

**S.D.JAIN MODERN SCHOOL**

**STANDARD - IV**

**SYLLABUS : 2023 - 2024**

**ACTIVITY : MUSIC**

<b>TERM</b>	<b>MONTH</b>	<b>ACTIVITIES TO BE DONE</b>
<b>TERM - I</b>	APRIL	S.D.JAIN YOUTH SONG, VOCAL WARMUP EXERCISES & ALANKARS
	JUNE	MONSOON SONG, SHLOKA & ALANKARS
	JULY	NATIONAL ANTHEM & BHAJAN
	AUGUST & SEPTEMBER	<b>PRACTICE SESSION AND TERM - I EXAM</b>
<b>TERM - II</b>	OCTOBER	GARBA SONG, GAYATRI MANTRA & ALANKARS
	NOVEMBER	KRISHNA SONG
	DECEMBER	RAAG YAMAN & SARGAM GEET
	JANUARY	PATRIOTIC SONG & LOVE YOU ZINDAGI SONG
	FEBRUARY	<b>PRACTICE SESSION AND TERM - II EXAM</b>
	MARCH	-

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

<b>TERM</b>	<b>MONTH</b>	<b>ACTIVITIES TO BE DONE</b>
<b>TERM - I</b>	APRIL	HIP-HOP DANCE STYLE ON NEW SONG
	JUNE	LYRICAL DANCE STYLE ON NEW SONG
	JULY	LOCKING AND POPPING STEPS ON NEW SONG & PREPARATION OF INDEPENDENCE DAY DANCE
	AUGUST & SEPTEMBER	<b>PRACTICE SESSION AND TERM - I EXAM</b>
<b>TERM - II</b>	OCTOBER	HOUSE DANCE STYLE ON NEW SONG
	NOVEMBER	JAZZ DANCE STYLE ON NEW SONG
	DECEMBER	SHUFFLE DANCE STYLE ON MUSIC
	JANUARY	FREE DANCE STYLE ON NEW SONG & PREPARATION OF REPUBLIC DAY DANCE
	FEBRUARY	<b>PRACTICE SESSION AND TERM - II EXAM</b>
	MARCH	-

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

<b>TERM</b>	<b>MONTH</b>	<b>ACTIVITIES TO BE DONE</b>
<b>TERM - I</b>	APRIL	WARMUP EXERCISES, BADMINTON AND BASKETBALL
	JUNE	WARMUP EXERCISES, RUNNING, CHESS, CARROM AND BASKETBALL
	JULY	WARMUP EXERCISES, RUNNING, CHESS, CARROM AND BASKETBALL
	AUGUST & SEPTEMBER	RUNNING, INDOOR GAMES <b>PRACTICE SESSION AND TERM - I EXAM</b>
<b>TERM - II</b>	OCTOBER	PT EXERCISES, LONG JUMP/SHOTPUT AND BADMINTON
	NOVEMBER	LONG JUMP AND SHOTPUT
	DECEMBER	SPORTS DAY SELECTION & RUNNING PRACTICE
	JANUARY	SPORTS DAY, INDOOR GAMES/OUTDOOR GAMES
	FEBRUARY	BADMINTON/ CHESS/CARROM/BASKET BALL <b>PRACTICE SESSION AND TERM - II EXAM</b>
	MARCH	-

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

<b>TERM</b>	<b>MONTH</b>	<b>ACTIVITIES TO BE DONE</b>
<b>TERM - I</b>	APRIL	TADASANA, VRIKSHASANA, PADMASAN, VAJRASAN, PRANAYAM, CHANDRA NAMASKAR, AKARNA DHANURASAN
	JUNE	TRIKONASANA -1, TRIKONASANA-2, VIRBHADRASANA-1, VIRBHADRAASANA-2, NATRAJASANA
	JULY	GAUMUKHAASANA, SARVANGASANA, HALASANA, PAWANMUKTASANA, BHUJANGASANA, SURYA NAMASKAR
	AUGUST & SEPTEMBER	<b>PRACTICE SESSION AND TERM - I EXAM</b>
<b>TERM - II</b>	OCTOBER	BHOOMNASANA, SKANDHASANA, BAKASANA, PADAHASTASANA, PASCHIMOTTANASANA, USTRASANA
	NOVEMBER	DHANURASANA, VAKRASANA, SUKHASANA, GARUDASANA, PRANAYAM
	DECEMBER	EK PADGRIVASANA, SETUBANDHASANA, SUPTA VAJRASANA, VARIATION OF SURYA NAMASKAR , CHANDRA NAMASKAR
	JANUARY	SHASHAANKAASANA, CHANDRASANA, CHAKRASANA
	FEBRUARY	<b>PRACTICE SESSION AND TERM - II EXAM</b>
	MARCH	-

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

<b>TERM</b>	<b>MONTH</b>	<b>ACTIVITIES TO BE DONE</b>
<b>TERM - I</b>	APRIL	ADVANCE WARM UP EXERCISES OF UPPER BODY USING ROLL BALL AND ROLLER SKATE BASKETBALL
	JUNE	ADVANCE WARM UP EXERCISES OF LOWER BODY USING ROLL BALL AND ROLLER SKATE BASKETBALL
	JULY	HAND SWING AND 90° DEGREE BENDING EXERCISE
	AUGUST & SEPTEMBER	<b>PRACTICE SESSION AND TERM - I EXAM</b>
<b>TERM - II</b>	OCTOBER	BODY POSTURE AND SIDE PUSH EXERCISES
	NOVEMBER	HIGH POWER DEVELOPMENT AND COOL DOWN EXERCISES
	DECEMBER	TURNING AND CROSS LEG EXERCISES
	JANUARY	FLEXIBILITY EXERCISES OF FULL BODY
	FEBRUARY	<b>PRACTICE SESSION AND TERM - II EXAM</b>
	MARCH	-

**S.D.JAIN MODERN SCHOOL****STANDARD - IV****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	STICK WORKOUT STEPS ON MUSIC
	JULY	CORE WORKOUT STEPS ON MUSIC
	AUGUST & SEPTEMBER	<b>PRACTICE SESSION AND TERM - I EXAM</b>
<b>TERM - II</b>	OCTOBER	DUMBBELLS WORKOUT STEPS ON MUSIC
	NOVEMBER	DUMBBELLS WITH CORE WORKOUT STEPS ON MUSIC
	DECEMBER	ADVANCE RING STEPS ON MUSIC
	JANUARY	ADVANCE ZUMBA STEPS ON MUSIC
	FEBRUARY	<b>PRACTICE SESSION AND TERM - II EXAM</b>
	MARCH	-

**S.D.JAIN MODERN SCHOOL****STANDARD - IV****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	-