Holistic Progress Card Filled Sample: Class 4 (Preparatory Stage)

Preparatory Stage · Classes 3 to 5 · ages 8–11 · 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, Lucknow**	UDISE+ code **09XXXXXXXXX**
Learner's name **Arjun K.**	Grade / Section / Roll no. **Grade 4 · B · 7**
Date of birth **02 / 09 / 2016**	APAAR ID **XXXX XXXX XXXX**
Class teacher **Mr. Rahul Verma**	Academic year **2025–26**

Attendance	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	∑
Working days	22	6	18	25	23	22	17	22	22	22	22	15	**236**
Days present	21	6	16	24	21	22	16	21	20	22	21	15	**225 (95%)**

Interests

☐ Reading ☐ Music / dance ☑ **Sport** ☑ **Art and craft** ☐ Gardening ☑ **Yoga** ☐ Creative writing ☑ **Building / models**

All about me (filled with the child)

I am good at
Kho-kho and making models from waste

I find it hard to
Write long answers in English

I feel happy when
We play outside after lunch

My goal for this year
Read one English storybook every month

Someone I look up to
My uncle, who is an engineer

I want to learn about
How bridges are made

Parent / caregiver observation

Learning resources at home: ☑ **Books / newspapers** ☑ **Toys / games** ☑ **Phone / computer** ☑ **Radio / TV** ☑ **Space to study**

"Arjun finishes homework on his own now. He spends a lot of time building things from boxes. He avoids reading English books unless we sit with him."

Part B · Subject-wise progress

1 Language R1 (Hindi)

Curricular goals: Reads with understanding · writes for a purpose
Activity: Write a letter to a grandparent about a festival celebrated at home, then read it aloud to a partner.
Competency observed: Writes a short letter in the correct format with clear ideas; reads aloud with expression.

Ability	Stream	Mountain	Sky	What the teacher saw
Awareness		✔		Used the letter format (date, greeting, closing) correctly.
Sensitivity		✔		Wrote that he missed his Nani and asked about her health.
Creativity	✔			Content was clear but followed the class example closely.

Self-assessment
"I can write a letter on my own."
"I need help with spellings of matras."

Peer assessment
"He read his letter loudly and clearly. He can add more about what they ate."

Teacher's feedback: Writes with feeling. Encourage him to add his own details and new words.

2 Language R2 (English)

Curricular goals: Speaks and listens in a second language
Activity: Interview a community helper in school (guard, gardener, librarian) with three prepared questions; report back to the class.
Competency observed: Asks and answers simple questions; speaks in short complete sentences.

Ability	Stream	Mountain	Sky	What the teacher saw
Awareness	✔			Read questions from his notebook; needed prompts to speak more.
Sensitivity		✔		Thanked the gardener and listened without interrupting.
Creativity		✔		Added his own question: 'Which plant is the most difficult to grow?'

Self-assessment
"I can ask questions in English."
"I need help speaking without looking at my notes."

Peer assessment
"He asked a really good question. He spoke softly."

Teacher's feedback: Confidence is growing. Daily two-minute 'talk time' at home will help fluency.

3 Mathematics

Curricular goals: Measurement · number operations
Activity: Measure the classroom: estimate, then measure the length of the room, board and desks with a metre tape; record in a table and find differences.
Competency observed: Estimates and measures length in m and cm; adds and subtracts measurements.

Ability	Stream	Mountain	Sky	What the teacher saw
Awareness			✔	Estimates were within 50 cm; converted 3 m 40 cm to 340 cm correctly.
Sensitivity		✔		Held the tape for others and checked their readings politely.
Creativity			✔	Measured the door with his arm span first to check the tape.

Self-assessment
"I can measure in metres and centimetres."
"I need help with word problems."

Peer assessment
"Arjun explained conversion to me when I was confused."

Teacher's feedback: Strong number sense and practical thinking. Next: multi-step word problems.

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

4 The World Around Us

Curricular goals: Understands natural resources · uses data from daily life
Activity: Water at home: keep a 3-day log of how many buckets the family uses, then suggest two ways to save water.
Competency observed: Collects and records simple data; connects observations to everyday choices.

Ability	Stream	Mountain	Sky	What the teacher saw
Awareness		✔		Kept the log for all three days with a neat tally.
Sensitivity			✔	Noticed his neighbour's tap leaking and told the family.
Creativity		✔		Suggested reusing RO waste water for mopping.

Self-assessment
"I can keep a log and read it."
"I need help making a bar graph."

Peer assessment
"His idea about RO water was very good."

Teacher's feedback: Shows real concern for the environment. Let him lead the class 'save water' poster.

5 Art Education

Curricular goals: Explores visual art · uses pattern and symmetry
Activity: Rangoli with symmetry: design a rangoli on squared paper that looks the same on both sides of a fold line, then make it with coloured chalk.
Competency observed: Creates a symmetrical design and explains the line of symmetry.

Ability	Stream	Mountain	Sky	What the teacher saw
Awareness		✔		Drew the fold line and checked each side by counting squares.
Sensitivity		✔		Shared his chalk colours with his group.
Creativity			✔	Used bottle caps to stamp circles, which no one else tried.

Self-assessment
"I can make a design that is the same on both sides."
"I need help with fine colouring."

Peer assessment
"His rangoli was the most different."

Teacher's feedback: Inventive with materials. Encourage patience in finishing details.

6 Physical Education and Well-being

Curricular goals: Fitness · teamwork in sport
Activity: Kho-kho in teams plus a 4-week fitness log (skipping count, sit-and-reach).
Competency observed: Plays by the rules, supports the team, and tracks his own fitness.

Ability	Stream	Mountain	Sky	What the teacher saw
Awareness			✔	Knows all rules and explained them to new players.
Sensitivity		✔		Accepted the referee's decision without arguing.
Creativity		✔		Suggested a new chasing pattern that helped his team win.

Self-assessment
"I can skip 60 times without stopping."
"I need help with flexibility."

Peer assessment
"He is a good captain and does not shout at us."

Teacher's feedback: A natural team player. Skipping count improved from 38 to 64 in four weeks.

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Part C · Year-end summary

Overall level for the year

Ability	Stream	Mountain	Sky
Awareness		✔	
Sensitivity		✔	
Creativity			✔

	Strengths	Next steps
Language R1	Writes with feeling and uses correct letter format.	Adding his own ideas and new vocabulary.
Language R2	Asks thoughtful questions in English.	Speaking without notes; reading one book a month.
Mathematics	Strong in measurement and estimation.	Multi-step word problems.
World Around Us	Careful observer; cares about the environment.	Showing data as a bar graph.
Art	Inventive use of materials.	Patience with fine details.
Physical Education	Fair, supportive team player.	Flexibility exercises.

✍️ Class teacher's remark

“Arjun is a practical thinker who loves to build and measure. He leads his team fairly and shares ideas generously. Next term we will focus on English speaking and reading. At home, ten minutes of reading an English comic or storybook together, and letting him explain it to you in his own words, will make a big difference.”

Class teacher | Principal | Parent / caregiver

ClarifiEd SAMPLE

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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