



SYLLABUS YEAR 2017 - 2018

SUBJECT:- PHYSICAL EDUCATION(YOGA)

CLASS:- V

MONTHS :- APRIL , MAY, JUNE

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

MONTHS :- JULY, AUGUST, SEPTEMBER

- Basics free hand standing exercises
- Vriksha-asana
- Ardha Chandra-asana
- Surya Namaskar
- Bhujanga-asana
- Sava-asana
- Pranayama
- Meditation

MONTHS :- OCTOBER, NOVEMBER, DECEMBER

- Basics free hand standing exercises
- Parivritta Trikona-asana
- Shalbha-asana
- Sava-asana
- Pranayama
- Meditation
- Sports day Practitce.

MONTHS :- JANUARY, FEBRUARY, MARCH

- Basics free hand standing exercises
- Virabhadra-assan
- Halasana
- Setu Bandha Sarvangasana
- Sava-asana
- Pranayama
- Meditation