



SYLLABUS YEAR 2018 - 2019

SUBJECT:- PHYSICAL EDUCATION(YOGA)

CLASS:- IV

MONTHS :- APRIL , MAY, JUNE

- Basics free hand standing exercises
- Padmasana
- Janu Shirsha-asana
- Paschimottana-asana
- Ushtra-asan
- Sava-asana
- Pranayama
- Meditation

MONTHS:- JULY, AUGUST, SEPTEMBER

- Basics free hand standing exercises
- Vriksha-asana
- Ardha Chandra-asana
- Ardha Kurma-asana
- Sava-asana
- Pranayama
- Meditation

MONTHS:- OCTOBER, NOVEMBER, DECEMBER

- Basics free hand standing exercises
- Surya Namaskar

- Parivritta Trikona-asana
- Sava-asana
- Meditation
- Sports day Practitce

MONTHS:- JANUARY, FEBRUARY, MARCH

- Basics free hand standing exercises
- Virabhadra-assan
- Bhujanga-asana
- Halasana
- Sava-asana
- Pranayama
- Meditation