

Grade 7

Sifal School (DSS) follows the course prescribed by the Curriculum Development Center (CDC), government of Nepal.

However, to maintain the world class standard on Mathematics and Science with the enhanced focus on Essential Skills, Language Skill, ECA Skill and Academic Fundamentals, the school has also developed its own multiple DSS Credit courses. Such courses are believed to be highly contextual and pragmatic.

SN	Subject	Credit Hours	Annual Course Hours	Course Type
1	Nepali	5	160	CDC Credit
2	English	5	160	CDC Credit
3	Mathematics	5	160	CDC Credit
4	Science & Technology	5	160	CDC Credit
5	सामाजिक अध्ययन	5	160	CDC Credit
6	Health and Physical Education	3	96	CDC Credit
7	<i>Newari Language</i>	2	70	<i>*DSS Credit</i>
8	<i>Sanskrit</i>	2	70	<i>*DSS Credit</i>
9	<i>Coding</i>	2	70	<i>*DSS Credit</i>
10	<i>DSSTalk</i>	1	35	<i>*DSS Credit</i>
11	<i>Nepali Reading</i>	2	70	<i>*DSS Credit</i>
12	<i>English Reading</i>	2	70	<i>*DSS Credit</i>
13	<i>ECA on Performing Arts</i>	2	70	<i>*DSS Credit</i>
14	<i>ECA on Sports</i>	2	70	<i>*DSS Credit</i>

Under the ECA on Performing Arts, DSS teaches the following courses

1. Dance
2. Music & Vocal
3. Theater
4. Visual Art

Students will select either of the above-mentioned courses on ECA on Performing Arts.

Under ECA on Sports, DSS teaches the following courses

1. Badminton
2. Basketball
3. Chess
4. Table Tennis
5. Taekwondo ITF
6. Yog & Meditation

Students will select either of the above-mentioned courses on ECA on Sports.