



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)