



**INDRADHANU**  
WALDORF SCHOOL

# Grade 1 Curriculum

## Consciousness

# A Crucial Turning Point

Grade 1 marks a crucial turning point in a child's developmental journey. Around age 6 or 7, the child transitions from early childhood's dreamy, imitative world into a more grounded, conscious engagement with the world.

This shift is not just intellectual growth but also a deep awakening of the will, spirit, and soul. This moment is honoured in Waldorf education as the child crosses a threshold—ready to receive the world through story, rhythm, and artistic experience, forming the foundation for a lifelong love of learning.



## Curriculum Overview

# Readiness for Structure

Children in Grade 1 begin to embrace gentle routines and healthy boundaries. In a rhythmic, artistically enriched classroom, they find the security and joy they need to blossom, fostering their emotional and social growth.

Our Grade 1 curriculum is meticulously crafted to cater to the holistic needs of the whole child—head, heart, and hands. It is a comprehensive approach that ensures every aspect of your child's development is nurtured.

## Block Rotation

# Annual Structure

### Term 1

Language | Math | Language |  
Math

### Term 2

Language | Math | Language

### Term 3

Math | Language | Math |  
Language

## Curriculum – Grade 1

# Seven Core Areas



**Language**

**1**

**Mathematics**



**Form Drawing**



**Tamil**



**Music**



**Art**

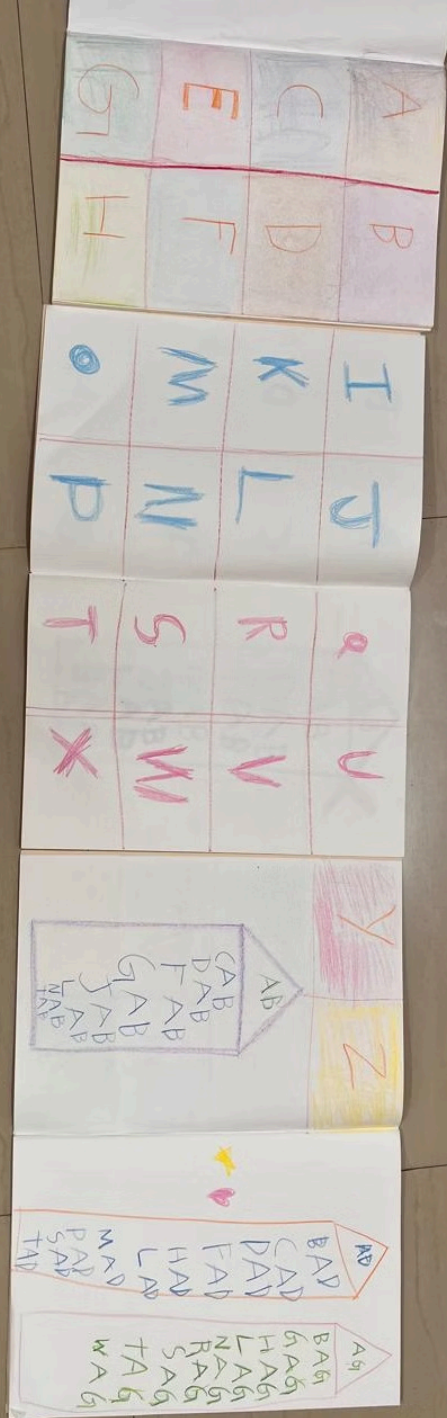


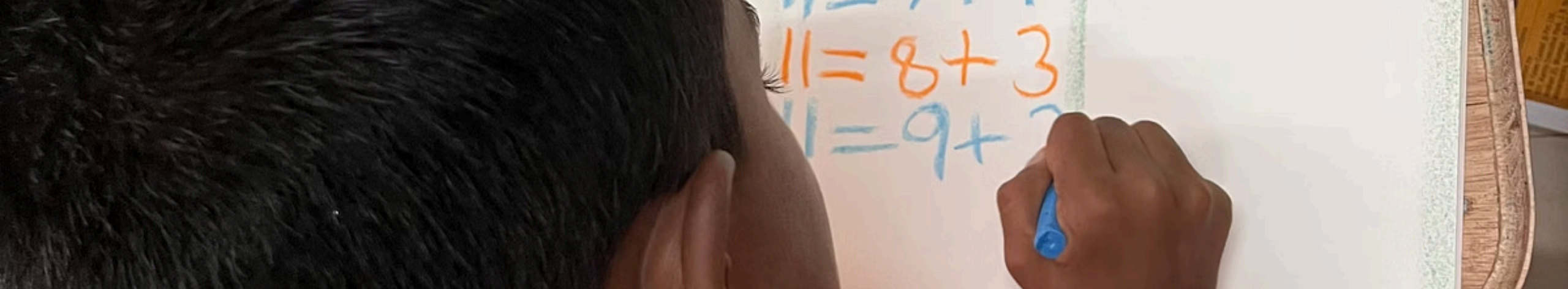
**Handwork**

## Language

# Letters, Sounds, Storytelling

- Introduction to the English alphabet through stories and drawings
- Uppercase letters are introduced
- Phonics and beginning sight words
- Board copying work from stories and verses
- Oral storytelling, recitation, and simple sentence creation





## Mathematics

# Numbers and the Four Processes

- Numbers 1–100 are introduced through number stories
- Exploration of number qualities ("What is the spirit of 3?")
- Four operations (+, −, ×, ÷) taught with imaginative characters
- Number bonds, patterns, and movement-based math

Tamil

# தமிழ் கற்றல்

## எழுத்துக்கள் அறிதல்

உயிர் எழுத்துக்கள் (அ முதல் ஃ வரை), உயிர்மெய்  
எழுத்துக்கள் (க முதல் ன வரை)

## வாசித்தல் மற்றும் பாடுதல்

மூன்று எழுத்து வார்த்தைகள் வாசித்தல், பாட்டு  
பாடுதல்

## தேவதை கதைகள்

கதைகள் கேட்டல், வரைதல் மற்றும் நினைவுகூர்தல்

## விளையாட்டு மற்றும் பயிற்சி

எழுத்து விளையாட்டு, பேச்சுப் பயிற்சி, ஆத்திச்சூடி



## Form Drawing

# Balance, Rhythm, and Pre-Writing Coordination

- Straight and curved lines
- Mirroring and symmetry
- Patterns from nature and stories
- Builds fine motor skills and spatial awareness

## Painting

# Colour and Feeling Through Wet-on-Wet Watercolour

- Primary colours and colour blending
- Seasonal and story-inspired imagery
- Emotional expression through mood and colour





## Recorder

# Rhythm, Tone, and Joyful Participation

- Pentatonic songs and melodies
- Recorder introduction
- Seasonal songs and story-linked music
- Movement and rhythm games

## Beeswax Modelling

# Tactile Sculpting Through Warmth and Story

- Modelling figures from tales, nature, and festivals
- Strengthens hand and fine motor development
- Shapes that support drawing and painting



## Handwork

# Focus: Knitting

- Two-finger knitting
- Four-finger knitting
- In-and-out stitching in matte cloth
- Knitting (making a ball)

## Nature and Seasonal Celebration

# Connection to the Natural World and Seasonal Rhythms

- Weekly nature walks and journaling
- Celebration of seasonal festivals (Diwali, Christmas, Holi, etc.)
- Gardening and sensory exploration in nature



## Learning Expectations – Language Arts

# Language Milestones

Recognize all uppercase letters

Know initial, medial, and final consonant sounds

Begin recognizing sight words

Write and copy simple words and sentences

Speak clearly in complete sentences

Retell stories and recall sequences

Begin understanding sentence structure

## Learning Expectations – Mathematics

# Mathematical Milestones

Count forwards and backwards to 100

Skip counting by 2s, 3s, 4s, 5s, and 10s

Write numbers 1–100

Perform basic operations: +, −, ×, ÷

Understand number patterns and sums of 10

## Academic Development

# Growing Competence

### Key Achievements

By the end of Grade 1, children demonstrate remarkable growth across all academic areas.

- Able to read and write simple sentences
- Confident in counting, number recognition, and basic operations
- Comfortable copying from the board and composing simple thoughts in writing
- Engaged in mental math through song, rhythm, and storytelling
- Displays a more profound sense of form and symmetry in drawing and number work

## Social Growth

# Building Community

- Works cooperatively in groups
- Demonstrates respect, patience, and empathy
- Participates in shared classroom routines and festivals
- Begins to take initiative and ownership of tasks
- Comfortable expressing ideas and needs respectfully



## Emotional and Behavioural Growth

# Inner Development

Can follow the rhythm of the school day with growing independence

Responds well to gentle authority and natural consequences

Expresses emotions appropriately and recognises those of others

Demonstrates increasing self-regulation and self-confidence

Carries a joyful connection to learning through imagination and artistry

## Creative and Imaginative Expression

# The Inner Life

- Expresses thoughts and feelings through painting, movement, and modelling
- Engages deeply in imaginative storytelling and play
- Develops an inner picture-life that supports future academic abstraction
- Shows love for beauty, colour, music, and meaningful work



**"Our highest endeavor must be to develop free human beings who are able of themselves to impart purpose and direction to their lives."**

— *Rudolf Steiner*