



GURU MANEYO GRANTH KHALSA SCHOOL

Syllabus 2026–27

ਪੱਧਰ ੧ਏਬੀ, ਜਪ੍ਹੜ੍ਹਖ਼ੜ

The whole Gurmukhi alphabet and reading Punjabi. Everything your child will learn this year, Sunday by Sunday.

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Book 1AB

Level 1AB

Book 1AB · Learn Penty and Read Punjabi · Book 1AB-G · Gurmat Sikhia



Level 1AB Syllabus ਪੱਧਰ ੧ਏਬੀ

2026–27 school year · The whole alphabet and Mukta words

Level 1AB covers the whole Gurmukhi alphabet and reading Punjabi. Over thirty Sunday lessons children learn all 35 letters, the sound modifiers Adhak, Tippi and Bindi, read and write Mukta words, learn at least 200 words, count to twenty and memorize Paudi 1–5 of Japuji Sahib. Lessons follow the Level 1AB Pacing Guide.

BOOKS

Stepping Stones **Book 1AB** · Learn Penty and Read Punjabi
Gurmat **Book 1AB-G** · 2024 edition
Level 1AB Pacing Guide

KEY DATES

Week 1 · Aug 16 — welcome Sunday
Week 2 · Aug 23 — Lesson 1, classes start
Final test May 16 · awards May 23

What students will learn

- ☐ The Gurmukhi alphabet — all 35 letters
- ☐ Adhak, Tippi and Bindi
- ☐ Count to twenty in Punjabi
- ☐ At least 200 vocabulary words
- ☐ Read and write Mukta words
- ☐ The names of the rainbow colours in Punjabi
- ☐ Read at least 30 words per minute
- ☐ Memorize Paudi 1–5 of Japuji Sahib

How a Sunday runs

50–55 MIN

Punjabi / Gurmukhi

Speaking, spelling and fluency test, homework check 20 min · new lesson 15–20 min · practice 15 min

35–40 MIN

Gurmat / Gurbani

New Gurbani lines 5 min · peer or individual Paath 10 min · lesson and discussion 15–20 min

30 MIN

Assembly / Diwan

Naam Simran, Panj Paudiaan, the Sikh Gurus, Panj Piaray, Chaar Sahibzaaday and announcements. Attendance is required.

Tests and grading

The passing score for Level 1AB is **95%**.

Reading fluency

Every week. One minute, read and record words per minute. Goal 30 WPM. The week's list is named in the homework sheet.

Spelling

From week 4 onward. Missed words are written ten times each for homework.

Midterms and final

Midterms on Nov 15 and Feb 21. Gurbani and holistic tests in the closing weeks. Final test May 16.

Homework — the 7 minute magic

Children spend five days a week at regular school and a couple of hours here on Sunday. A few minutes every day is what makes Punjabi stick. Any unfinished classwork is homework.

1 MINUTE

Reading fluency

Read the week's word list. Write the WPM in the log.

3 MINUTES

Copy words

Copy words from the current Book 1AB lesson into a notebook.

3 MINUTES

Japuji Sahib

Memorize one new line. Say it ten times.

Parents: please read the week's Gurmat lesson with your child, help them practise the speaking topic before class, and sign the 7 Minute Magic log each month.

Week by week

Week 1 (August 16) is the welcome Sunday — meet and greet, books and backpacks, level placement. There is no lesson. Classes start on week 2.

WEEK	DATE	CLASSWORK · BOOK 1AB	GURMAT · BOOK 1AB - G	GURBANI	HOMEWORK
2	Aug 23	Lesson 1 · pages 1–3 · letters ਓ ਅ	Book 1AB-G · read the table of contents	Book 1AB-G page 32 · memorize Mool Mantar	Pages 4–5 · Mool Mantar Paath every day
3	Aug 30	Review Lesson 1 · Lesson 2 · pages 6–9 · Adhak, Tippi, Bindi and ਫਿ	Book 1AB-G Lesson 1 · page 2	Page 33 · Mool Mantar	Pages 10–11 · Mool Mantar Paath · read the Gurmat lesson with family
4	Sep 6	Review Lesson 2 · Lesson 3 · pages 12–14 · ਆ ਟ, Kanna and Kanna-Bindi	Book 1AB-G Lesson 2 · page 3	Page 34	Pages 15–17 · fluency and spelling list week 4 (page 185)

WEEK	DATE	CLASSWORK · BOOK 1AB	GURMAT · BOOK 1AB - G	GURBANI	HOMEWORK
5	Sep 13	Fluency test week 4 · spelling test · Sunday review page 18 · Lesson 4 · pages 19–21	Book 1AB-G Lesson 3 · pages 4–5	Paudi 1 · lines 1–2 (page 35)	Pages 22–24 · fluency and spelling list week 5
6	Sep 20	Fluency test week 5 · spelling test · Lesson 5 · pages 25–27	Book 1AB-G Lesson 4 · pages 6–7	Paudi 1 · lines 3–4	Pages 28–30 · fluency and spelling list week 6
7	Sep 27	Fluency test week 6 · spelling test · Sunday review page 31 · Lesson 6 · pages 32–37	Book 1AB-G Lesson 5 · pages 8–9	Paudi 1 · lines 5–6	Pages 38–42 · fluency and spelling list week 7
8	Oct 4	Fluency test week 7 · spelling test · Lesson 7 · pages 43–48	Book 1AB-G Lesson 6 · pages 10–11	Paudi 2 · lines 7–8 (page 36)	Pages 49–53 · fluency and spelling list week 8
9	Oct 11	Fluency test week 8 · spelling test · review page 54 · Lesson 8 · pages 55–60	Book 1AB-G Lesson 7 · pages 12–13	Paudi 2 · lines 9–10	Pages 61–65 · fluency and spelling list week 9 (page 186)
10	Oct 18	Fluency test week 9 · spelling test · Lesson 9 · pages 66–68	Book 1AB-G Lesson 8 · page 14	Paudi 2 · lines 11–12	Pages 69–71 · fluency and spelling list week 10
11	Nov 8	Fluency test week 10 · spelling test · Lesson 10 · pages 72–74	Book 1AB-G Lesson 9 · page 15	Paudi 3 · lines 13–14 (page 37)	Pages 75–76 · study for the midterm
12	Nov 15	First midterm · no spelling test · review page 77 · Lesson 11 · pages 78–80	No Gurmat lesson this week	Paudi 3 · lines 15–16	Pages 81–82 · fluency and spelling list week 12
13	Nov 22	Fluency test week 12 · spelling test · Lesson 12 · pages 83–85	Book 1AB-G Lesson 10 · page 16	Paudi 3 · lines 17–18	Pages 86–88 · fluency and spelling list week 13
14	Dec 6	Fluency test week 13 · spelling test · Lesson 13 · pages 89–91	Book 1AB-G Lesson 11 · page 17	Paudi 3 · lines 19–20	Pages 92–94 · fluency and spelling list week 14

WEEK	DATE	CLASSWORK · BOOK 1AB	GURMAT · BOOK 1AB – G	GURBANI	HOMEWORK
15	Dec 13	Fluency test week 14 · spelling test · Lesson 14 · pages 95–97	Book 1AB–G Lesson 12 · page 18	Paudi 3 · lines 21–22	Pages 98–100 · fluency and spelling list week 15
16	Jan 3	Fluency test week 15 · spelling test · Lesson 15 · pages 101–104	Book 1AB–G Lesson 13 · page 19	Paudi 3 · lines 23–24	Pages 105–106 · fluency and spelling list week 16 (page 187)
17	Jan 10	Fluency test week 16 · spelling test · review page 107 · Lesson 16 · pages 108–110	Book 1AB–G Lesson 14 · page 20	Paudi 3 · lines 25–26	Pages 111–113 · fluency and spelling list week 17
18	Jan 17	Fluency test week 17 · spelling test · Lesson 17 · pages 114–116	Book 1AB–G Lesson 15 · page 21	Paudi 4 · lines 27–28 (page 38)	Page 117 · fluency and spelling list week 18
19	Jan 24	Fluency test week 18 · spelling test · Lesson 18 · pages 118–120	Book 1AB–G Lesson 16 · pages 22–23	Paudi 4 · lines 29–30	Pages 121–122 · fluency and spelling list week 19
20	Jan 31	Fluency test week 19 · spelling test · Lesson 19 · pages 123–125	Book 1AB–G Lesson 17 · pages 24–25	Paudi 4 · lines 31–32	Pages 126–127 · fluency and spelling list week 20
21	Feb 14	Fluency test week 20 · spelling test · Lesson 20 · pages 128–131	Book 1AB–G Lesson 18 · pages 26–27	Paudi 4 · line 33	Pages 132–133 · study guide for the midterm · Paath every day
22	Feb 21	Second midterm · no fluency test · review page 134 · Lesson 21 · pages 135–137	No Gurmat lesson this week	Paudi 5 · lines 34–35 (page 39)	Pages 138–139 · fluency and spelling list week 22 (page 188)
23	Feb 28	Fluency test week 22 · spelling test · Lesson 22 · pages 140–142	Book 1AB–G Lesson 19 · pages 28–29	Paudi 5 · lines 35–36	Pages 143–144 · fluency and spelling list week 23
24	Mar 7	Fluency test week 23 · spelling test · review page 145 · Lesson 23 · pages 146–148	Book 1AB–G Lesson 20 · page 30	Paudi 5 · lines 37–38	Pages 149–150 · fluency and spelling list week 24

WEEK	DATE	CLASSWORK · BOOK 1AB	GURMAT · BOOK 1AB – G	GURBANI	HOMEWORK
25	Mar 14	Fluency test week 24 · spelling test · Lesson 24 · pages 151–153	Book 1AB–G Lesson 21 · page 31	Paudi 5 · lines 39–40	Page 154 · fluency and spelling list week 25
26	Mar 28	Fluency test week 25 · spelling test · Lesson 25 · pages 155–157 · ਸ਼ ਖ ਗ ਜ ਢ ਲ	—	Paudi 5 · lines 41–42	Page 158 · fluency and spelling list week 26
27	Apr 11	Fluency test week 26 · spelling test · review page 159 · Lesson 26 · reading pages 161–163	—	Paudi 5 · lines 43–44	Page 164 · keep reading every day
28	Apr 18	Book quiz page 165 · Lesson 27 · reading practice pages 166–169	—	Book 1AB–G pages 34–39 · Paath of all five Paudiaan	Page 170 · Japuji Sahib Paath every day
29	Apr 25	Book quiz page 171 · Lesson 28 · reading practice pages 172–175	—	Paath of all five Paudiaan	Page 176 · study for the final test
30	May 2	Book quiz page 177 · Lesson 29 · reading practice pages 178–180 · study guide	—	Gurbani test · Paath of five Paudiaan	Page 181 · study guide · Paath every day
31	May 9	Book quiz page 182 · Lesson 30 · reading practice pages 183–184 · study guide	—	Gurbani test · Paath of five Paudiaan	Study for the final test

Punjabi speaking topics

Practise the topic at home during the week — children share it in class the following Sunday.

WEEK	DATE	SPEAKING TOPIC
3	Aug 30	Name a fruit and say two things about it
4	Sep 6	Name the parts of the face
5	Sep 13	What is your favourite TV show?
6	Sep 20	What is your favourite cake? Why?
7	Sep 27	What is your favourite ice cream?
8	Oct 4	Say the names of the ten Gurus
9	Oct 11	What do you do with your hands?
10	Oct 18	What do you play at the park?
11	Nov 8	What games can you play with a ball?

WEEK	DATE	SPEAKING TOPIC
12	Nov 15	What can we see with our eyes?
13	Nov 22	Recite Penti Akhari
14	Dec 6	What is your favourite song?
15	Dec 13	What can we smell with our nose?
16	Jan 3	Say rhyming words for ਡੰਗਰ, ਦੰਗਲ, ਕੱਖ, ਕੰਡ
17	Jan 10	How can you do seva?
18	Jan 17	Have you ever told a lie? When?
19	Jan 24	Which fruits are eaten after peeling?
20	Jan 31	Count to twenty in Punjabi
21	Feb 14	Say two things about your friend
22	Feb 21	If you found \$10, what would you do?
23	Feb 28	Say two things about your mother or father
24	Mar 7	Say two things about your brother or sister
25	Mar 14	What is your favourite food? Why?
26	Mar 28	Say the names of the Panj Piaray
27	Apr 11	Which fruits are eaten without peeling?
28	Apr 18	Show and tell
29	Apr 25	Say the names of the Chaar Sahibzaaday

Every Sunday at a glance

DATE	WHAT HAPPENS
Aug 9	Open House · 10:30 AM – 1:30 PM
Aug 16	Week 1 · meet and greet, books and backpacks, level placement
Aug 23	Week 2 · Lesson 1 · classes start
Aug 30	Week 3 · Lesson 2
Sep 6	Week 4 · Lesson 3
Sep 13	Week 5 · Lesson 4 · fluency and spelling tests start
Sep 20	Week 6 · Lesson 5
Sep 27	Week 7 · Lesson 6
Oct 4	Week 8 · Lesson 7
Oct 11	Week 9 · Lesson 8

DATE	WHAT HAPPENS
Oct 18	Week 10 · Lesson 9
Oct 25	Make-up day
Nov 1	No class · Yuba City Nagar Kirtan
Nov 8	Week 11 · Lesson 10
Nov 15	Week 12 · Lesson 11 · first midterm
Nov 22	Week 13 · Lesson 12
Nov 29	No class · Thanksgiving
Dec 6	Week 14 · Lesson 13
Dec 13	Week 15 · Lesson 14
Dec 20	Make-up day
Dec 27	No class · Winter Break
Jan 3	Week 16 · Lesson 15
Jan 10	Week 17 · Lesson 16
Jan 17	Week 18 · Lesson 17
Jan 24	Week 19 · Lesson 18
Jan 31	Week 20 · Lesson 19
Feb 7	Make-up day
Feb 14	Week 21 · Lesson 20
Feb 21	Week 22 · Lesson 21 · second midterm
Feb 28	Week 23 · Lesson 22
Mar 7	Week 24 · Lesson 23
Mar 14	Week 25 · Lesson 24
Mar 21	Make-up day · Bradshaw Nagar Kirtan if confirmed
Mar 28	Week 26 · Lesson 25
Apr 4	No class · Spring Break
Apr 11	Week 27 · Lesson 26
Apr 18	Week 28 · Lesson 27
Apr 25	Week 29 · Lesson 28
May 2	Week 30 · Lesson 29 · gurbani test
May 9	Week 31 · Lesson 30 · gurbani test
May 16	Final test

DATE	WHAT HAPPENS
May 23	Certificates and awards · last day

PARENT ACKNOWLEDGEMENT

I have read the Level 1AB syllabus and I will help my child with reading fluency, spelling practice, Gurmat lessons and Japuji Sahib at home.

Parent signature

Phone

Date