

**S.D.JAIN MODERN SCHOOL****STANDARD - I****SYLLABUS : 2023 - 2024****ACTIVITY : TAEKWONDO**

<b>TERM</b>	<b>MONTH</b>	<b>ACTIVITIES TO BE DONE</b>
<b>TERM - I</b>	APRIL	RIDING STANCE, LOOSE PUNCH
	JUNE	SNAP KICK
	JULY	STRETCHING TO AGILITY
	AUGUST & SEPTEMBER	<b>PRACTICE SESSION AND TERM - I EXAM</b>
<b>TERM - II</b>	OCTOBER	INSIDE KICK
	NOVEMBER	OUTSIDE KICK
	DECEMBER	DOWN BLOCK TO RISING BLOCK
	JANUARY	LINE DRILLS
	FEBRUARY	<b>PRACTICE SESSION AND TERM - II EXAM</b>
	MARCH	-

**S.D.JAIN MODERN SCHOOL****STANDARD - STD - I****SYLLABUS : 2023 - 2024****ACTIVITY : P.T.**

<b>TERM</b>	<b>MONTH</b>	<b>ACTIVITIES TO BE DONE</b>
<b>TERM - I</b>	APRIL	WARM-UP EXERCISES , PARADE - MARCH DRILL
	JUNE	WARM-UP EXERCISES, PT - PT EXERCISES 1 TO 6
	JULY	INDOOR GAME (CHESS & CARROM)
	AUGUST	<b>TERM - I EXAM FROM 1ST AUGUST TO 31ST AUGUST</b>
	SEPTEMBER	INDOOR GAME (CHESS & CARROM)
<b>TERM - II</b>	OCTOBER	RUNNING
	NOVEMBER	WARM-UP EXERCISES, RUNNING & HOP JUMP
	DECEMBER	RUNNING & TWO LEGGED JUMP
	JANUARY	SPORTS DAY , REVISION
	FEBRUARY	<b>TERM - II EXAM FROM 1ST FEBRUARY TO 28TH FEBRUARY</b>

**S.D.JAIN MODERN SCHOOL**

**STANDARD - I**

**SYLLABUS : 2023 - 2024**

**ACTIVITY : DANCE**

<b>TERM</b>	<b>MONTH</b>	<b>ACTIVITIES TO BE DONE</b>
<b>TERM - I</b>	APRIL	BASIC DANCE STEPS BOLLYWOOD SONG
	JUNE	BASIC DANCE STEPS BOLLYWOOD SONG
	JULY	FREE STYLE BASIC STEP ON NEW SONG AND 15th AUG INDEPENDENCE DAY DANCE PRACTICE
	AUGUST	<b>TERM - I EXAM FROM 1ST AUGUST TO 31ST AUGUST</b>
	SEPTEMBER	FREE STYLE BASIC STEP ON NEW SONG
<b>TERM - II</b>	OCTOBER	BOLLYWOOD FREE STYLE ON NEW SONG
	NOVEMBER	HIP HOP BASIC DANCE STEP ON NEW SONG
	DECEMBER	REVISE ABOVE DANCE STYLE
	JANUARY	26th JAN REPUBLIC DAY DANCE PRACTICE
	FEBRUARY	<b>TERM - II EXAM FROM 1ST FEBRUARY TO 28TH FEBRUARY</b>

**S.D.JAIN MODERN SCHOOL****STANDARD - I****SYLLABUS : 2023 - 2024****ACTIVITY : SKATING**

<b>TERM</b>	<b>MONTH</b>	<b>ACTIVITIES TO BE DONE</b>
<b>TERM - I</b>	APRIL	(BASIC) - BREATHING DEVELOPMENT AND WARM UP EXERCISES
	JUNE	HAND SWING AND FLEXIBILITY EXERCISE OF FULL BODY
	JULY	WARM UP EXERCISE OF UPPER BODY AND LOWER BODY
	AUGUST & SEPTEMBER	<b>PRACTICE SESSION AND TERM - I EXAM</b>
<b>TERM - II</b>	OCTOBER	V' STEPPING AND BACK 'V' STEPPING EXERCISES
	NOVEMBER	BODY POSTURE AND SIDE PUSH EXERCISES
	DECEMBER	AEROPLANE STEPPING , CAMEL STEPPING AND SITTING STEPPING
	JANUARY	90° DEGREE BENDING EXERCISES
	FEBRUARY	<b>PRACTICE SESSION AND TERM - II EXAM</b>
	MARCH	-

**S.D.JAIN MODERN SCHOOL****STANDARD - I****SYLLABUS : 2023 - 2024****ACTIVITY : AEROBICS**

<b>TERM</b>	<b>MONTH</b>	<b>ACTIVITIES TO BE DONE</b>
<b>TERM - I</b>	APRIL	BASIC FITNESS STEPS ON MUSIC
	JUNE	BASIC LEGS WORKOUT STEPS ON MUSIC
	JULY	BASIC RUNNING WORKOUT STEPS ON MUSIC
	AUGUST & SEPTEMBER	<b>PRACTICE SESSION AND TERM - I EXAM</b>
<b>TERM - II</b>	OCTOBER	BASIC JUMPING WORKOUT STEPS ON MUSIC
	NOVEMBER	BASIC KICK WORKOUT STEPS ON MUSIC
	DECEMBER	BASIC RING STEPS ON MUSIC
	JANUARY	FULL BODY WORKOUT ON MUSIC
	FEBRUARY	<b>PRACTICE SESSION AND TERM - II EXAM</b>
	MARCH	-

**S.D.JAIN MODERN SCHOOL****STANDARD - I****SYLLABUS : 2023 - 2024****ACTIVITY : MUSIC**

<b>TERM</b>	<b>MONTH</b>	<b>ACTIVITIES TO BE DONE</b>
<b>TERM - I</b>	APRIL	SHLOK (GURU BRAMHA GURU VISHNU...)
	JUNE	WISHPER THE PRAYER & SCHOOL SONG
	JULY	LIKE A SUN FLOWER & BIRTHDAY SONG
	AUGUST	<b>TERM - I EXAM FROM 1ST AUGUST TO 31ST AUGUST</b>
	SEPTEMBER	INTRODUCTION OF SWARAS, KRISHNA SONG & GANESH DHUN
<b>TERM - II</b>	OCTOBER	BAL GEET
	NOVEMBER	HINDI PRAYER
	DECEMBER	BAL GEET & CHRISTMAS SONG
	JANUARY	PATRIOTIC SONG & KITE SONG
	FEBRUARY	<b>TERM - II EXAM FROM 1ST FEBRUARY TO 28TH FEBRUARY</b>

**S.D.JAIN MODERN SCHOOL****STD - I****SYLLABUS : 2023 - 2024****ACTIVITY : YOGA**

<b>TERM</b>	<b>MONTH</b>	<b>ACTIVITIES TO BE DONE</b>
<b>TERM - I</b>	APRIL	WARMUP, PADMASANA, VAJRASANA, TADASANA, TRATAK
	JUNE	WARMUP, VRIKSHASANA, BALASANA, THRIKONASANA1, TRATAK
	JULY	WARMUP, THRIKONASANA2, VIRABHADRASANA1, VIRABHADRASANA2, PRANAYAMA, TRATAK
	AUGUST	<b>TERM - I EXAM FROM 1ST AUGUST TO 31ST AUGUST</b>
	SEPTEMBER	WARMUP, GAUMUKHASANA, BHUJANGASANA, PAWANMUKTASANA, PRANAYAMA, TRATAK
<b>TERM - II</b>	OCTOBER	WARMUP, NUTRAJASANA, DHANURASANA, USTTRASANA, TRATAK
	NOVEMBER	WARMUP, VAKRASANA, PADHHASTASANA, PASCHIMMOTTANASANA, CHANDRANAMASKAR, TRATAK
	DECEMBER	WARMUP, SHASANKASANA, ARDHCHAKRASANA, CHAKRASANA, TRATAK
	JANUARY	WARMUP, SETUBANDHASANA, SUKHASANA, GARUDASANA PRANAYAMA, TRATAK,
	FEBRUARY	<b>TERM - II EXAM FROM 1ST FEBRUARY TO 28TH FEBRUARY</b>