

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

| TERM | MONTH | ACTIVITIES TO BE DONE |
|------------------|--------------------|--|
| TERM - I | APRIL | NATIONAL ANTHEM, S.D.JAIN YOUTH SONG, GAYATRI MANTRA & PRAYER |
| | JUNE | RAIN SONG & INTRODUCTION OF ALANKARS |
| | JULY | NAVkar MANTRA & VOCAL WARM UP |
| | AUGUST & SEPTEMBER | KRISHNA SONG & GANEHSA SONG PRACTICE SESSION AND TERM - I EXAM |
| TERM - II | OCTOBER | GARBA SONG & ALANKARS |
| | NOVEMBER | PRAYER (HINDI) & ALANKARS |
| | DECEMBER | PRAYER & BHAJAN |
| | JANUARY | KITE SONG & PATRIOTIC SONG |
| | FEBRUARY | PRACTICE SESSION AND TERM - II EXAM |
| | MARCH | - |

S.D.JAIN MODERN SCHOOL**STANDARD - II****SYLLABUS : 2023 - 2024****ACTIVITY : DANCE**

| TERM | MONTH | ACTIVITIES TO BE DONE |
|------------------|--------------------|---|
| TERM - I | APRIL | BOLLYWOOD DANCE STYLE ON NEW BOLLYWOOD SONG |
| | JUNE | BASIC HIP-HOP DANCE ON NEW SONG |
| | JULY | LYRICAL DANCE STYLE ON NEW SONG & PREPARATION OF INDEPENDENCE DAY DANCE |
| | AUGUST & SEPTEMBER | PRACTICE SESSION AND TERM - I EXAM |
| TERM - II | OCTOBER | BASIC HAND TUTTING DANCE ON NEW SONG |
| | NOVEMBER | JAZZ DANCE STYLE ON NEW SONG |
| | DECEMBER | BASIC STEPS OF SHUFFLE DANCE ON MUSIC |
| | JANUARY | FREE DANCE STYLE ON NEW SONG & PREPARATION OF REPUBLIC DAY DANCE |
| | FEBRUARY | PRACTICE SESSION AND TERM - II EXAM |
| | MARCH | - |

S.D.JAIN MODERN SCHOOL**STANDARD - II****SYLLABUS : 2023 - 2024****ACTIVITY : PT**

| TERM | MONTH | ACTIVITIES TO BE DONE |
|------------------|--------------------|---|
| TERM - I | APRIL | WARMUP EXERCISES & INDOOR GAME (CHESS) |
| | JUNE | WARMUP EXERCISES & INDOOR GAME (CARROM) |
| | JULY | WARMUP EXERCISES, LONG JUMP EXERCISES & OUTDOOR GAME (BASKETBALL) |
| | AUGUST & SEPTEMBER | PRACTICE SESSION AND TERM - I EXAM |
| TERM - II | OCTOBER | PT EXERCISES 1 TO 6 , OUTDOOR GAMES (BASKETBALL) |
| | NOVEMBER | PT EXERCISES 7 TO 14 , OUTDOOR GAMES (BADMINTON) |
| | DECEMBER | RUNNING, BADMINTON, SPORTS DAY SELECTION |
| | JANUARY | (SPORTS DAY) RUNNING, REVISION |
| | FEBRUARY | PRACTICE SESSION AND TERM - II EXAM |
| | MARCH | - |

S.D.JAIN MODERN SCHOOL**STANDARD - II****SYLLABUS : 2023 - 2024****ACTIVITY : YOGA**

| TERM | MONTH | ACTIVITIES TO BE DONE |
|------------------|--------------------|--|
| TERM - I | APRIL | PADMASANA, VAJRASANA, TADASANA, GAUMUKHASANA, TRATAK, WARM UP |
| | JUNE | BHUJANGASANA, VRIKSHASANA, BALASANA, SURYA NAMASKAR, TRATAK, WARM UP |
| | JULY | THRIKONASANA-1, THRIKONASANA-2, VIRABHADRASANA-1, VIRABHADRASANA-2, PRANAYAMA, TRATAK, WARM UP |
| | AUGUST & SEPTEMBER | PRACTICE SESSION AND TERM - I EXAM |
| TERM - II | OCTOBER | NATRAJASANA, DHANURASANA, USTRASANA, PAWANMUKTASANA, TRATAK, WARM UP |
| | NOVEMBER | VAKRASANA, PADAHASTASANA, PASCHIMOTTANASANA, SURYA NAMASKAR, TRATAK, WARM UP |
| | DECEMBER | SARWANGASANA, ARDHCHAKRASANA, CHAKRASANA, PRANAYAM, TRATAK, WARM UP |
| | JANUARY | SHASHANKASANA, SETUBANDHASANA, TRATAK, WARM UP |
| | FEBRUARY | PRACTICE SESSION AND TERM - II EXAM |
| | MARCH | - |

S.D.JAIN MODERN SCHOOL**STANDARD - II****SYLLABUS : 2023 - 2024****ACTIVITY : SKATES**

| TERM | MONTH | ACTIVITIES TO BE DONE |
|------------------|--------------------|--|
| TERM - I | APRIL | (BASIC) - BREATHING DEVELOPMENT AND WARMUP EXERCISES |
| | JUNE | HAND SWING AND FLEXIBILITY EXERCISE OF FULL BODY |
| | JULY | WARMUP EXERCISE OF UPPER AND LOWER BODY |
| | AUGUST & SEPTEMBER | PRACTICE SESSION AND TERM - I EXAM |
| TERM - II | 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 | PRACTICE SESSION AND TERM - II EXAM |
| | MARCH | - |

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

| TERM | MONTH | ACTIVITIES TO BE DONE |
|------------------|--------------------|--|
| TERM - I | APRIL | BASIC FITNESS STEPS ON MUSIC |
| | JUNE | BASIC LEGS WORKOUT STEPS ON MUSIC |
| | JULY | BASIC RUNNING WORKOUT STEPS ON MUSIC |
| | AUGUST & SEPTEMBER | PRACTICE SESSION AND TERM - I EXAM |
| TERM - II | 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 | PRACTICE SESSION AND TERM - II EXAM |
| | MARCH | - |

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

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