

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	4	128	CDC Credit
2	English	4	128	CDC Credit
3	Mathematics	5	128	CDC Credit
4	Science & Technology	5	128	CDC Credit
5	सामाजिक अध्ययन	5	128	CDC Credit
6	Health Physical & Creative Art	2	64	CDC Credit
7	Nepal Bhasa	2	64	CDC Credit
8	<i>Sanskrit</i>	2	64	<i>*DSS Credit</i>
9	<i>Coding</i>	2	64	<i>*DSS Credit</i>
10	<i>DSSTalk</i>	1	32	<i>*DSS Credit</i>
11	<i>Nepali Reading</i>	2	64	<i>*DSS Credit</i>
12	<i>English Reading</i>	2	64	<i>*DSS Credit</i>
13	<i>ECA on Performing Arts</i>	2	64	<i>*DSS Credit</i>
14	<i>ECA on Sports</i>	2	64	<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 the ECA on Sports, DSS teaches the following courses as a part of Exclusive Clubs

1. Athletics
2. Badminton
3. Basketball
4. Chess
5. Cricketsal
6. Futsal
7. Gymnastic
8. Swimming
9. Table Tennis
10. Taekwondo ITF
11. Volleyball
12. Yog & Meditation

Students will select either of the above-mentioned courses.