



**SYLLABUS YEAR 2018-19**

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

**CLASS:- II**

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

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

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

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

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

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

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

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