

NDA Pre-Foundation Plan

Class 9-10 | Build the base for the long road to NDA

1. Goal and Mindset

NDA is 3 to 4 years away. The aim now is strong concepts, steady fitness and good habits, not cramming the NDA syllabus. Students who build these basics early find the Class 11-12 preparation much easier.

2. Daily Time Commitment

1.5 to 2 hours a day beyond school and homework. Weekends: 2 to 3 hours.

3. Weekday Timetable

Time	Activity
6:00-6:45 AM	Running, exercise, stretching
5:00-5:45 PM	Maths practice (NCERT plus extra problems)
7:00-7:30 PM	Science concept reading
8:30-9:00 PM	Newspaper reading, 5 new English words

Saturday: Maths and science test or revision.

Sunday: GK, a hobby or a sport.

4. Subject Plan

Maths (most important)

- Complete NCERT Class 9 and 10: number systems, polynomials, linear equations, coordinate geometry, triangles, circles, trigonometry, mensuration, statistics, probability.
- Speed work: tables up to 25, squares up to 30, cubes up to 15, basic percentages and fractions.
- Solve at least 10 problems a day and keep a mistake notebook.

Science

- Understand motion, force, light, electricity, atoms and molecules, acids and bases, cells and tissues.
- Make short notes and draw diagrams. Focus on concepts, not rote learning.

English

- Read an English newspaper (The Hindu or Indian Express) for 15 minutes daily.
- Learn 5 words a day with usage; practice tenses, articles and prepositions.

GK and Social Science

- NCERT History, Geography and Civics.
- Weekly current affairs recap on Sundays.

5. Year-wise Plan

Class	Focus
Class 9	Concepts and habits. Finish NCERT with doubts cleared. Fitness 4 days a week.
Class 10	Boards come first. Revise Maths and Science twice. Take a diagnostic test in the summer break to check your level.

6. Fitness Targets (by end of Class 10)

Exercise	Target
Run	1.6 km under 8 minutes
Push-ups	15
Sit-ups	20

Run 4 to 5 days a week and increase distance slowly. Stretch before and after to avoid injury.

7. Personality Building

- Join the debate or quiz club and take leadership roles (class monitor, house captain).
- Play a team sport regularly.
- Read one book a month.
- Speak for 2 minutes on any topic daily.

8. Monthly Checklist

- Finish the planned NCERT chapters.
- One Maths test and one science test.
- Review the mistake notebook.
- Check fitness progress.
- Read at least 8 newspaper editorials.