

SYLLABUS YEAR 2018 - 2019

SUBJECT:- PHYSICAL EDUCATION(YOGA)

CLASS:- III

MONTHS :- APRIL , MAY, JUNE

Basics free hand standing exercises

- Padmasana
- JanuShirsha-asana
- Paschimottana-asana
- Ushtra-asan
- Sava-asana
- Pranayama
- Meditation

MONTHS:- JULY, AUGUST, SEPTEMBER

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

MONTHS :- OCTOBER, NOVEMBER, DECEMBER

- Basics free hand standing exercises
- Surya Namaskar
- Trikona-asana
- Sava-asana
- Meditation
- Sports day Practitce.

MONTHS:- JANUARY, FEBRUARY, MARCH

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