Holistic Progress Card Filled Sample: Class 1 (Foundational Stage)

Foundational Stage · Balvatika to Class 2 · ages 3–8 · Academic year 2025–26

This is only a sample.
It shows the basic PARAKH format so teachers can see what a filled card looks like. The real Holistic Progress Card by ClarifiEd is much more detailed and looks very different: game-based wellbeing scores, 21st-century skills, a 360° view, growth trends across terms and a QR-linked digital card for parents.

Illustrative filled example. It follows the structure of the Holistic Progress Card published by PARAKH (NCERT) under NEP 2020. All names, codes and data are made up. Always fill your board's official card, available free on the PARAKH website.

Part A · About the learner

School **Sample Public School, Jaipur**	UDISE+ code **08XXXXXXXXX**
Learner's name **Meera S.**	Grade / Section / Roll no. **Grade 1 · A · 12**
Date of birth **14 / 06 / 2019**	APAAR ID **XXXX XXXX XXXX**
Class teacher **Ms. Kavita Sharma**	Academic year **2025–26**

Attendance	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	∑
Working days	20	6	18	24	23	22	18	22	21	22	22	14	**232**
Days present	19	6	17	22	23	21	18	20	20	21	22	14	**223 (96%)**

Interests

☑ **Reading** ☑ **Music / dance** ☐ Sport ☑ **Art and craft** ☑ **Gardening** ☐ Yoga ☐ Cooking ☑ **Storytelling**

All about me (filled with the child)

My name is
Meera

I live with
Mummy, Papa, Dadi and my little brother Kabir

My best friend is
Riya

I like to eat
Aloo paratha and mango

My favourite colour / animal
Yellow · elephant

When I grow up I want to
Be a doctor for animals

Parent / caregiver observation

Learning resources at home: ☑ **Books / newspapers** ☑ **Toys / games** ☑ **Phone / computer** ☑ **Radio / TV** ☐ Art material

"Meera tells us the whole day's story at dinner. She now washes her hands before eating without being told. She gets upset when she loses a game."

Part B · Domain-wise progress

1 Physical Development

Curricular goals: CG-1 healthy and safe habits · CG-3 fit and flexible body
Activity: Animal-walk relay: children move like a frog, crab and elephant along a track, then wash hands before snack time.
Competency observed: Shows balance and coordination in large-muscle movement; follows hygiene routines on her own.

Ability	Beginner	Proficient	Advanced	What the teacher saw
Awareness		✔		Followed the 3-step relay order and remembered handwashing without a reminder.
Sensitivity		✔		Waited for her turn and cheered for Riya when she slipped.
Creativity			✔	Invented a 'peacock walk' and taught it to two friends.

Self-assessment Liked it? 😊 Found it easy? 😐
Needed help from: Friend

Peer assessment Liked it? 😊 Found it easy? 😊
Needed help from: Nothing

Teacher's feedback: Moves with confidence and enjoys outdoor play. Needs a little practice hopping on one foot.

2 Socio-emotional and Ethical Development

Curricular goals: CG-4 emotional intelligence · CG-6 regard for the environment
Activity: Feelings circle: children pick a face card (happy, sad, angry, scared) and share when they felt that way. Then each waters one class plant.
Competency observed: Names her own feelings and shows care for living things.

Ability	Beginner	Proficient	Advanced	What the teacher saw
Awareness		✔		Picked 'scared' and said it was when the lights went off at home.
Sensitivity			✔	Hugged a classmate who started crying and offered him her turn.
Creativity		✔		Drew a small sun next to her plant 'so it stays happy'.

Self-assessment Liked it? 😊 Found it easy? 😊
Needed help from: Teacher

Peer assessment Liked it? 😊 Found it easy? 😊
Needed help from: Nothing

Teacher's feedback: Kind and caring with classmates. Is learning to say 'I am angry' in words instead of walking away.

3 Cognitive Development

Curricular goals: CG-7 observation and logical thinking · CG-8 quantities, shapes and measures
Activity: Leaf hunt: collect leaves in the school garden, sort them by size and shape, count each group and say which has more.
Competency observed: Sorts objects by one attribute, counts up to 20 and compares groups using more / less.

Ability	Beginner	Proficient	Advanced	What the teacher saw
Awareness		✔		Sorted by size correctly; counted 17 leaves with one-to-one touching.
Sensitivity		✔		Shared her leaves with a friend who found only a few.
Creativity		✔		Suggested a new group: 'leaves with holes'.

Self-assessment Liked it? 😊 Found it easy? 😐
Needed help from: Teacher

Peer assessment Liked it? 😊 Found it easy? 😐
Needed help from: Friend

Teacher's feedback: Counts confidently to 20. Next: comparing two groups without counting each one again.

Sample only. The real ClarifiEd HPC is much more detailed and very different.

4 Language and Literacy Development

Curricular goals: CG-9 two-language communication · CG-10 reading and writing in L1 (Hindi) · CG-11 beginning L2 (English)

Activity: Picture-story retelling: the class listens to 'The Thirsty Crow' in Hindi, then each child retells it with four picture cards and names five objects in English.

Competency observed: Retells a familiar story in sequence; recognises and names common words in a second language.

Ability	Beginner	Proficient	Advanced	What the teacher saw
Awareness			✔	Put all four cards in order and used 'pehle, phir, aakhir mein'.
Sensitivity		✔		Listened quietly when others told the story.
Creativity		✔		Gave the crow a name ('Kalu') and a new ending.

Self-assessment Liked it? 😊 Found it easy? 😊
Needed help from: Nothing

Peer assessment Liked it? 😊 Found it easy? 😊
Needed help from: Nothing

Teacher's feedback: Loves stories and speaks clearly in Hindi. Knows 30+ English words; reading two-letter words is the next step.

5 Aesthetic and Cultural Development

Curricular goals: CG-12 visual and performing arts

Activity: Colour mixing: children mix two primary colours, predict the new colour, then paint a picture using only the colours they made.

Competency observed: Explores colour and expresses ideas through art; talks about her own work.

Ability	Beginner	Proficient	Advanced	What the teacher saw
Awareness		✔		Predicted yellow + blue = green before mixing.
Sensitivity		✔		Said something kind about each friend's painting at the gallery walk.
Creativity			✔	Made three shades of orange and named them 'sunrise, mango, fire'.

Self-assessment Liked it? 😊 Found it easy? 😊
Needed help from: Nothing

Peer assessment Liked it? 😊 Found it easy? 😊
Needed help from: Nothing

Teacher's feedback: A joyful young artist with original ideas. Encourage her to finish one picture before starting the next.

6 Positive Learning Habits

Curricular goals: CG-13 habits that help a child take part in learning

Activity: Class helper week: children take turns as line leader, book monitor and clean-up captain.

Competency observed: Follows routines, finishes a task, and takes responsibility for shared things.

Ability	Beginner	Proficient	Advanced	What the teacher saw
Awareness		✔		Remembered her helper day and did her job for all five days.
Sensitivity		✔		Helped a younger child find his bag at dispersal.
Creativity		✔		Made a picture chart so the next book monitor knows where books go.

Self-assessment Liked it? 😊 Found it easy? 😊
Needed help from: Teacher

Peer assessment Liked it? 😊 Found it easy? 😊
Needed help from: Nothing

Teacher's feedback: Responsible and dependable. Sometimes rushes to finish; we are practising 'check once before you say done'.

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Part C · Year-end summary

Overall level for the year

Ability	Beginner	Proficient	Advanced
Awareness		✔	
Sensitivity		✔	
Creativity			✔

	Strengths	Next steps
Physical	Good balance and coordination; follows hygiene routines independently.	Hopping and skipping practice in free play.
Socio-emotional	Caring and generous with friends; names her feelings.	Using words to say when she is angry.
Cognitive	Counts to 20 and sorts by one attribute.	Comparing groups without recounting.
Language	Confident storyteller in Hindi; 30+ English words.	Reading two- and three-letter words.
Aesthetic	Original and expressive in art.	Finishing one piece before starting another.
Learning habits	Reliable class helper.	Checking her work before saying 'done'.

✍️ Class teacher's remark

“Meera is a warm, curious child who notices when friends need help. Her stories are full of imagination and her colour work is lovely. Next term we will build early reading with picture-word cards. At home, reading one short story together each night and letting her 'read' the pictures back will help a lot.”

Class teacher | Principal | Parent / caregiver

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How to fill an HPC in 5 steps

1. Pick activities you already run (a game, an art task, a project) and map each to 1–2 curricular goals.
2. Write the rubric before the activity: what each level looks like for Awareness, Sensitivity and Creativity (Beginner / Proficient / Advanced on the Foundational card; Stream / Mountain / Sky from Class 3).
3. During the activity, jot one line of evidence per child. Evidence first, level second.
4. Run self and peer assessment straight after, while the activity is fresh. Collect parent observations at the PTM.
5. At year end, read across all activities and write Part C: strengths, next steps and a specific, kind remark.

10 ready HPC remarks you can adapt

- Listens carefully and follows multi-step instructions without reminders.
- Shares materials willingly and waits for a turn during group work.
- Explains in their own words how they solved a problem, which shows real understanding.
- Tries new ways when the first attempt does not work; keep praising the effort.
- Reads short texts with expression; ten minutes of reading aloud at home will build fluency.
- Is beginning to name feelings and calm down with a little support.
- Asks thoughtful 'why' questions during science activities.
- Contributes ideas in group projects; next step is to also listen to others' ideas fully.
- Takes care of class plants and belongings without being asked.
- Needs support with word problems; drawing the problem first helps a lot.

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Filling this for 40 children, every term?

ClarifiEd builds every section of the HPC for you. Children reflect through short story games, classmates and parents add their view, and the class teacher checks an AI-drafted remark. Cards print on paper and open on the parent's phone.

Book a free demo: scratchpadlabs.com/demoforclarified

More free HPC samples and guides: scratchpadlabs.com/holisticprogresscard

Official cards and guides: parakh.ncert.gov.in