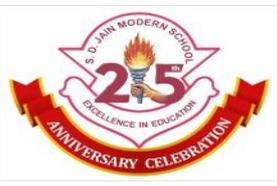


S.D.JAIN MODERN SCHOOL
STANDARD - III
SYLLABUS : 2024 - 2025
SUB : ENGLISH

SEMESTER BOOK: BLENDS

GRAMMAR BOOK: COLLINS ENGLISH GRAMMAR AND COMPOSITION

TERM	MONTH	BOOK	LESSONS/ POEMS	TOPICS TO BE COVERED
TERM - I	APRIL & MAY	SEMESTER 1	POEM-1	EVERY DOG'S STORY
			L-2	THE MAGICAL BOOK
		GRAMMAR BOOK	L-3	NOUNS:COMMON, PROPER, COLLECTIVE
			L-4	NOUNS:NUMBER
			L-5	NOUNS:GENDER
			L-27	THE MONSTER (COMPREHENSION)
			CREATIVE WRITING: DESCRIPTION OF IMAGES	
	JUNE	SEMESTER 1	POEM-3	HOPPING FROG
			L-4	AN INCREDIBLE INVESTIGATION
		GRAMMAR BOOK	L-6	NOUNS:BELONGING
			L-10	PRONOUNS
			L-28	THE MAGIC WINDOW (COMPREHENSION)
			CREATIVE WRITING: WRITE A RECIPE	
	JULY	SEMESTER 1	POEM-6	A GOOD BOY
			L-5	THE DOLLS' FESTIVAL
		GRAMMAR BOOK	L-1	THE SENTENCE
			L-2	QUESTIONS
			L-7	THE SUBJECT AND THE PREDICATE
			L-25	OPPOSITES
	L-29	THE STORY OF THE MOON (COMPREHENSION)		
	AUGUST	SEMESTER 1	L-7	THE FAMOUS VILLAGER
			L-8	ADVENTURE IN THE WOODS
		GRAMMAR BOOK	L-8	ADJECTIVES
			L-9	ADJECTIVES: DEGREES OF COMPARISON
			L-11	A, AN, THE
			L-30	CLEVER TENALI (COMPREHENSION)
			L-31	THE ICE GIRL (COMPREHENSION)
			CREATIVE WRITING: PICTURE COMPOSITION (PG.NO. - 114&115)	
SEPTEMBER			REVISION AND HALF-YEARLY EXAM	



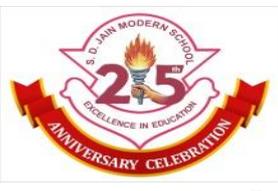
S.D.JAIN MODERN SCHOOL
STANDARD - III
SYLLABUS : 2024 - 2025
SUB : ENGLISH

SEMESTER BOOK: BLENDS

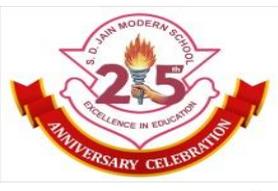
GRAMMAR BOOK: COLLINS ENGLISH GRAMMAR AND COMPOSITION

TERM	MONTH	BOOK	LESSONS/ POEMS	TOPICS TO BE COVERED
TERM - II	OCTOBER	SEMESTER 2	POEM-1	THE MICROBE
			L-2	PO-WAN AND THE FOUR QUESTIONS
		GRAMMAR BOOK	L-12	VERBS
			L-13	AM, IS, ARE
			L-14	WAS, WERE
			L-15	HAS, HAVE, HAD
			L-32	CORNELIA'S JEWELS (COMPREHENSION)
		CREATIVE WRITING: PARAGRAPH WRITING (PG.NO.116)		
	NOVEMBER	SEMESTER 2	POEM-3	RAIN IN SUMMER
			L-4	THE FAIRY AT THE SPRING
		GRAMMAR BOOK	L-19	ADVERBS
			L-20	CONJUNCTIONS
			L-24	GRAMMAR ON THE GO
	L-33	THE TRAVELLER (COMPREHENSION)		
	DECEMBER	SEMESTER 2	POEM-6	AUTUMN
			L-5	ELEPHANTS
		GRAMMAR BOOK	L-21	PREPOSITIONS
			L-22	INTERJECTIONS
			L-23	PUNCTUATION
			L-34	MAKING FRIENDS (COMPREHENSION)
		CREATIVE WRITING: INFORMAL LETTER (PG. NO. 117)		
	JANUARY	SEMESTER 2	POEM-8	THREE NONSENSE POEMS
			L-7	THE KEYS TO HEAVEN
		GRAMMAR BOOK	L-16	THE SIMPLE PRESENT AND PRESENT CONTINUOUS TENSE
			L-17	THE SIMPLE PAST TENSE
			L-18	THE SIMPLE FUTURE TENSE
			L-26	WORDS: A MIXED BAG
		CREATIVE WRITING: STORY WRITING		
FEBRUARY	GRAMMAR BOOK	L-35	NASRUDDIN AND THE SMELL OF SOUP (COMPREHENSION)	
		L-36	THE LAST GREEN LUNG OF MUMBAI (COMPREHENSION)	
		REVISION		
MARCH		YEARLY EXAM		

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**S.D.JAIN MODERN SCHOOL****STANDARD - III****SYLLABUS : 2024 - 2025****SUB : HINDI****पाठ्यपुस्तक : नई रंगोली****व्याकरण : व्याकरण संबोध**

TERM	MONTH	BOOKS	LESSONS/ POEMS	TOPICS TO BE COVERED
TERM - I	अप्रैल और मई	पा. पु.	कविता - 1	न चाहूँ मान दुनिया में
			पाठ - 2	चिंकी का जंगल
		व्याकरण	पाठ - 1	भाषा
			पाठ - 2	वर्ण और वर्णमाला
			पाठ - 20	चित्र - वर्णन
				गिनती (१ - ५० पृष्ठ संख्या 92 & 93)
		गिनती (५१ - ६०)		
	जून	पा. पु.	पाठ - 3	जीवन - एक संघर्ष
			कविता-4	मीठी बोली
		व्याकरण	पाठ - 3	मात्राएँ शब्द और वाक्य
			पाठ - 13	विलोम शब्द (1 - 13)
			पाठ - 14	अनेक शब्दों के लिए एक शब्द (1-13)
	जुलाई	पा. पु.	पाठ - 5	दाँत छेदू
			पाठ - 6	तितली की खुशी
		व्याकरण	पाठ - 4	संज्ञा
			पाठ - 5	लिंग
			पाठ - 12	पर्यायवाची शब्द (1-16)
			पाठ - 15	अनेकार्थी शब्द (1-10)
				गिनती (६१-७०)
	अगस्त	पा. पु.	पाठ - 7	मीतू की प्रतिज्ञा
		व्याकरण	पाठ - 16	विराम - चिह्न
पाठ - 18			पत्र - लेखन	
			गिनती (७१-८०)	
सितंबर			REVISION AND HALF - YEARLY EXAM	



S.D.JAIN MODERN SCHOOL
STANDARD - III
SYLLABUS : 2024 - 2025
SUB : HINDI

पाठ्यपुस्तक : नई रंगोली

व्याकरण : व्याकरण संबोध

TERM	MONTH	BOOKS	LESSONS/ POEMS	TOPICS TO BE COVERED
TERM - II	अक्टूबर	पा. पु.	कविता - 8	सो जाओ अब
			पाठ - 9	सच्चा पारखी
		व्याकरण	पाठ - 6	वचन
			पाठ - 7	सर्वनाम
			पाठ - 13	विलोम शब्द (14-26)
			पाठ - 14	अनेक शब्दों के लिए एक शब्द (14-26)
	नवंबर	पा. पु.	पाठ - 10	साँच को आँच नहीं
		व्याकरण	पाठ - 20	कहानी-लेखन
				गिनती (८१-९०)
	दिसंबर	पा. पु.	कविता - 11	मोर बिचारे
			पाठ - 12	देवभूमि
			पाठ - 13	पोंगल
		व्याकरण	पाठ - 8	विशेषण
			पाठ - 9	क्रिया
				गिनती (९१-१००)
	जनवरी	पा. पु.	पाठ - 14	मूलमंत्र
		व्याकरण	पाठ - 10	काल
			पाठ - 11	अशुद्धि - शोधन
			पाठ - 15	अनेकार्थी शब्द (11-20)
			पाठ - 19	अनुच्छेद/अनुभव-लेखन
	फरवरी	व्याकरण	पाठ - 17	मुहावरे (1-8 पृष्ठ संख्या 86)
				REVISION
	मार्च			YEARLY EXAM

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S.D.JAIN MODERN SCHOOL

STANDARD - III

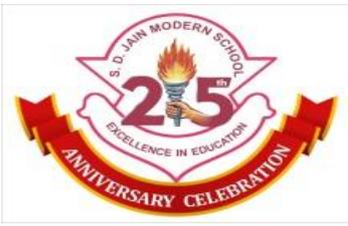
SYLLABUS : 2024 - 2025

MATHEMATICS

SEMESTER BOOK: BLENDS

TERM	MONTH	CHAPTER	TOPICS TO BE COVERED
TERM - I	APRIL & MAY	CH-1	NUMBERS BEYOND 999
			TABLES 1 TO 7
	JUNE	CH-2	ADDITION
	JULY	CH-3	SUBTRACTION
		CH-4	MULTIPLICATION
			TABLES 8 TO 11
	AUGUST	CH-5	DIVISION
		CH-6	FRACTIONS
SEPTEMBER		REVISION AND HALF - YEARLY EXAM	
TERM - II	OCTOBER	CH-1	MEASUREMENT
			TABLE OF 12
	NOVEMBER	CH-2	TIME
			TABLE OF 13
	DECEMBER	CH-3	MONEY
			TABLE OF 14
	JANUARY	CH-4	SHAPES, PATTERNS AND SYMMETRY
		CH-5	DATA HANDLING
			TABLE OF 15
	FEBRUARY		REVISION
MARCH		YEARLY EXAM	

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S.D.JAIN MODERN SCHOOL

STANDARD - III

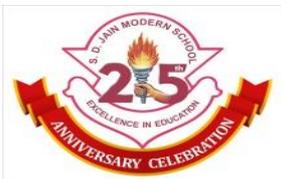
SYLLABUS : 2024 - 2025

SUB : SCIENCE

SEMESTER BOOK: BLENDS

TERM	MONTH	CHAPTER	TOPICS TO BE COVERED
TERM - I	APRIL & MAY	CH-1	LIVING AND NON-LIVING THINGS
		CH-2	PARTS OF A PLANT
	JUNE	CH-3	EATING HABITS OF ANIMALS
		CH-4	UNDERSTANDING BIRDS (TO BE CONTINUED)
	JULY	CH-4	UNDERSTANDING BIRDS
		CH-5	OUR BODY
		CH-6	STAYING SAFE (TO BE CONTINUED)
	AUGUST	CH-6	STAYING SAFE
		CH-7	HOUSING AND CLOTHING
	SEPTEMBER		REVISION AND HALF - YEARLY EXAM
TERM - II	OCTOBER	CH-1	SOLIDS, LIQUIDS AND GASES
		CH-2	MEASUREMENT
	NOVEMBER	CH-3	LIGHT, SOUND AND FORCE
	DECEMBER	CH-5	AIR, WATER AND WEATHER
		CH-6	THE SUN, MOON AND STARS (TO BE CONTINUED)
	JANUARY	CH-6	THE SUN, MOON AND STARS
		CH-7	OUR EARTH
		CH-4	SOIL
	FEBRUARY		REVISION
	MARCH		YEARLY EXAM

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S.D.JAIN MODERN SCHOOL

STANDARD - III

SYLLABUS : 2024 - 2025

SUB : SOCIAL STUDIES

SEMESTER BOOK: BLENDS

TERM	MONTH	CHAPTER	TOPICS TO BE COVERED
TERM - I	APRIL & MAY	CH-3	EARLY HUMANS
		CH-4	OUR BASIC NEEDS
		CH-5	TRANSPORT AND COMMUNICATION
	JUNE	CH-1	THE UNIVERSE
		CH-2	PLANET EARTH (TO BE CONTINUED)
	JULY	CH-2	PLANET EARTH
		CH-6	THE WORLD WE LIVE IN
		CH-7	GLOBE AND MAPS
	AUGUST	CH-8	SEASONS
		CH-9	OUR FESTIVALS
CH-10		LEARNING ABOUT DIRECTIONS	
SEPTEMBER		REVISION AND HALF-YEARLY EXAM	
TERM - II	OCTOBER	CH-1	BASIC FEATURES OF INDIA
		CH-2	DELHI :THE CAPITAL OF INDIA (TO BE CONTINUED)
	NOVEMBER	CH-2	DELHI :THE CAPITAL OF INDIA
		CH-3	THE COMMERCIAL CAPITAL OF INDIA
	DECEMBER	CH-4	CHENNAI THE CITY OF TEMPLES
		CH-5	KOLKATA THE CITY OF JOY
	JANUARY	CH-6	OUR GOVERNMENTS
		CH-7	OUR NATIONAL SYMBOLS
		CH-8	OUR GREAT LEADERS
	FEBRUARY		REVISION
MARCH		YEARLY EXAM	

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S.D.JAIN MODERN SCHOOL

STANDARD - III

SYLLABUS : 2024 - 2025

SUB : GUJARATI

પાઠ્યપુસ્તક : GRAFALCO

TERM	MONTH	CHAPTER	LESSONS/ POEMS	TOPICS TO BE COVERED
TERM - I	એપ્રિલ અને મે	પા.પુ	કાવ્ય - ૧	ભાઈ
			પાઠ - ૨	મારો જન્મદિવસ
		વ્યાકરણ	પાઠ - ૨૧	અઠવાડિયાના વાર નામ
			પાઠ - ૨૨	અંગ્રેજી મહિના નામ
				સ્વર, વ્યંજન, બારાખડી
				અંક : ૧ થી ૧૦
	જૂન	પા.પુ	કાવ્ય - ૩	મેં એક બિલાડી પાળી છે
			પાઠ - ૪	ધ્વજવંદન
			કાવ્ય - ૫	અમે જીત્યા મેંચ !
		વ્યાકરણ		વિરુદ્ધાર્થી શબ્દ, સમાનાર્થી શબ્દ
			નિબંધ લેખન	
	જુલાઈ	પા.પુ	કાવ્ય - ૬	કૂલો
			પાઠ - ૭	મહાત્મા ગાંધી
		વ્યાકરણ	પાઠ - ૧૯	અંક : ૧૧ થી ૨૦
			પાઠ - ૨૩	ગુજરાતી મહિના અને ઋતુઓના નામ
				કૂલોના નામ, સમાનાર્થી શબ્દ, વિરુદ્ધાર્થી શબ્દ, નિબંધ લેખન
	ઓગસ્ટ	પા.પુ	પાઠ - ૮	ખેતર
			પાઠ - ૯	મોટો વિરામ
		વ્યાકરણ	પાઠ - ૨૪	પુંલિંગ (કેવો)
			પાઠ - ૨૫	સ્ત્રીલિંગ (કેવી)
			પાઠ - ૨૬	નપુંસકલિંગ (કેવું)
			પાઠ - ૩૦	સમાનાર્થી શબ્દો (૧ થી ૫)
			પાઠ - ૩૧	વિરુદ્ધાર્થી શબ્દો (૧ થી ૫)
	સપ્ટેમ્બર			REVISION AND HALF - YEARLY EXAM



S.D.JAIN MODERN SCHOOL

STANDARD - III

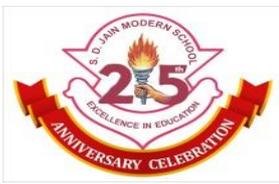
SYLLABUS : 2024 - 2025

SUB : GUJARATI

પાઠ્યપુસ્તક : GRAFALCO

TERM	MONTH	CHAPTER	LESSONS/ POEMS	TOPICS TO BE COVERED
TERM - II	ઓક્ટોબર	પા.પુ	પાઠ - ૧૦	મુશળધાર વરસાદ
			કાવ્ય - ૧૪	રસ્તા સ્વચ્છ , ઘર સ્વચ્છ
		વ્યાકરણ	પાઠ - ૨૦	અંક : ૨૧ થી ૩૦
				વચન (પાના નંબર-૩૬) નિબંધ લેખન
	નવેમ્બર	પા.પુ	પાઠ - ૧૧	આકાશ
		વ્યાકરણ	પાઠ - ૨૭	પુંલિંગ (પેલો)
			પાઠ - ૨૮	સ્ત્રીલિંગ (પેલી)
			પાઠ - ૨૯	નપુંસકલિંગ (પેલું)
				ધ્વનિદર્શક શબ્દો પાના નંબર - ૫૩ સમાનાર્થી શબ્દ , વિરુદ્ધાર્થી શબ્દ
	ડિસેમ્બર	પા.પુ	પાઠ - ૧૨	દશેરા
				તહેવારના નામ
			કાવ્ય - ૧૫	એજિનદાદા , એજિનદાદા
		પાઠ - ૧૭	અભિનય સાથે વાર્તા કહો- તરસ્યો કાગડો	
	વ્યાકરણ		નિબંધ લેખન	
	જાન્યુઆરી	પા.પુ	પાઠ - ૧૩	ન જોઈતી શિખામણ
				પ્રાણીઓના નામ
			કાવ્ય - ૧૬	અભિનય ગીત - પંડિત ચાલ્યા જાય છે...
			પાઠ - ૧૮	કાગળ નું મહોરું (માસ્ક) તૈયાર કરવું
	ફેબ્રુઆરી	વ્યાકરણ	પાઠ - ૩૦	સમાનાર્થી શબ્દો (૬ થી ૧૦)
			પાઠ - ૩૧	વિરુદ્ધાર્થી શબ્દો (૬ થી ૧૦)
			પુનરાવર્તન	
માર્ચ				YEARLY EXAM

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S.D.JAIN MODERN SCHOOL

STANDARD - III

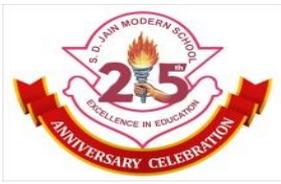
SYLLABUS : 2024 - 2025

SUB : COMPUTER

TEXTBOOK : TOUCHPAD

TERM	MONTH	CHAPTER	TOPICS TO BE COVERED
TERM - I	APRIL & MAY	CH-1	COMPUTER SYSTEM
	JUNE	CH-2	WINDOWS 10
	JULY	CH-4	USING WORD 2016
		CH-5	EDITING AND FORMATTING IN WORD 2016 (TO BE CONTINUED)
	AUGUST	CH-5	EDITING AND FORMATTING IN WORD 2016
	SEPTEMBER	PRACTICAL AND HALF - YEARLY EXAM	
TERM - II	OCTOBER	CH-3	LET'S LEARN PAINT 3D
		CH-7	STEPWISE THINKING (TO BE CONTINUED)
	NOVEMBER	CH-7	STEPWISE THINKING
		CH-6	INTERNET
	DECEMBER	CH-8	LET'S LEARN SCRATCH
		CH-9	AI-ENABLED DEVICES (TO BE CONTINUED)
	JANUARY	CH-9	AI-ENABLED DEVICES
	FEBRUARY	PRACTICAL AND YEARLY EXAM	
	MARCH	-	

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S.D.JAIN MODERN SCHOOL

STANDARD - III

SYLLABUS : 2024 - 2025

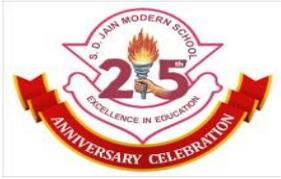
SUB : G.K. & MORAL SCIENCE

G.K. : SEMESTER BOOK - BLENDS

MORAL SCIENCE BOOK : COUNT YOUR BLESSINGS

TERM	MONTH	G.K.	MORAL SCIENCE
TERM - I	APRIL & MAY	CH- 1, 2, & 3	CH-1 BEING DIFFERENT
	JUNE	CH- 4, 5	CH-2 FAMILY AND FREEDOM
	JULY	CH- 6, 7 & 8	CH-3 DON'T DO WRONG
			CH-4 DEALING WITH STRANGERS
	AUGUST	CH-9 & 10	CH-5 TRUE FRIENDSHIP
			CH-6 PERSONAL SAFETY
SEPTEMBER	REVISION AND HALF - YEARLY EXAM		
TERM - II	OCTOBER	CH-1 & 2	CH-7 HELP AND BE HAPPY
	NOVEMBER	CH- 3 & 4	CH-8 AVOID WASTING FOOD
			CH-9 AVOID BAD COMPANY
	DECEMBER	CH-5, 6 & 7	CH-10 FIRST AID
	JANUARY	CH-8, 9 & 10	CH-11 PATIENCE IS A VIRTUE
			CH-12 LEARNING TO LISTEN
FEBRUARY	REVISION AND YEARLY EXAM		
MARCH	-		

The curriculum has been crafted to prioritize integrated and experiential learning, with a focus on a skill-based approach to foster holistic development.



S.D.JAIN MODERN SCHOOL

STANDARD - III

SYLLABUS : 2024 - 2025

SUB : VISUAL ARTS

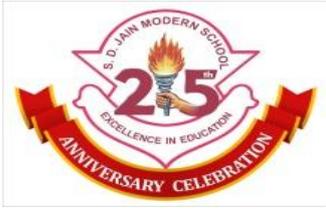
DRAWING BOOK : EXPLORING SPREAD COLOURS

CRAFT BOOK : COLOURS AND CRAFT

TERM	MONTH	DRAWING	CRAFT
TERM - I	APRIL & MAY	Pg.No. : 2,4,5	Pg. No. : 3,4,5,6
	JUNE	Pg.No. : 6,8	Pg. No. : 7,8,11
	JULY	Pg.No. : 10,11,12,13	Pg. No. : 12,14,16,17
	AUGUST	Pg.No. : 14,16,17	Pg. No. : 18,19,20,23
	SEPTEMBER	HALF YEARLY EXAM	
TERM - II	OCTOBER	Pg.No. : 18,20	Pg. No. : 21,22,24
	NOVEMBER	Pg.No. : 21,22	Pg. No. : 25,27
	DECEMBER	Pg.No. : 23,24,26	Pg. No. : 28,29,34,35,36
	JANUARY	Pg.No. : 28,30,32	Pg. No. : 37,38,39,40,41
	FEBRUARY	Pg.No. : 33,34	Pg. No. : 42,43,44
		YEARLY EXAM	
MARCH	-		

Students will be instructed to do following pages of colours and craft as homework. Pg.:9,10,13,15,26,30,31,32,33

The curriculum has been crafted to prioritize integrated and experiential learning, with a focus on a skill-based approach to foster holistic development.



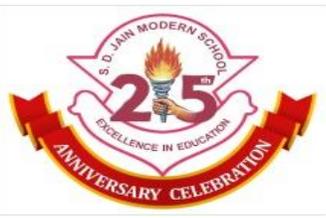
S.D.JAIN MODERN SCHOOL

STANDARD - III

SYLLABUS : 2024 - 2025

ACTIVITY : MUSIC

TERM	MONTH	GOALS TO BE REACHED
TERM - I	APRIL & MAY	SCHOOL SONG, PRAYER SONG AND SHLOK
	JUNE	NATIONAL ANTHEM AND BIRTHDAY SONG
	JULY	ENGLISH MOTIVATIONAL SONG AND VOCAL WARMUPS (SWAR, AAKAR AND BREATHING EXERCISES)
	AUGUST & SEPTEMBER	PRACTICE SESSION AND HALF YEARLY EXAM
TERM - II	OCTOBER	FOLK SONG AND INTRODUCTION OF MUSICAL INSTRUMENTS
	NOVEMBER	SANSKRIT PRAYER AND ALANKAR
	DECEMBER	KRISHNA BHAJAN, ALANKAR AND SHLOK
	JANUARY	PATRIOTIC SONG AND VOCAL PITCH WARMUPS EXERCISES
	FEBRUARY	PRACTICE SESSION AND YEARLY EXAM
	MARCH	-



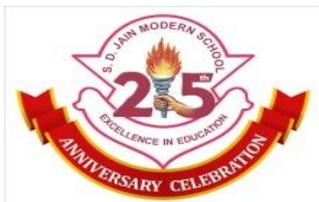
S.D.JAIN MODERN SCHOOL

STANDARD - III

SYLLABUS : 2024 - 2025

ACTIVITY : DANCE AND MOVEMENT

TERM	MONTH	GOALS TO BE REACHED
TERM - I	APRIL & MAY	BOLLYWOOD DANCE STYLE ON LATEST BOLLYWOOD SONG
	JUNE	FOLK DANCE (CORRESPONDING TO THE FESTIVAL) AND TUTTING DANCE ON NEW SONG
	JULY	PATRIOTIC DANCE ON PATRIOTIC SONG
	AUGUST & SEPTEMBER	PRACTICE SESSION AND HALF YEARLY EXAM
TERM - II	OCTOBER	FOLK DANCE (CORRESPONDING TO THE FESTIVAL)
	NOVEMBER	LYRICAL DANCE DANCE STYLE ON LATEST SONG
	DECEMBER	CONTEMPORARY DANCE STYLE ON LATEST ENGLISH SONG
	JANUARY	FREE DANCE STYLE ON LATEST SONG AND PREPARATION OF REPUBLIC DAY DANCE
	FEBRUARY	PRACTICE SESSION AND YEARLY EXAM
	MARCH	-



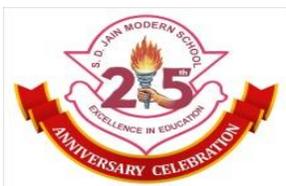
S.D.JAIN MODERN SCHOOL

STANDARD - III

SYLLABUS : 2024 - 2025

ACTIVITY : PHYSICAL EDUCATION

TERM	MONTH	GOALS TO BE REACHED
TERM - I	APRIL & MAY	WARMUP EXERCISES AND INDOOR GAME (CARROM)
	JUNE	WARMUP EXERCISES, INDOOR GAME (CHESS) AND FRENCH CRICKET
	JULY	WARMUP EXERCISES, MARCH PAST TRAINING, LONG JUMP EXERCISES, OUTDOOR GAME (BASKETBALL) AND SLAM KICK
	AUGUST & SEPTEMBER	PRACTICE SESSION AND HALF YEARLY EXAM
TERM - II	OCTOBER	PT EXERCISES - 1 TO 6, MARCH PAST TRAINING, STANDING BROAD JUMP AND BOUNCE THE BALL
	NOVEMBER	PT EXERCISES - 7 TO 14, BASKET BALL, BADMINTON, WALL TARGET
	DECEMBER	RUNNING, MARCH PAST TRAINING, CRICKET , KICK BALL AND SPORTS DAY SELECTION
	JANUARY	RUNNING, MARCH PAST TRAINING, CRICKET, RUNNING ON THE HIGH CATCHES AND SPORTS DAY
	FEBRUARY	PRACTICE SESSION AND YEARLY EXAM
	MARCH	-



S.D.JAIN MODERN SCHOOL

STANDARD - III

SYLLABUS : 2024 - 2025

ACTIVITY : YOGA

TERM	MONTH	GOALS TO BE REACHED
TERM - I	APRIL & MAY	SURYA NAMSKAR, PRANAYAM, WARM UP, TRATAKA KRIYA
	JUNE	TADASANA, VAJRASANA, VRIKSHASANA, PRANAYAMA, WARM UP, TRATAKA KRIYA
	JULY	BALASANA, GAUMUKHASANA, TRIKONASANA-1, TRIKONASANA-2, PRANAYAM, WARM UP, TRATAKA KRIYA
	AUGUST & SEPTEMBER	PRACTICE SESSION AND HALF YEARLY EXAM
TERM - II	OCTOBER	NATRAJASANA, VIRABHADRASANA-1, VIRABHADRASANA-2, WARM UP, TRATAKA KRIYA
	NOVEMBER	BHOOMASANA, USTRASANA, DHANURASANA, PAWANMUKTASANA, WARM UP, PRANAYAM, TRATAKA KRIYA
	DECEMBER	PASCHIMOTTASANA, HALASANA, BHUJNGASANA, SURYA NAMSKAR, WARM UP, TRATAKA KRIYA
	JANUARY	SARWANGASANA, CHANDRASANA, BAKASANA, SALBHASANA, WARM UP, TRATAKA KRIYA
	FEBRUARY	PRACTICE SESSION AND YEARLY EXAM
	MARCH	-

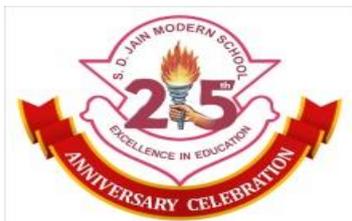
S.D.JAIN MODERN SCHOOL

STANDARD - III

SYLLABUS : 2024 - 2025

ACTIVITY : SKATES

TERM	MONTH	GOALS TO BE REACHED
TERM - I	APRIL & MAY	BASIC SKATING PRACTICE, LEARNER TAPPING
	JUNE	ROLLER SKATE BASKETBALL PRACTICE
	JULY	CROSS STEP SKATING CIRCLE
	AUGUST & SEPTEMBER	PATRIOTIC SKATING DANCE, PRACTICE SESSION AND HALY YEARLY EXAM
TERM - II	OCTOBER	SPEED SKATE PRACTICE
	NOVEMBER	UNDER DOUBLE PUSHING (INSIDE/OUTSIDE)
	DECEMBER	ROLLER SKATE HOCKEY SKATING PRACTICE
	JANUARY	PATRIOTIC SKATING DANCE, SKATING ROLL BALL PRACTICE
	FEBRUARY	PRACTICE SESSION AND YEARLY EXAM
	MARCH	-



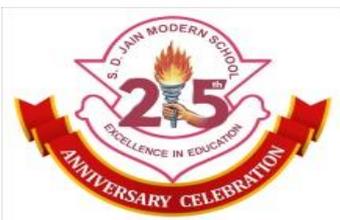
S.D.JAIN MODERN SCHOOL

STANDARD - III

SYLLABUS : 2024 - 2025

ACTIVITY : AEROBICS

TERM	MONTH	GOALS TO BE REACHED
TERM - I	APRIL & MAY	BASIC FITNESS STEPS ON MUSIC AND CORNER KNEE
	JUNE	BASIC STICK WORKOUT STEPS ON MUSIC
	JULY	BASIC RING STEPS ON MUSIC AND REPEATER KNEE
	AUGUST & SEPTEMBER	PRACTICE SESSION AND HALF YEARLY EXAM
TERM - II	OCTOBER	BASIC DUMBBELL WORKOUT STEPS ON MUSIC
	NOVEMBER	ZUMBA STEPS ON MUSIC, T - STEP
	DECEMBER	BASIC CORE WORKOUT ON MUSIC AND LUNGES
	JANUARY	JUMPING JACKS, JUMP SQUATS, SIDE KICKS, FLOOR EXERCISE AND V - STEP
	FEBRUARY	PRACTICE SESSION AND YEARLY EXAM
	MARCH	-



S.D.JAIN MODERN SCHOOL

STANDARD - III

SYLLABUS : 2024 - 2025

ACTIVITY : TAEKWONDO

TERM	MONTH	GOALS TO BE REACHED
TERM - I	APRIL & MAY	GETTING STARTED IN TAEKWONDO
	JUNE	BASIC TAEKWONDO STANCES
	JULY	FRONT RISING KICK
	AUGUST & SEPTEMBER	PRACTICE SESSION AND HALF - YEARLY EXAM
TERM - II	OCTOBER	STRETCHING TO AGILITY
	NOVEMBER	FRONT SNAP KICK IN A FIGHTING STANCE
	DECEMBER	SELF DEFENCE
	JANUARY	OUTSIDE TO INSIDE KICK IN A FIGHTING STANCE
	FEBRUARY	PRACTICE SESSION AND YEARLY EXAM
	MARCH	-