



**SYLLABUS YEAR 2018-19**

**SUBJECT:- PHYSICAL EDUCATION (YOGA)**

**CLASS:- I**

**MONTHS :- APRIL , MAY, JUNE**

- Basics free hand standing exercises
- Vriksha-asana
- Janu Shirsha-asana
- Sava-asana
- Pranayama
- Meditation

**MONTHS :- JULY, AUGUST, SEPTEMBER**

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

**MONTHS :- OCTOBER, NOVEMBER, DECEMBER**

- Basics free hand standing exercises
- Trikona-asana
- Ushtra-asana
- Sava-asana
- Pranayama
- Meditation
- Sports day practice(December)

**MONTHS :-JANUARY, FEBRUARY, MARCH**

- Basics free hand standing exercises
- Padma-asana
- Ardha Kurma-asana
- Sava-asana
- Pranayama
- Meditation
- Sports day practice(January)