

Middle Program  
The Heritage School, Gurgaon

**Expedition Grid**

Grade 4	Grade 5	Grade 6	Grade 7
<p><b>Where am I? (<i>Maps and Directions</i>)</b></p> <p>This expedition invites students to explore the basics of Map reading and the cardinal directions. They will learn how to give directions and take directions to reach a destination. Children will learn about the importance of landmarks, directions and how they help in knowing ‘Where am I?’</p> <p>Product: As a culminating product, students will create school route cards which will help visitors navigate different important landmarks in the school.</p>	<p><b>Meet the Tree</b></p> <p>This expedition will help students develop an emotional and cognitive connect with trees. In order to understand the importance of trees and the need to conserve them, the students will conduct a detailed study of a tree, its structure and functions. The students will be provided experiences to hone the process skills of observation and recording. Students will also get an experience to be active citizens and work along with an NGO to conserve trees in the city of Gurgaon. This will inculcate in them a sense of responsibility for our ecosystem.</p> <p>The Khoj to the Sal Jungles of Jim Corbett National Park is an integral part of this expedition. As part of the Khoj, students will study the flora and fauna of a Forest ecosystem, focusing on Inter-relationships and conservation.</p>	<p><b>Bridging our Yesterday and Today</b></p> <p>Children will study about the development of man from hunter/gatherer to modern society and learn how the society changes with the changing human behaviour. Students will learn about the notion of civilization, power and territorial expansion and finally the need for self-actualization. ‘To understand change we begin by observing events and patterns and then go deeper by inferring the underlying structures that cause change, will be the learning through all projects in this expedition.</p> <p>Of all the arts, theatre is the one most concerned with the study of humanity. Students will use theatre as a medium to experience history through their bodies and emotions. They will communicate their understanding through a dramatic presentation, a particular time, place, and culture.</p>	<p><b>My Body My Life</b></p> <p>In this Learning Expedition, students will study common lifestyle and environmental disorders and how they impact the human body. For understanding how to be healthy, and prevent these disorders, students will be impelled to study body systems and how they function when they are in a healthy state. Gaining an insight into our bodies and the functioning of different systems and organs is empowering and is the first step to live a healthy life.</p> <p>As a part of service learning, they will spread awareness by setting up a health camp in the school. During the health camp, they will study the health risks in the community special arising out of lifestyle and environmental hazards.</p>
<p><b>Nature our Teacher</b></p> <p><b>Birds Khoj</b></p>	<p><b>How a historian works</b></p> <p>In this expedition, students will study the importance of the sources of history with special focus on Buildings</p>	<p><b>Food and Health</b></p> <p>This expedition helps students connect with the idea of ‘I am what I eat’ and allows them to explore the question -</p>	<p><b>Be the Change</b></p> <p>This expedition will involve an enquiry into the social and political structure</p>

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<p>“Nature Our Teacher” is a learning expedition which provides myriad experiences to enable children to appreciate nature as an inspiration for inventions and innovations. Children will be able to build an understanding about inventions with the help of bio-mimicry. Students will study several important inventions and inventors and understand how nature inspired these inventions.</p> <p>The <b>Birds Khoj</b> to Bharatpur Birds Sanctuary will be part of this expedition. The <b>Birds Khoj</b> invites students to take a close look at birds and their habitat (wetlands) both in their neighbourhood, and also in the bird sanctuary, and study the structural and behavioural adaptations of birds.</p>	<p>as a source of history. Students will study about the past using various sources, case studies and movies. They will interact with archaeologists and historians to gain first hand information on how to construct history. Visiting monuments and historical places will be integral to their learning.</p>	<p>‘What does it take to grow and eat healthy food?’ It also includes the scientific study of different components of food present in various food items. They will understand the importance of each of these components for the well-being of the human body and understand aspects of growing and eating nutritious and healthy food that enables them to lead healthy lives. During this expedition, students will audit the food that students and teachers eat in the school.</p> <p>Through the <b>Food and farming Khoj</b> students will work with their hands on organic farming and learn to cook organic food. This is an integral part of this expedition. They will ultimately apply their learning to prepare a <b>Balanced menu</b> for their families and the extended community.</p>	<p>prevalent in the Indian subcontinent over a period of 10 Centuries. The impact of different kingdoms, empire and the governing styles of the rulers during this time have played a significant role in the construction of these structures, some of which continue to exist even today. Children will be able to observe and build a connection between the style of governance and its effect on the society at large. The right to Equality and Justice will be closely examined prerequisites of a Democratic set up.</p> <p>In the <b>Desert Khoj</b>, students will experience the presence of a local governing body. They will also look into the prevalence of gender and other social issues in the community under study. Students will further take up an in depth study of Children’s Rights which are a part of the Indian Constitution. They will join hands with an NGO. They will hold an awareness campaign to educate the society of the importance of children getting their rights.</p>