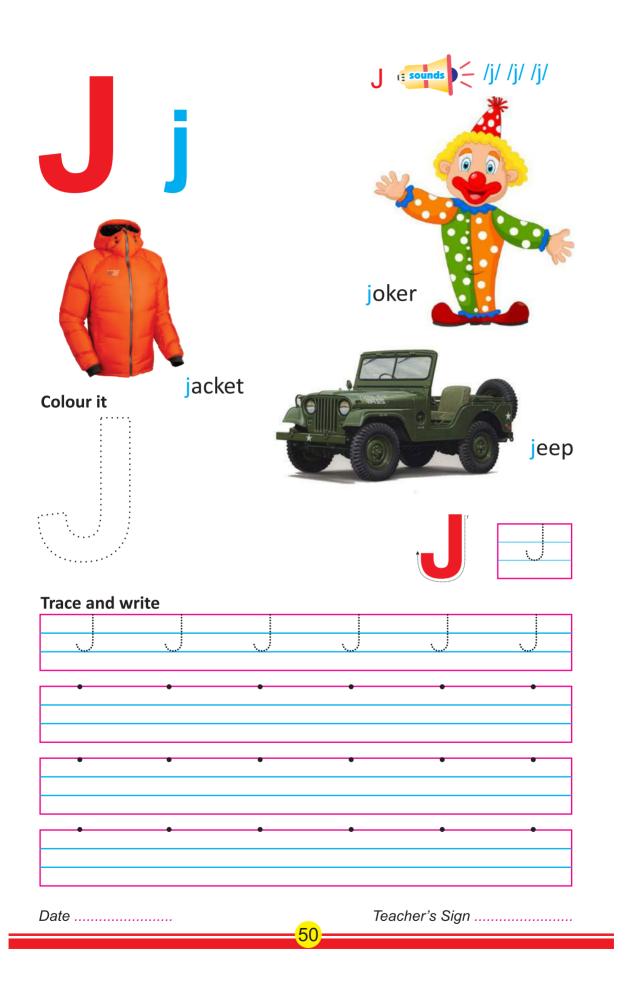
Note for the Teacher

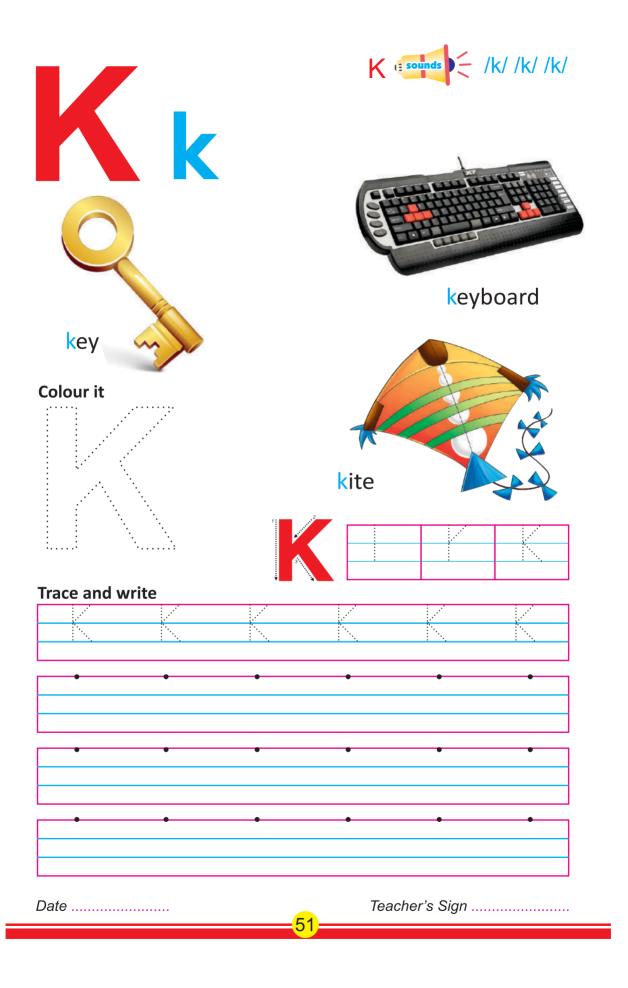
- The teacher will ask the students to act as a train. Students wearing flash cards of letters will act as bogies of the train.
- Classroom objects like pencil/ eraser/ chalk/ colours will be displayed on a table as tickets.
- The number of tickets will be one less than the bogies.
- The students will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

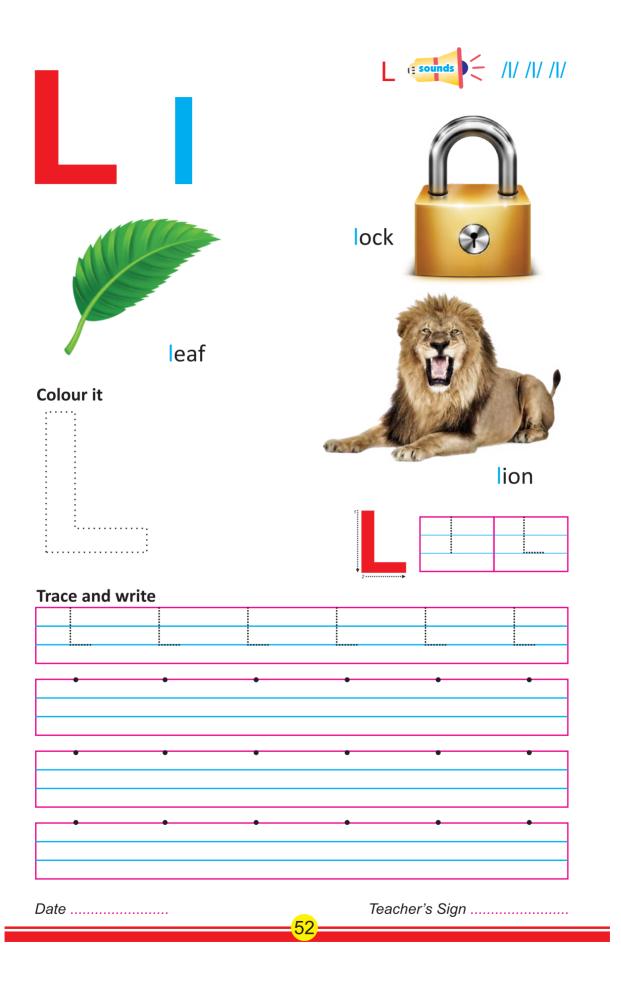
Let's have fun,
Run run run.
Run like a train,
Let's play a game,
Let's play a game.
Who lost the game?
Stop.

- 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.

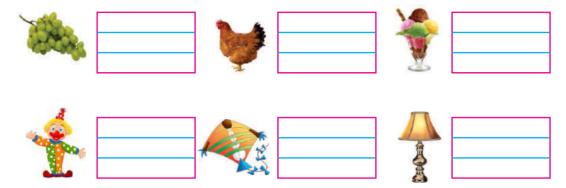








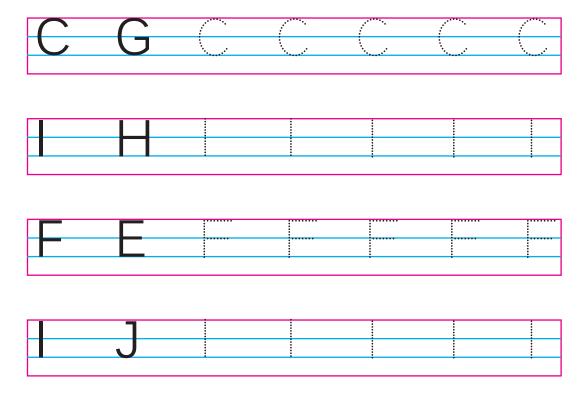
Look at the picture and write the letter



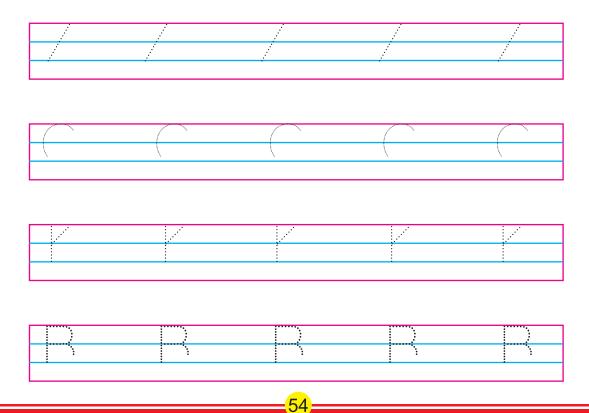
Encircle the correct letter

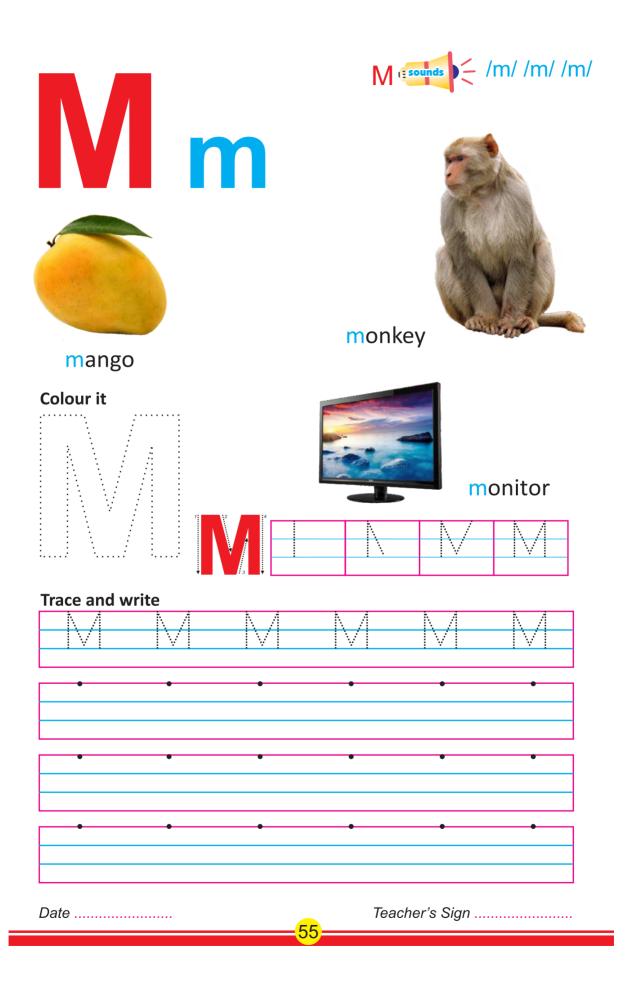


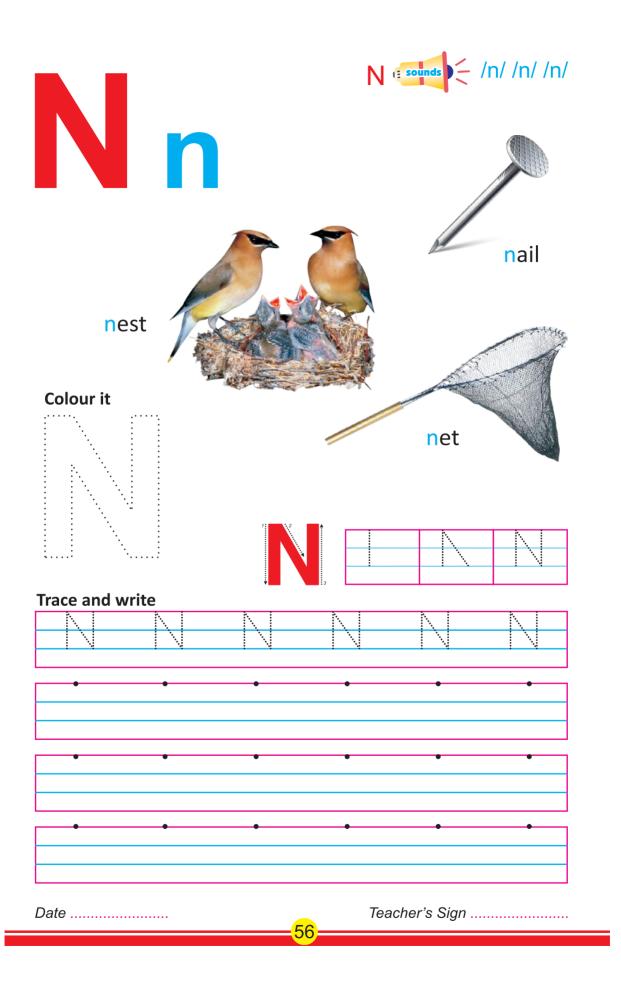
Change the letters as denoted

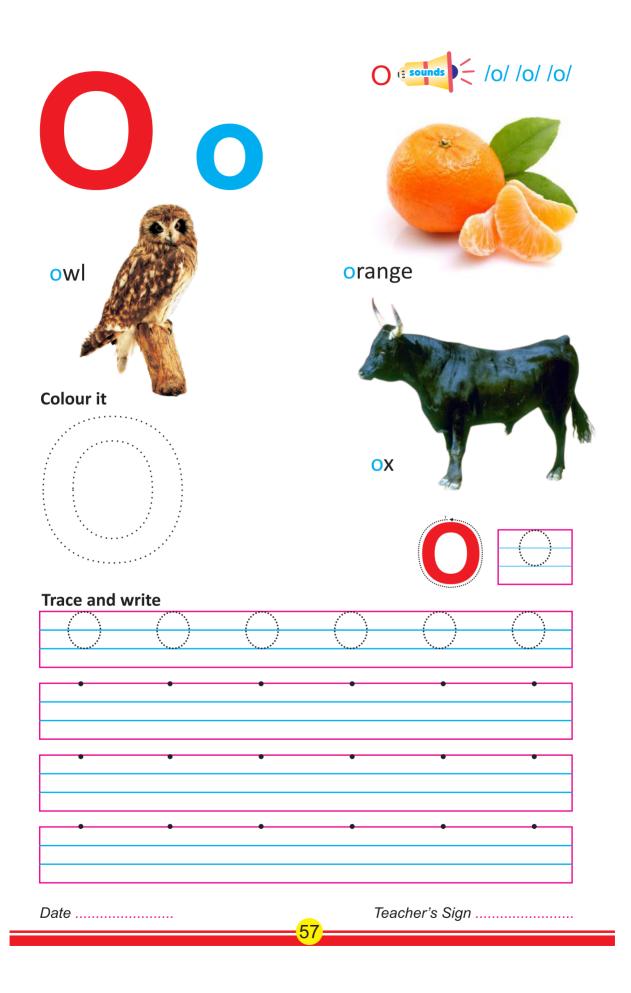


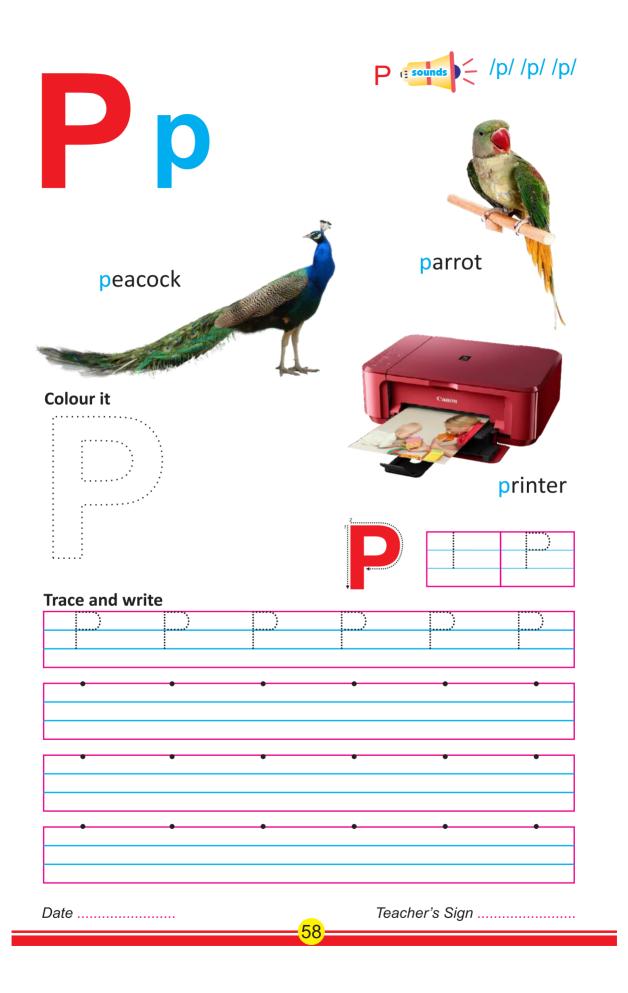
Complete the letter

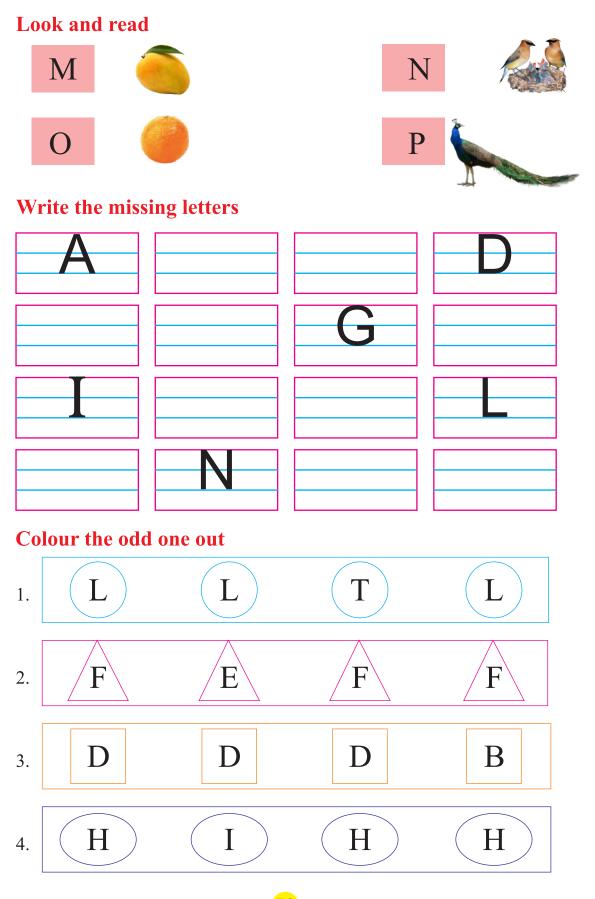








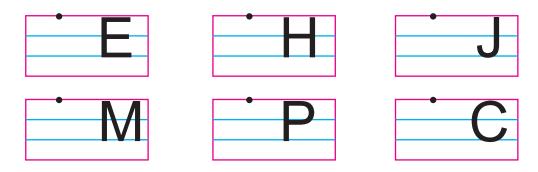




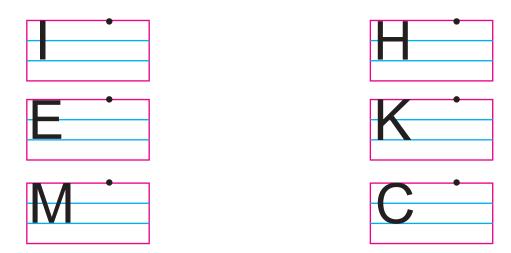
Colour the boxes with letter M

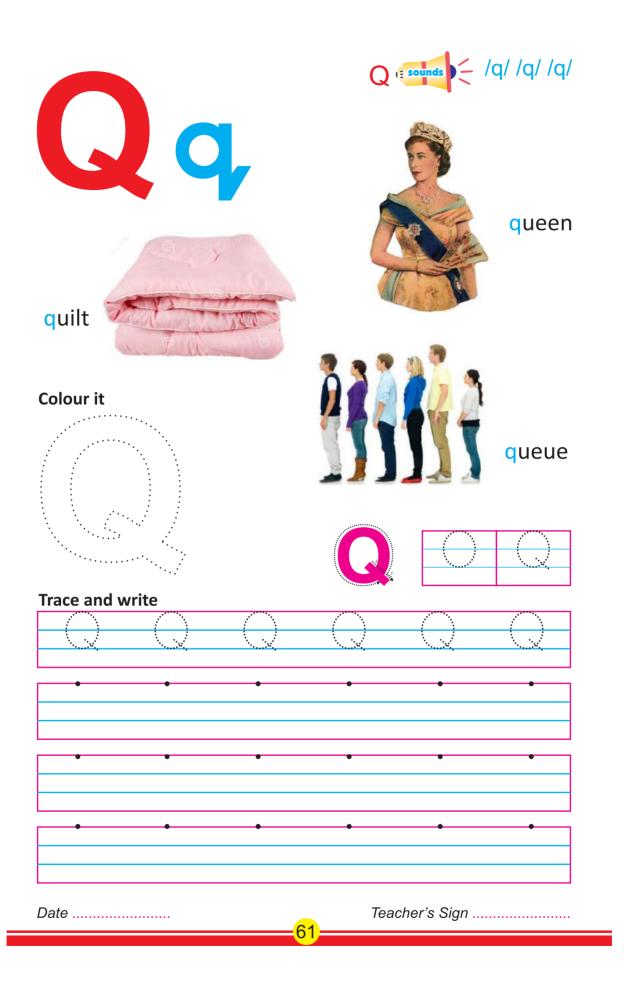
A	Н	M	E
M	K	L	N
I	M	Н	M
M	K	E	N

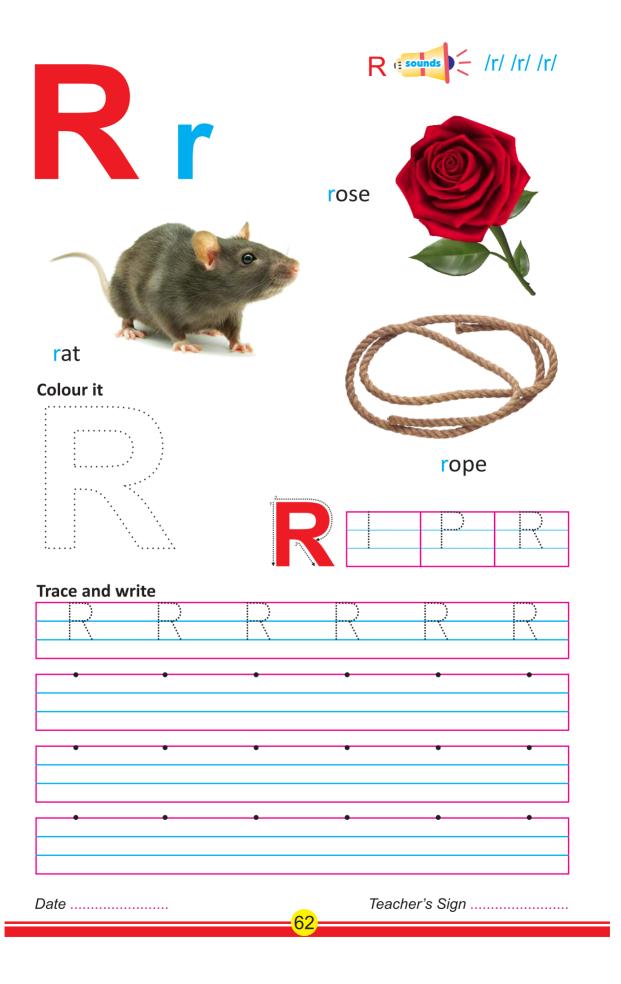
What comes before

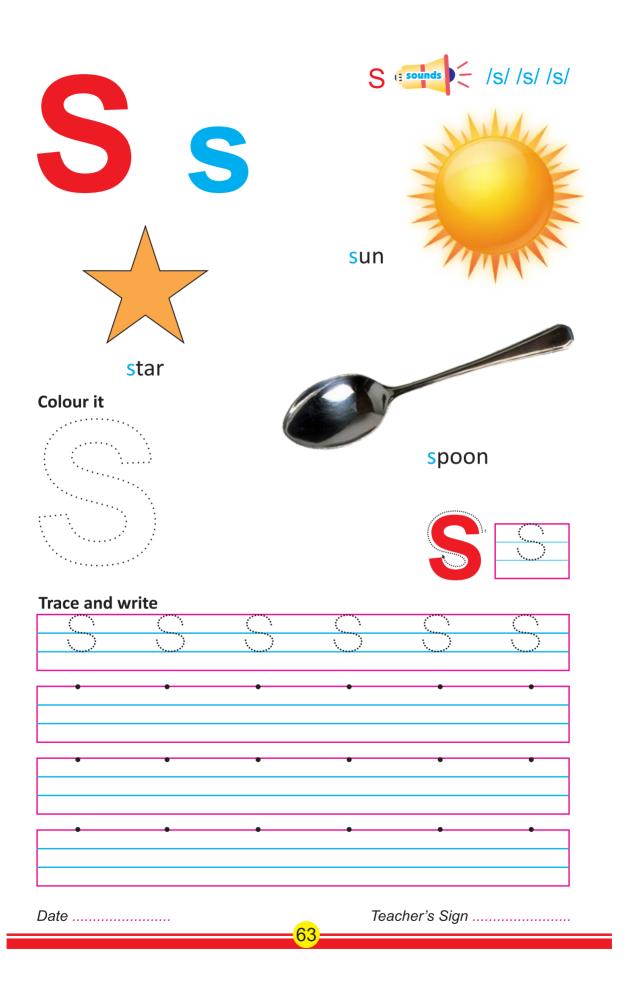


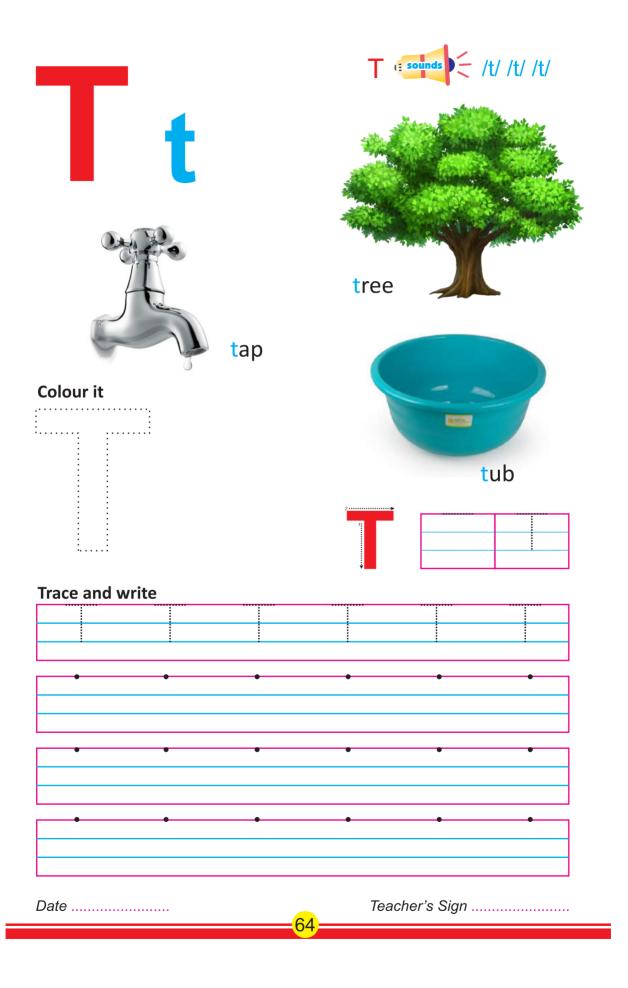
What comes after

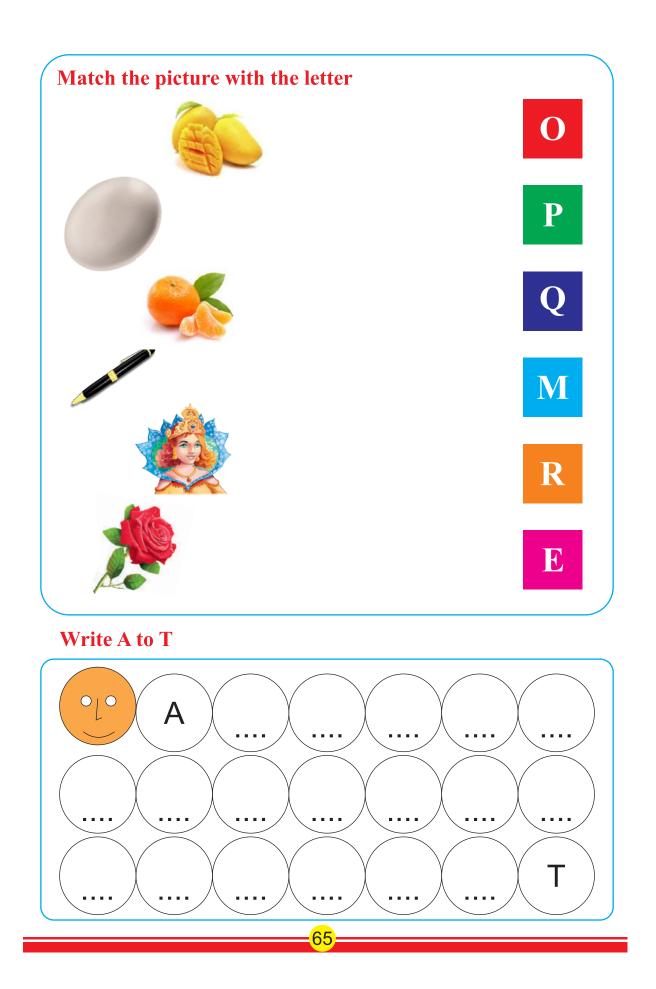








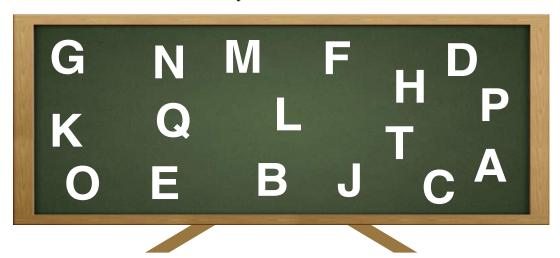




Encircle the matching letter

(F)	Е	T	Ι	F	
G	C	G	L	P	
D	В	O	P	D	
L	I	T	J	L	
В	Е	В	K	F	

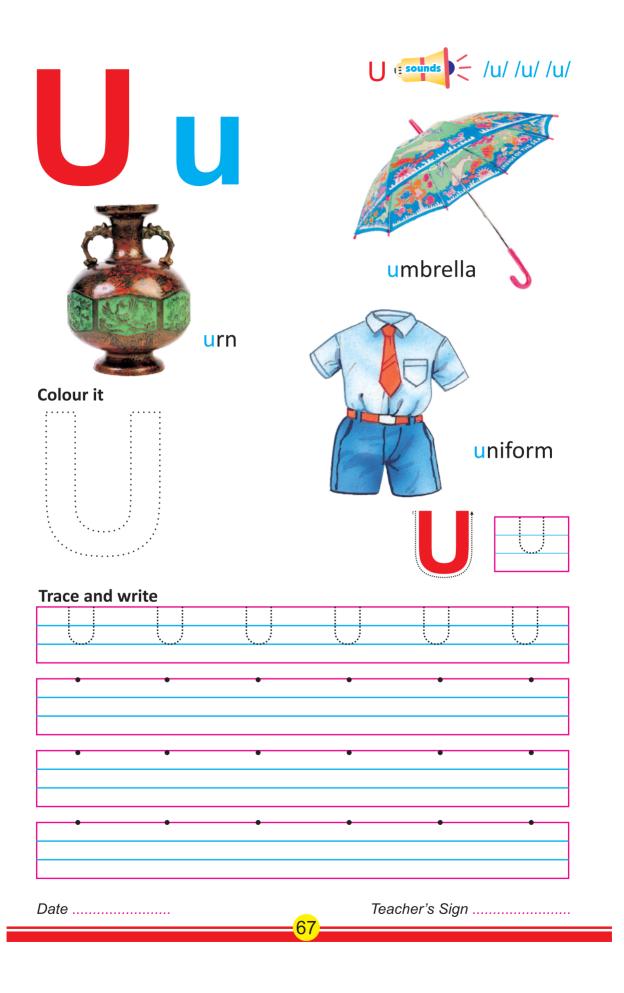
Activity Board Scramble

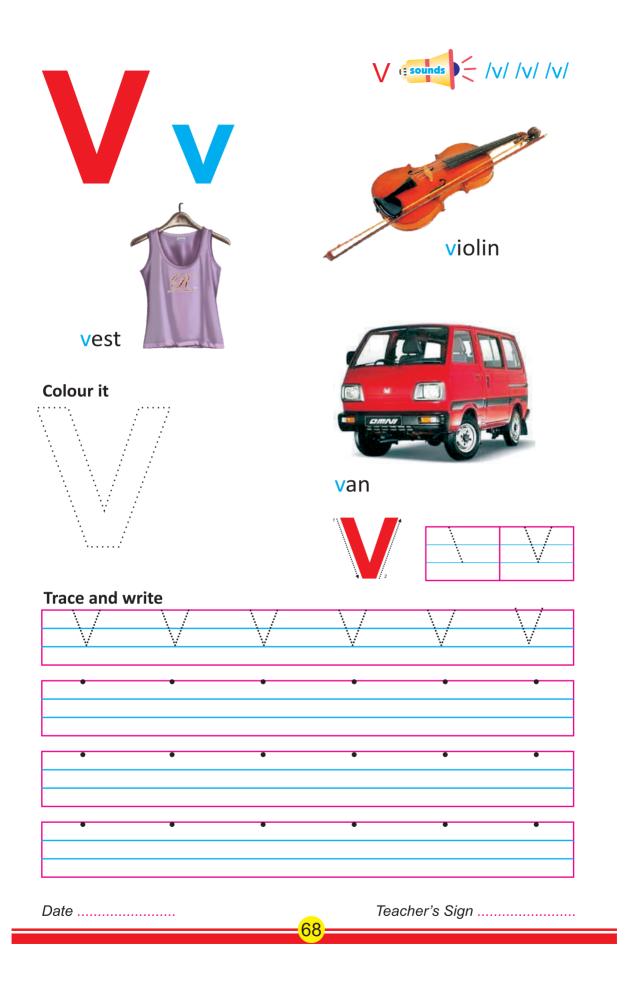


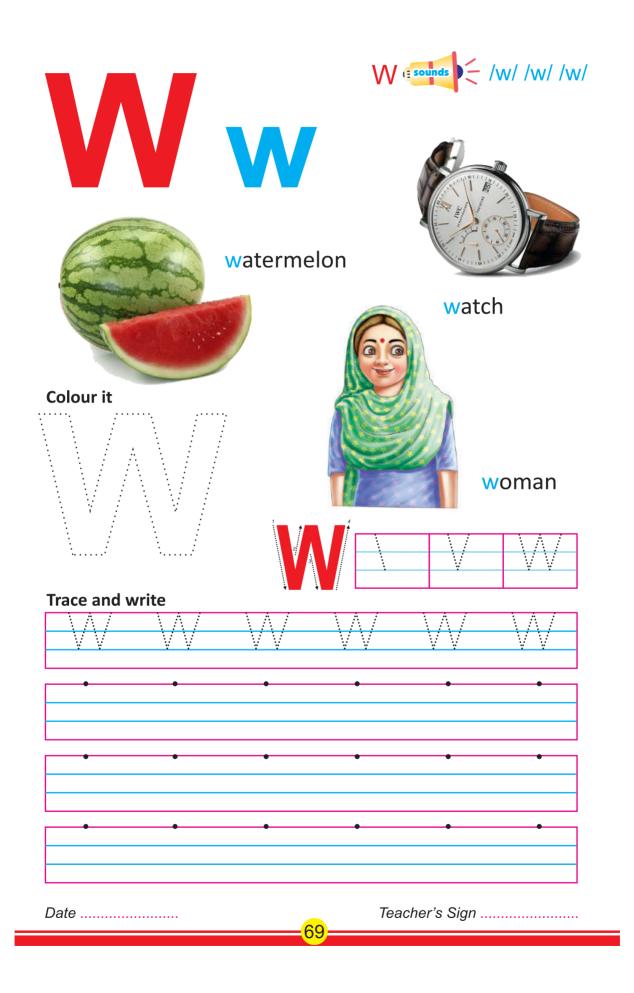


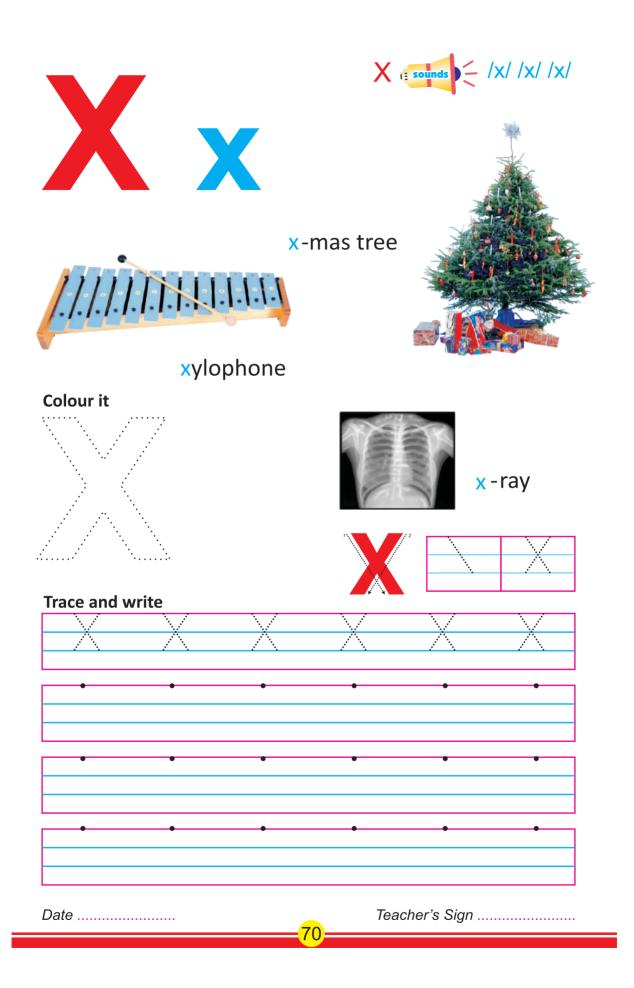
Activity Board scramble

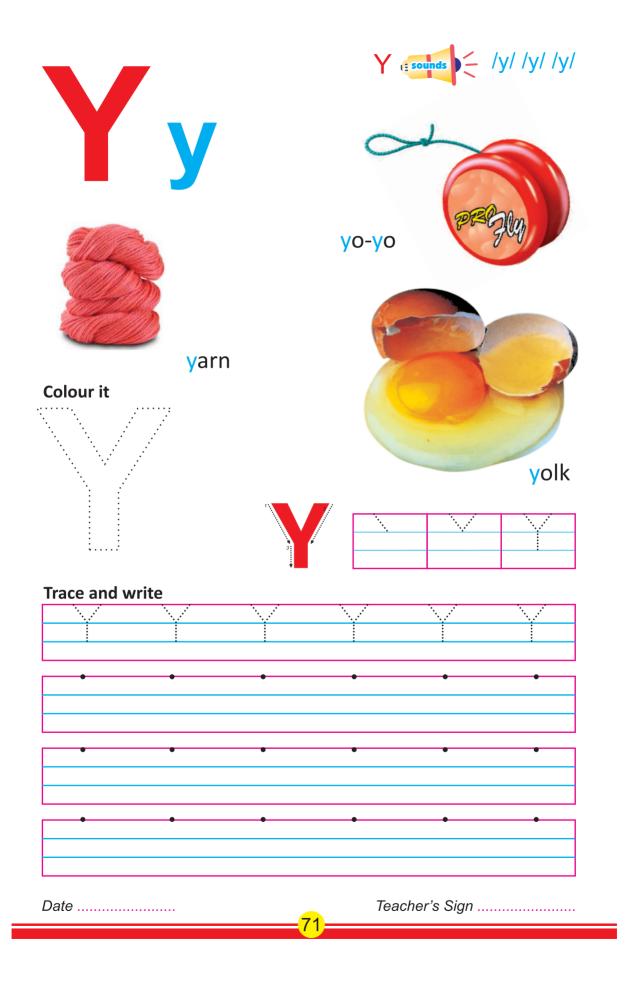
- Divide the class in two groups.
- Write the letters on the black board randomly.
- One student from each team will stand at the same distance from the board. Speak a letter, the student who encircles the letter first will be the winner.
- Repeat the activity with all the members of the teams.

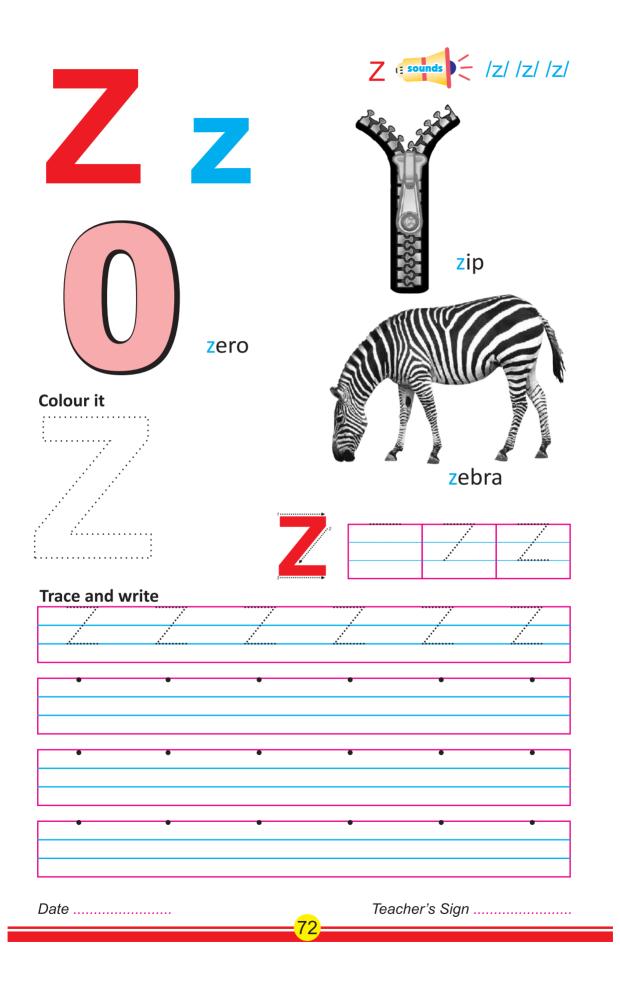












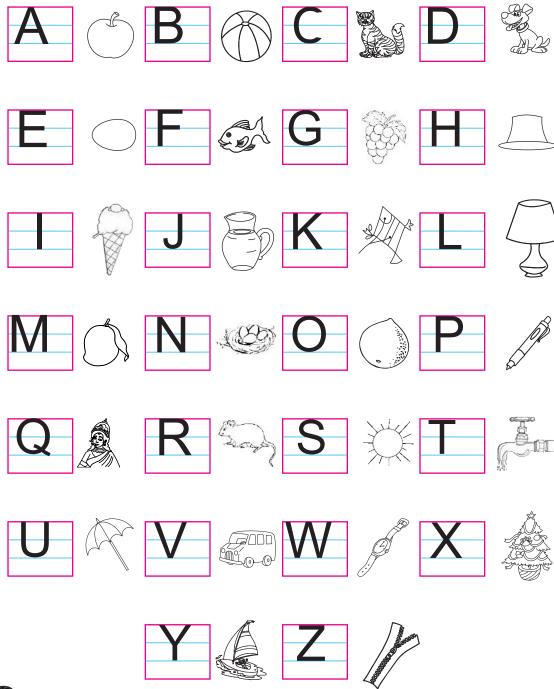
Look and Say





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

Read and Colour

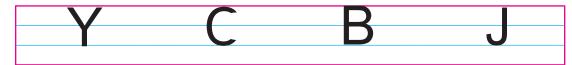




Teacher will develop the habit of drawing pictures along with alphabet.



Read aloud

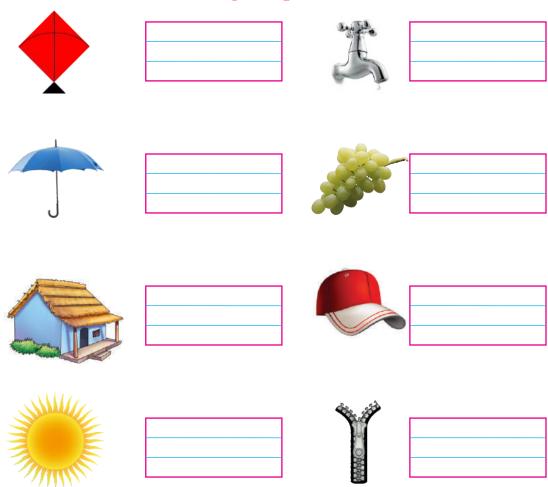








Write the letter for the given picture



Colour the boxes with letter X

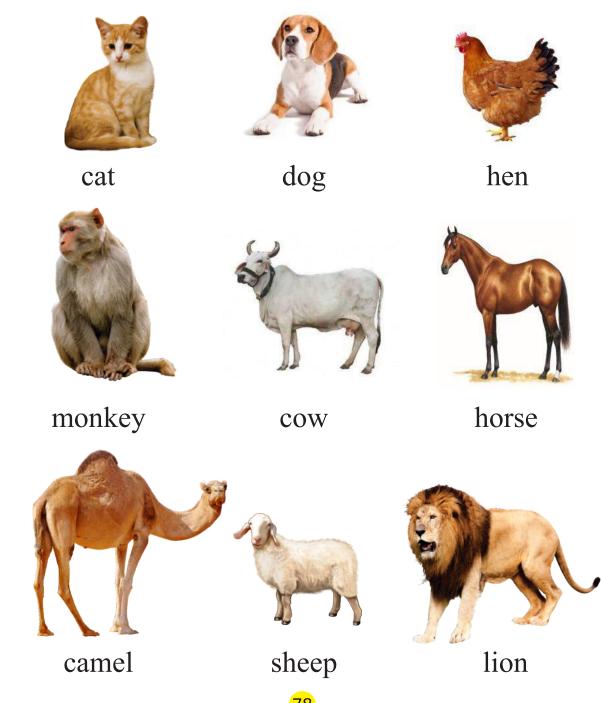
С	G	Q	В	W	N
X	R	U	V	Н	Е
F	О	M	M	X	Y
T	X	S	I	L	X
P	A	M	X	X	Z
X	M	J	M	K	D

Draw the pictures for the given letters						
\mathbf{F}	L					
T	J					
M	W					
В	R					
What comes before						
	V					
R	L					
G	T					
What comes between						
	H					
N P	W · Y					
S · U	P · R					



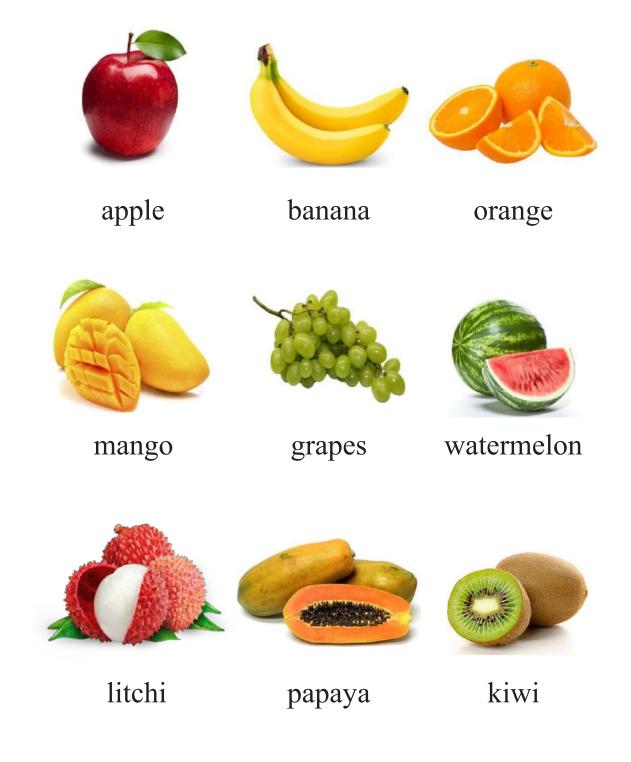
Animals, Fruits and Vegetables

Animals

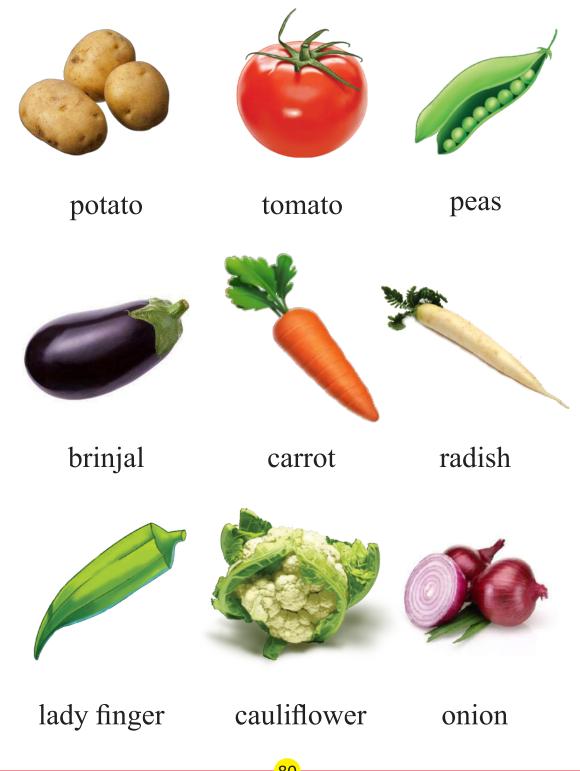


78

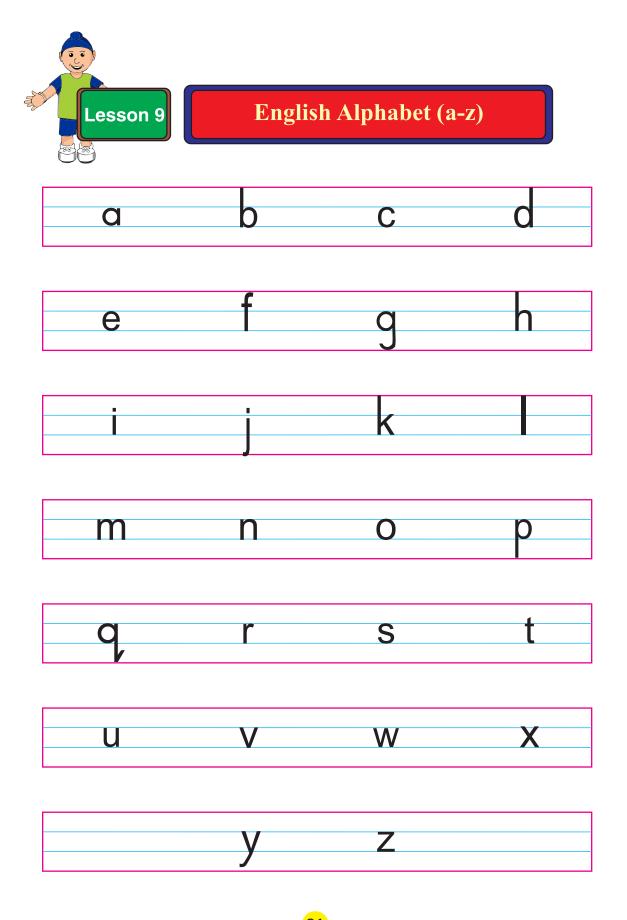
Fruits



Vegetables



80



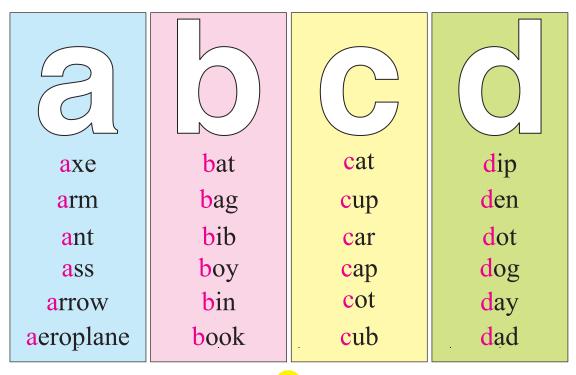
81



/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.



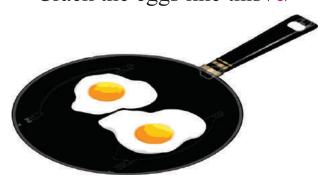
E e

/e/-/e/ eat eggs daily,

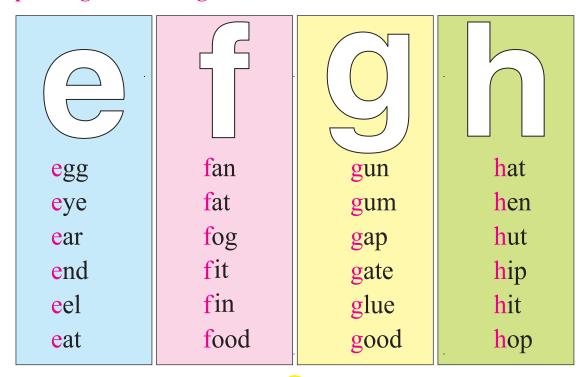
/e/-/e/ eat eggs daily,

/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.

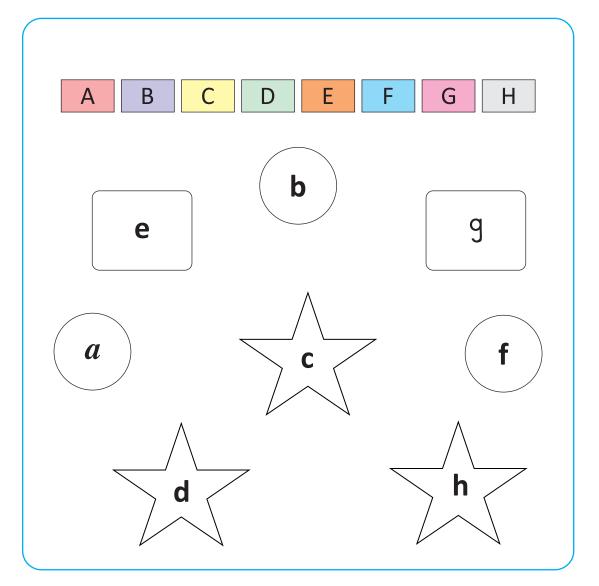


Let's Practice

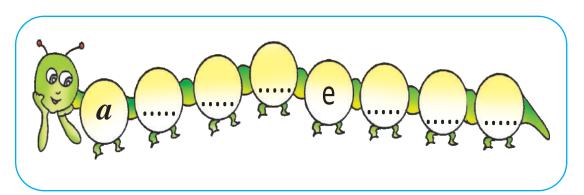
а	•	•	•	•
b	•	•	•	•
С	•	•	•	•
d	•	•	•	•
е	•	•	•	•
f	•	•	•	•
g	•	•	•	•
h	•	•	•	•

84

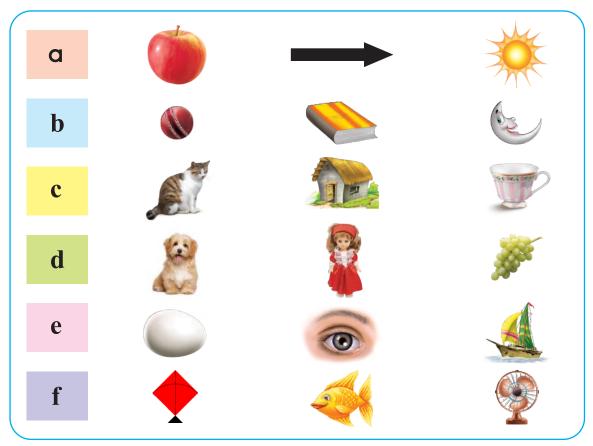
Match the letters



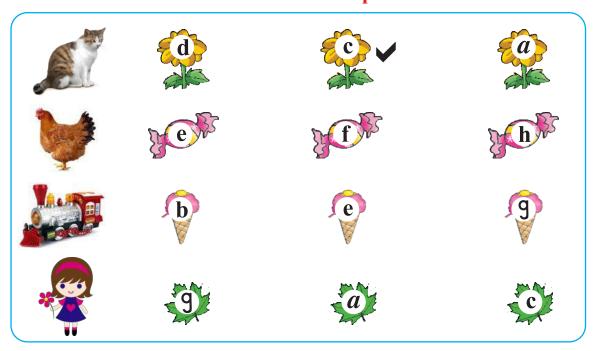
Fill in the blanks



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

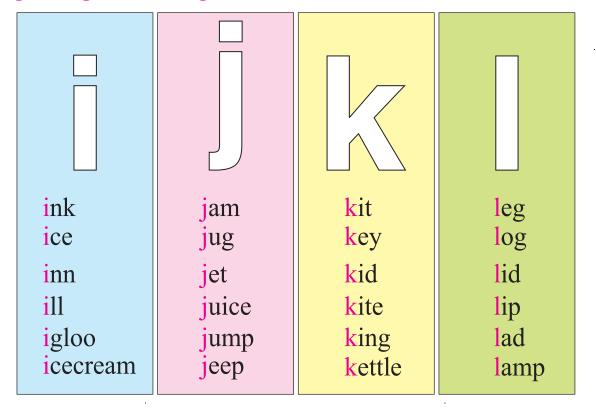


I i

/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.



00

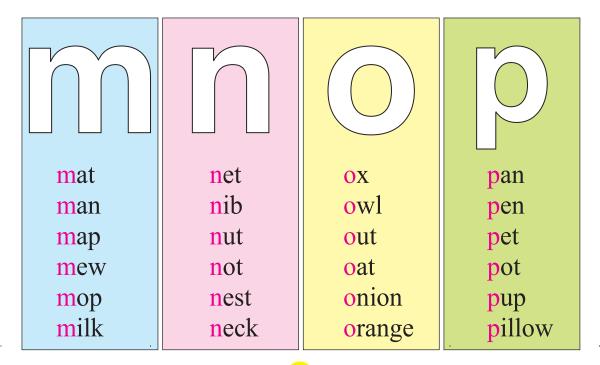
/o/-/o/ orange in the box, /o/-/o/ oats in the box,

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.



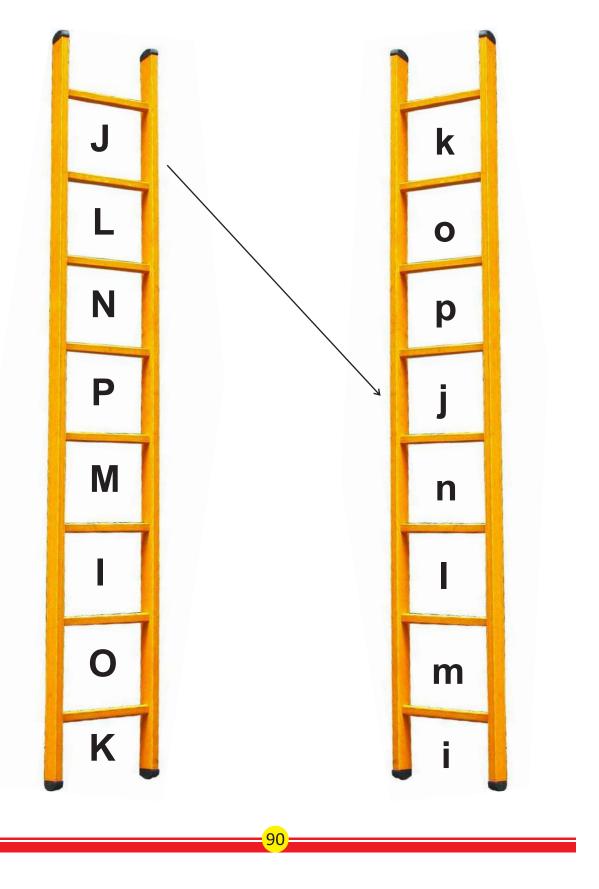
 2

Let's Practice

i	•	•	•	•
•	•	•		•
		•	<u> </u>	•
k	•	•	•	•
	•	•	•	•
m	•	•	•	•
n	•	•	•	•
0	•	•	•	•
р	•	•	•	•

89

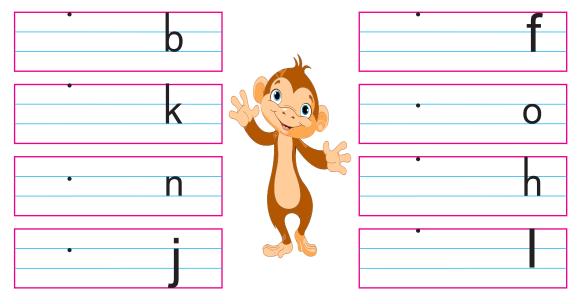
Match the capital letters with small letters



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
p	dip	pen	сар	put

What comes before



Draw picture for the following letters

j	k	
m	I	
С	f	
h	а	
0	е	
b	g	
d	р	

Ss

The snake is in the grass,

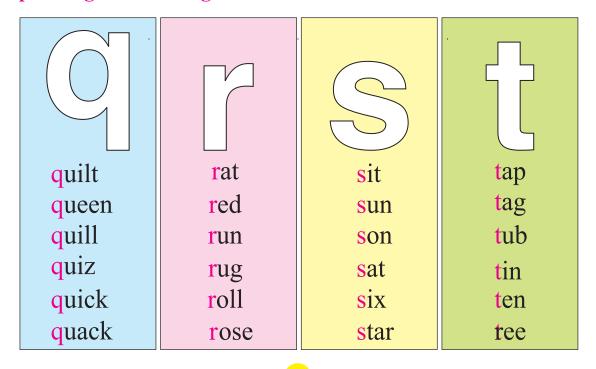
The snake is in the grass,

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.

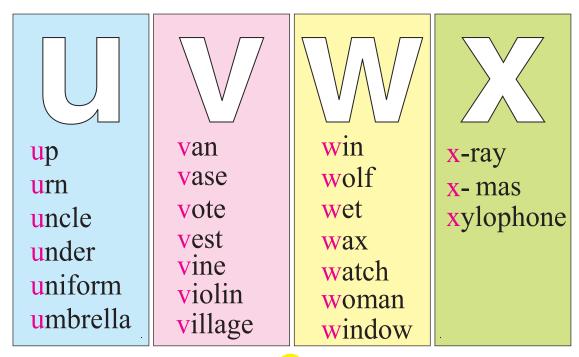


Uu

/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.



94

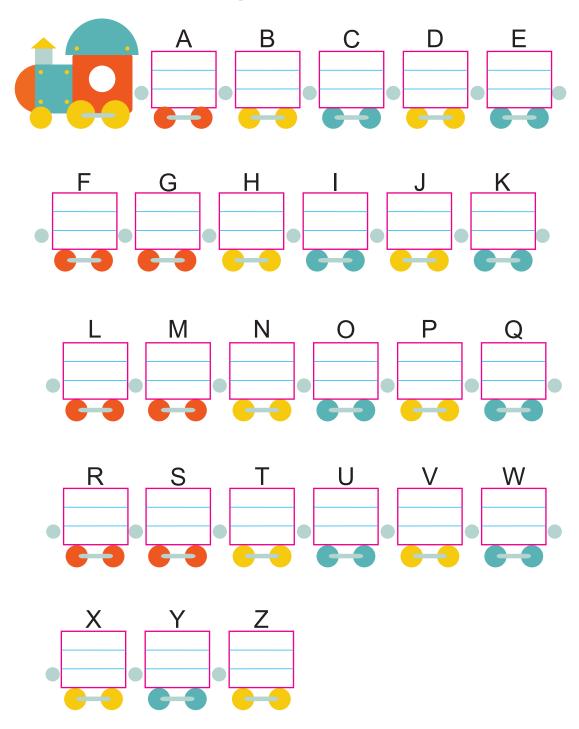
Let's Practice

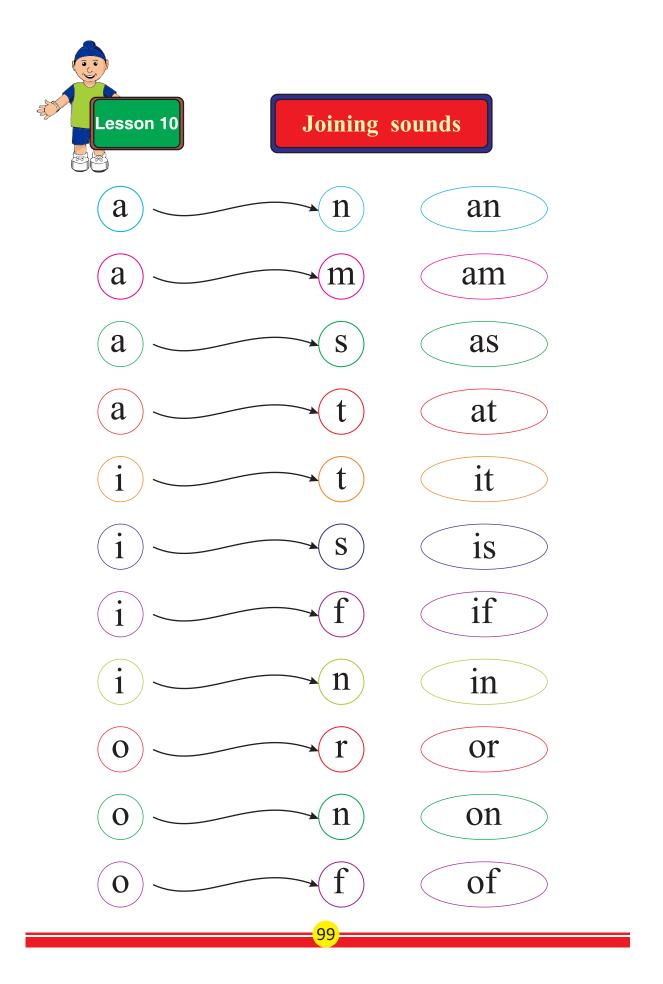
q,	•	•	•	•
r	•	•	•	•
	•	•	•	•
S	•	•	•	•
t				
u	•	•	•	•
V	•	•	•	•
\/\/	•	•	•	•
VV				
X	•	•	•	•

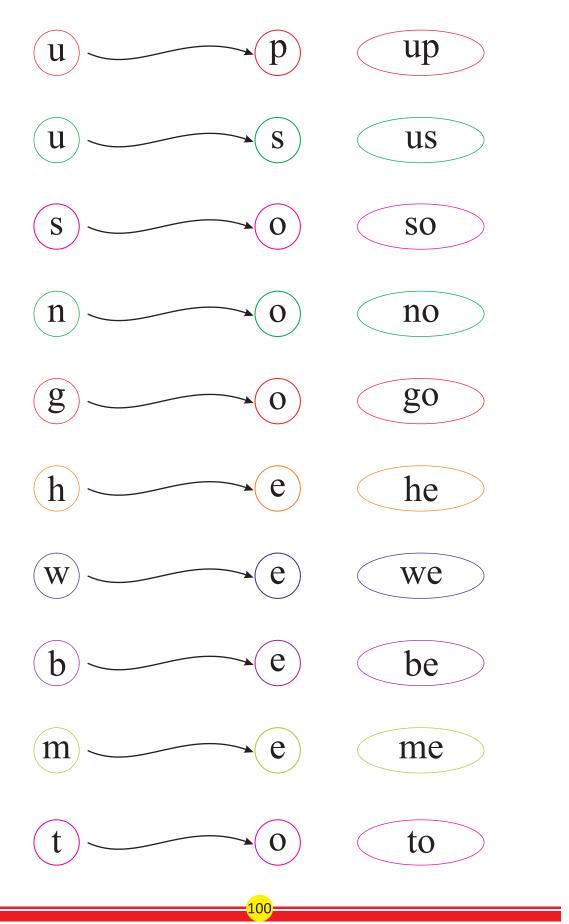
Match the capital letters with small letters Q u W S R t V r S W U V T q yes zip yatch **Z**00 yo-yo zen yellow zebra yawn zero yolk 96

Let's Practice

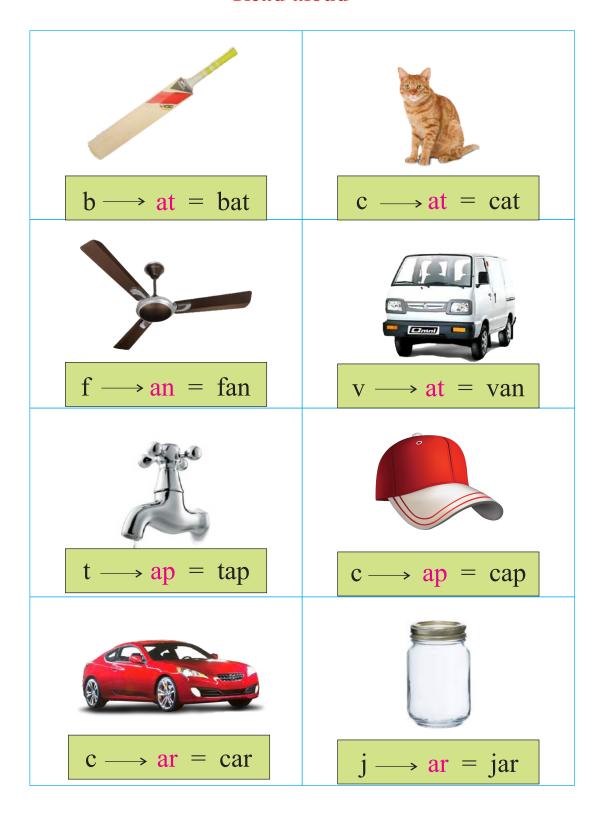
Write small letters for given letters



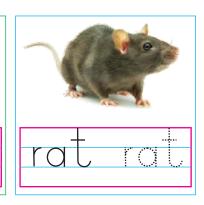




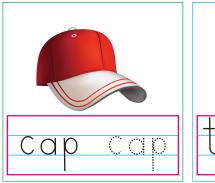
Read aloud







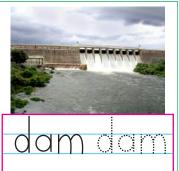






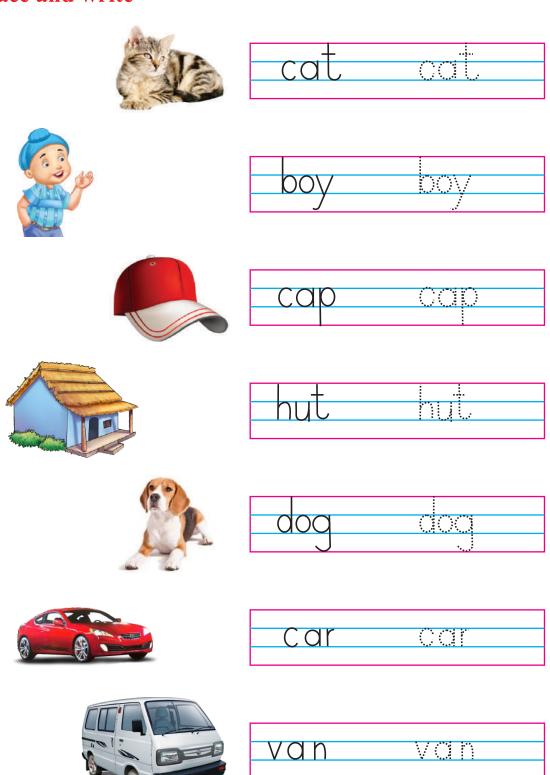








Trace and write





In / On



a cat in a hat



a fish in a pot



a dog on a box

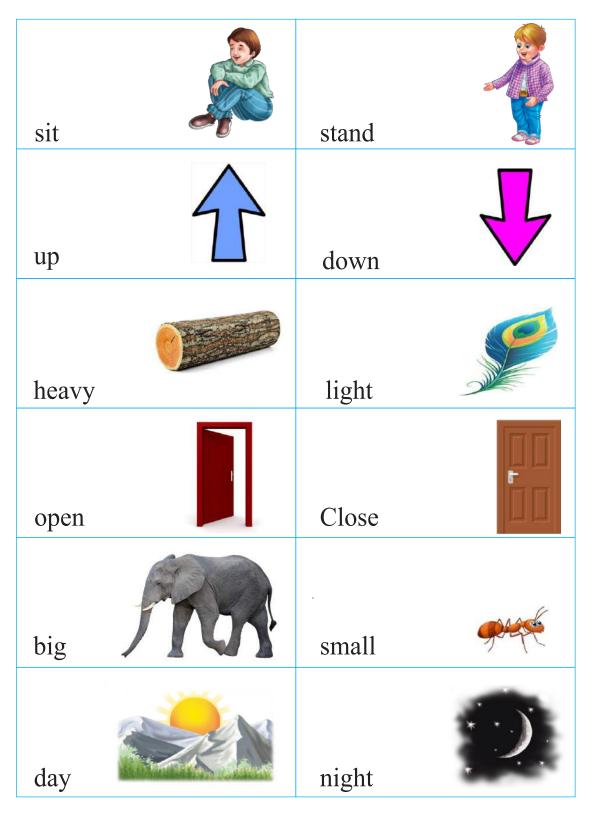


a bird on hut



a cat on mat

Opposites



Write proper sequence of pictures

A. B.

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?

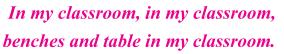
In my classroom, in my classroom, blackboard and chalk in my classroom.



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? What do you see?







Note for

the teacher

Ask the learners to practise 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.



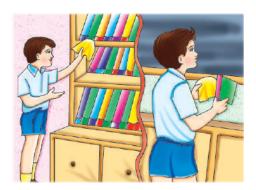
Take, take, take, your bath,
Take it everyday.
Father, mother, brother, sister,
Take it everyday.



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





