



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

**SEMESTER BOOK: BLENDS**

**GRAMMAR BOOK: COLLINS ENGLISH GRAMMAR AND COMPOSITION**

TERM	MONTH	BOOK	LESSONS/ POEMS	TOPICS TO BE COVERED
<b>TERM - I</b>	<b>APRIL &amp; MAY</b>	SEMESTER 1	CH-2	THE GOLD IN THE HAT
			POEM 1	DREAMS
		GRAMMAR BOOK	CH-1	NOUNS: REVISION
			CH-2	COMMON, PROPER AND ABSTRACT NOUNS
			CH-3	COLLECTIVE NOUNS
			CH-4	COUNTABLE AND UNCOUNTABLE NOUNS
			CH-24	SYNONYMS AND ANTONYMS
	<b>JUNE</b>	SEMESTER 1	CH-4	SHIBI'S JUSTICE
			POEM 3	A BEAUTIFUL DAY
		GRAMMAR BOOK	CH-5	NOUNS: GENDER
			CH.6	NOUNS: POSSESSION
			CH-26	THE BROKEN POT (COMPREHENSION)
	<b>JULY</b>	SEMESTER 1	CH-6	THE ADVENTURES OF LITTLE AI
			POEM 5	THE ARROW AND THE SONG
		GRAMMAR BOOK	CH-10	PRONOUNS
			CH-11	ARTICLES
			CH-20	PREPOSITIONS
			CH-27	JANE AND THE BEARS (COMPREHENSION)
	CREATIVE WRITING	PARAGRAPH WRITING		
	<b>AUGUST</b>	SEMESTER 1	CH-8	A FAMILY ON THE ROOF
			POEM 7	THE SPINNING SAGE
		GRAMMAR BOOK	CH-7	SUBJECT AND PREDICATE
			CH-21	KINDS OF SENTENCES
			CH-23	PUNCTUATION
			CH-28	WHERE GO THE BOATS? (COMPREHENSION)
			CH-29	THE BUG AND THE MOSQUITO (COMPREHENSION)
	CREATIVE WRITING	ESSAY WRITING		
	<b>SEPTEMBER</b>	<b>REVISION AND HALF - YEARLY EXAM</b>		



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TERM	MONTH	BOOK	LESSONS/ POEMS	TOPICS TO BE COVERED
<b>TERM - II</b>	<b>OCTOBER</b>	SEMESTER 2	CH- 1	WHAT COLOUR IS THAT CREATURE?
			POEM 2	THE BIG BABOON
		GRAMMAR BOOK	CH-12	VERBS
			CH-16	CAN, MAY, SHOULD, MUST
			CH-17	AGREEMENT OF SUBJECT AND VERB
			CREATIVE WRITING	DIARY WRITING
	<b>NOVEMBER</b>	SEMESTER 2	CH-3	KITES
			POEM 4	ON THE DESERT
		GRAMMAR BOOK	CH-18	ADVERBS
			CH-30	THE THREE QUESTIONS (COMPREHENSION)
	<b>DECEMBER</b>	SEMESTER 2	CH-5	THE WONDERFUL TEA-KETTLE
			POEM 6	THE FREE MAN
		GRAMMAR BOOK	CH-8	ADJECTIVES
			CH-9	DEGREES OF COMPARISON
			CH-19	CONJUNCTIONS
			CH-31	OUR LEMONS (COMPREHENSION)
			CREATIVE WRITING	MESSAGE WRITING
	<b>JANUARY</b>	SEMESTER 2	CH-7	A MAN'S CUB
			CH-8	A WOLF'S CUB
		GRAMMAR BOOK	CH-13	SIMPLE PRESENT AND PRESENT CONTINUOUS TENSES
			CH-14	SIMPLE PAST AND PAST CONTINUOUS TENSES
			CH-15	SIMPLE FUTURE TENSE
			CREATIVE WRITING	STORY WRITING
	<b>FEBRUARY</b>	GRAMMAR BOOK	CH-22	INTERJECTIONS
			CH-25	WORDS: A MIXED BAG
			CH-32	VISHPALA (COMPREHENSION)
			CH-33	THE THIEVES AND THE POT OF GOLD (COMPREHENSION)
			CH-34	THE STORK AND THE CRAB (COMPREHENSION)
CH-35			THE RETURN OF THE WHISTLING DOG (COMPREHENSION)	
<b>REVISION</b>				
<b>MARCH</b>	<b>YEARLY EXAM</b>			

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## STANDARD - IV

SYLLABUS : 2024 - 2025

SUB : HINDI

पाठ्यपुस्तक: नई रंगोली

व्याकरण: व्याकरण संबोध

TERM	MONTH	BOOKS	LESSONS	TOPICS TO BE COVERED
TERM - I	अप्रैल और मई	पा.पु.	कविता-1	हम सब भारतवासी हैं
			पाठ-2	भाग्य या पुरुषार्थ
		व्याकरण	पाठ-1	भाषा
			पाठ-2	वर्ण -विचार
			पाठ-14	पर्यायवाची शब्द ( मनुष्य, रिश्ते-नातों से संबंधित 1-10)
			पाठ-15	विलोम शब्द ( पृ.सं. 84)
			पाठ -17	वाक्यांश के लिए एक शब्द (समय से संबंधित 1-6)
			पाठ-25	चित्र-वर्णन
	जून	पा.पु.	पाठ-3	पीलू
			पाठ-3	शब्द
		व्याकरण	पाठ-4	वाक्य
			पाठ -21	अपठित गद्यांश (पृ.सं.118)
	जुलाई	पा.पु.	पाठ-4	अमर ज्योति- गुरु नानक देव
			कविता -7	पर्यावरण बचाओ
		व्याकरण	पाठ-5	संज्ञा
			पाठ-6	लिंग
			पाठ-22	पत्र-लेखन
	अगस्त	पा.पु.	पाठ-5	"तुम मुझे खून दो ,मैं तुम्हें आज़ादी दूँगा"
			पाठ-6	धूप का जादू
		व्याकरण	पाठ-8	कारक
			पाठ-18	विरामचिह्न
पाठ-14			पर्यायवाची शब्द ( प्रकृति से संबंधित 1-14)	
पाठ-17			वाक्यांश के लिए एक शब्द ( व्यवसाय से संबंधित 1-14)	
पाठ-20			मुहावरे (शरीर के अंगों से संबंधित 1-12)	
पाठ-21	अपठित गद्यांश (पृ.सं.116)			
सितंबर	REVISION AND HALF - YEARLY EXAM			



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व्याकरण: व्याकरण संबोध

TERM	MONTH	BOOKS	LESSONS	TOPICS TO BE COVERED
TERM - II	अक्तूबर	पा.पु.	पाठ-8	छठ पूजा
		व्याकरण	पाठ-7	वचन
			पाठ-9	सर्वनाम
			पाठ-15	विलोम शब्द ( पृ.सं. 85)
			पाठ-16	अनेकार्थी शब्द (1- 11)
			पाठ-17	वाक्यांश के लिए एक शब्द ( प्रकृति से संबंधित 1-6)
			पाठ-24	संवाद-लेखन
	नवंबर	पा.पु.	पाठ-9	सच्चा मनुष्य
			कविता-10	सबसे पहले
		व्याकरण	पाठ-13	अव्यय
			पाठ -21	अपठित गद्यांश (पृ.सं.119)
	दिसंबर	पा.पु.	पाठ-11	हमारा गणतंत्र हमारी शान देख इसे दुनिया हैरान
			पाठ-10	विशेषण
		व्याकरण	पाठ-14	पर्यायवाची शब्द ( शरीर और पशु-पक्षी से संबंधित पृ.सं. 82)
			पाठ-23	अनुच्छेद-लेखन
	जनवरी	पा.पु.	पाठ-12	एक होली ऐसी भी
			कविता-13	जब सूरज जग जाता है
			पाठ-14	तमिलनाडु
		व्याकरण	पाठ-11	क्रिया
			पाठ-12	काल
			पाठ-19	अशुद्धि-शोधन
फरवरी	व्याकरण	पाठ-17	वाक्यांश के लिए एक शब्द ( विविध 1-10 )	
		पाठ-20	मुहावरे (विविध विषयों से संबंधित 1-11)	
		पाठ-21	अपठित गद्यांश (पृ.सं.117)	
	<b>REVISION</b>			
मार्च	<b>YEARLY EXAM</b>			

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**SUB : MATHEMATICS**

**SEMESTER BOOK: BLENDS**

TERM	MONTH	CHAPTER	TOPICS TO BE COVERED
<b>TERM - I</b>	APRIL & MAY	CH-1	NUMBERS BEYOND 9999
			TABLES-2 TO 10
	JUNE	CH-2	ADDITION AND SUBTRACTION
			TABLES- 11 TO 16
	JULY	CH-3	MULTIPLICATION
		CH-4	DIVISION
		CH-5	FACTORS AND MULTIPLES (TO BE CONTINUED...)
			TABLES-17 & 18
	AUGUST	CH-5	FACTORS AND MULTIPLES
		CH-6	UNDERSTANDING FRACTIONS
		CH-7	GEOMETRY
			TABLES-19 & 20
	SEPTEMBER	<b>REVISION AND HALF - YEARLY EXAM</b>	
<b>TERM - II</b>	OCTOBER	CH-2	MEASUREMENT
			TABLES - 11 TO 15
	NOVEMBER	CH-6	DATA HANDLING
			TABLE- 16
	DECEMBER	CH-1	SYMMETRY, PATTERNS AND PERSPECTIVE
		CH-3	TIME
			TABLES - 17 & 18
	JANUARY	CH-4	MONEY
		CH-5	PERIMETER AND AREA
			TABLES-19 & 20
	FEBRUARY	<b>REVISION</b>	
	MARCH	<b>YEARLY EXAM</b>	

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**SEMESTER BOOK: BLENDS**

TERM	MONTH	CHAPTER	TOPICS TO BE COVERED
<b>TERM - I</b>	APRIL & MAY	CH-1	GREEN PLANTS -THE FOOD PRODUCERS
		CH-2	ADAPTATIONS FOR SURVIVAL IN PLANTS
	JUNE	CH-3	ANIMALS AND THEIR YOUNG ONES
	JULY	CH-4	ADAPTATIONS FOR SURVIVAL IN ANIMALS
		CH-5	FOOD AND NUTRITION
	AUGUST	CH-6	THE DIGESTIVE SYSTEM, TEETH AND MICROBES
		CH-7	KEEPING SAFE
SEPTEMBER	<b>REVISION AND HALF - YEARLY EXAM</b>		
<b>TERM - II</b>	OCTOBER	CH-1	MORE ABOUT CLOTHES
		CH-2	FORCE, WORK AND ENERGY
	NOVEMBER	CH-3	SOIL
	DECEMBER	CH-4	MATTER
		CH-5	WEATHER, AIR AND WATER
	JANUARY	CH-6	THE SOLAR SYSTEM AND THE EARTH
		CH-7	OUR ENVIRONMENT
	FEBRUARY	<b>REVISION</b>	
MARCH	<b>YEARLY EXAM</b>		

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**SUB : SOCIAL STUDIES**

**SEMESTER BOOK: BLENDS**

TERM	MONTH	CHAPTER	TOPICS TO BE COVERED
<b>TERM - I</b>	APRIL & MAY	CH-1	OUR COUNTRY-INDIA
		CH-2	THE HIMALAYAS
	JUNE	CH-3	THE NORTHERN PLAINS
		CH-4	THE SOUTHERN PLATEAU (TO BE CONTINUED...)
	JULY	CH-4	THE SOUTHERN PLATEAU
		CH-5	THE COASTAL PLAINS AND ISLANDS
		CH-6	THE DESERT LAND OF INDIA
	AUGUST	CH-7	THE NATURAL WEALTH OF INDIA
		CH-8	OUR RESOURCES
	SEPTEMBER	<b>REVISION AND HALF - YEARLY EXAM</b>	
<b>TERM - II</b>	OCTOBER	CH-1	AGRICULTURE AND LIVESTOCK
		CH-2	INDUSTRIES IN INDIA
	NOVEMBER	CH-3	TRANSPORT AND COMMUNICATION
	DECEMBER	CH-4	OUR HERITAGE
		CH-5	OUR NATIONAL SYMBOLS
		CH-6	OUR RIGHTS AND DUTIES (TO BE CONTINUED...)
	JANUARY	CH-6	OUR RIGHTS AND DUTIES
		CH-7	PUBLIC SERVICES
		CH-8	GREAT ACHIEVERS
	FEBRUARY	<b>REVISION</b>	
MARCH	<b>YEARLY EXAM</b>		

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# S. D. JAIN MODERN SCHOOL

## STANDARD - IV

SYLLABUS : 2024 - 2025

SUB : GUJARATI

પાઠ્યપુસ્તક : GRAFALCO

TERM	MONTH	CHAPTER	LESSONS/ POEMS	TOPICS TO BE COVERED
TERM - I	એપ્રિલ અને મે	પા.પુ	કવિતા - ૧	આકાશનો ચાંદો
			પાઠ - ૨	ઘરનો નાસ્તો
		વ્યાકરણ		સ્વર , વ્યંજન, બારાખડી, નામ, અંક :૧ થી ૨૦
	જૂન	પા.પુ	કવિતા - ૩	હોળી
			પાઠ - ૪	લીલા રંગનો ઘોડો
		વ્યાકરણ		સગાંસંબંધીઓ પાનાં.નં(69), સમાનાર્થી શબ્દ, વિરુદ્ધાર્થી શબ્દ, નિબંધ લેખન
	જુલાઈ	પા.પુ	પાઠ - ૫	સોનલની ફૂલદાની
			કવિતા - ૬	ચાલો, ચાલોને રમીએ હોડી હોડી
		વ્યાકરણ		સર્વનામ, સમાનાર્થી શબ્દ, વિરુદ્ધાર્થી શબ્દ, અંક :૨૧ થી ૩૦, નિબંધ લેખન
	ઓગસ્ટ	પા.પુ	કવિતા - ૮	મને પંખી નાનેરું થાવું ગમે
		વ્યાકરણ		લિંગ, ક્રિયાપદ, શબ્દ જોડી પાનાં. નં(69), નિબંધ લેખન
	સપ્ટેમ્બર	પા.પુ	પાઠ - ૭	ચિત્રવર્ણન (નોટબુક)
		REVISION AND HALF - YEARLY EXAM		





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પાઠ્યપુસ્તક : GRAFALCO

TERM	MONTH	CHAPTER	LESSONS/ POEMS	TOPICS TO BE COVERED
TERM - II	ઓક્ટોબર	પા.પુ	પાઠ - ૯	ત્રણ માછલીઓ
			કવિતા - ૧૦	કૌમુદીનો ચોરસ
		વ્યાકરણ		સમાનાર્થી શબ્દ, વિરુદ્ધાર્થી શબ્દ, અંક :૩૧ થી ૪૦
	નવેમ્બર	પા.પુ	પાઠ - ૧૧	દિવાળી
		વ્યાકરણ		સમાનાર્થી શબ્દ, વિરુદ્ધાર્થી શબ્દ, વચન, સંયુક્ત શબ્દો પાનાં.નં (70),લિંગ
	ડિસેમ્બર	પા.પુ	પાઠ - ૧૨	સાત પૂંછડિયો ઉંદર
			પાઠ - ૧૩	મુલ્લાનો જાદુ
		વ્યાકરણ		સમાનાર્થી શબ્દ, વિરુદ્ધાર્થી શબ્દ, વચન, લિંગ, રુઢિપ્રયોગ પાનાં.નં (71),અંક :૪૧ થી ૫૦, નિબંધ લેખન
			પાઠ - ૧૪	વાર્તા પૂરી કરો
	જાન્યુઆરી	પા.પુ	પાઠ - ૧૫	મારું ગુજરાત
			પાઠ - ૧૬	મુદ્દા પરથી વાર્તા
		વ્યાકરણ		કહેવતો પાનાં.નં(72), સમાનાર્થી શબ્દ, વિરુદ્ધાર્થી શબ્દ, વિશેષણ
	ફેબ્રુઆરી	પા.પુ	કવિતા -૧૭	ઘોઘ
		વ્યાકરણ		નિબંધ લેખન
				REVISION
માર્ચ			YEARLY EXAM	

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# S. D. JAIN MODERN SCHOOL

## STANDARD - IV

SYLLABUS : 2024 - 2025

SUB : G.K. & MORAL SCIENCE

**G.K. : SEMESTER BOOK- BLENDS**

**MORAL SCIENCE : COUNT YOUR BLESSINGS**

TERM	MONTH	G.K.	MORAL SCIENCE
TERM - I	APRIL & MAY	CH-1, 2 & 3	CH-1 RESPECT YOUR ELDERS
	JUNE	CH-4, 5 & 6	CH-2 KNOWLEDGE IS POWER
	JULY	CH-7, 8 & 10	CH-3 DIGNITY OF LABOUR
			CH-4 WORK WITH CONCENTRATION
	AUGUST	CH-9 (ACTIVITY)	CH-5 BOND OF FRIENDSHIP
			CH-6 FORGIVING OTHERS
SEPTEMBER	REVISION AND HALF - YEARLY EXAM		
TERM - II	OCTOBER	CH-1, 2 & 3	CH-7 OBSERVING PATIENCE
	NOVEMBER	CH-4 & 5	CH-8 HARD WORK HELPS TO ACHIEVE
	DECEMBER	CH-6, 7 & 8	CH-9 SYMPATHY FOR OTHERS
			CH-10 BEING TACTFUL
	JANUARY	CH-9 & 10	CH-11 HAVING COURAGE
			CH-12 GOOD TOUCH, BAD TOUCH (ACTIVITY)
	FEBRUARY	REVISION AND YEARLY EXAM	
MARCH	-		

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# S. D. JAIN MODERN SCHOOL

## STANDARD - IV

SYLLABUS : 2024 - 2025

SUB : COMPUTER

TEXTBOOK : TOUCHPAD

TERM	MONTH	CHAPTER	TOPICS TO BE COVERED
TERM - I	APRIL & MAY	CH-1	DATA STORAGE AND MEMORY
	JUNE	CH-2	MANAGING FILES AND FOLDERS IN WINDOWS 10
	JULY	CH-3	MORE ON MS WORD 2016
		CH-4	POWERPOINT 2016 (TO BE CONTINUED...)
	AUGUST	CH-4	POWERPOINT 2016
	SEPTEMBER	<b>PRACTICAL AND HALF - YEARLY EXAM</b>	
TERM - II	OCTOBER	CH-5	MORE ABOUT THE INTERNET
		CH-7	MORE BLOCKS IN SCRATCH (TO BE CONTINUED...)
	NOVEMBER	CH-7	MORE BLOCKS IN SCRATCH
	DECEMBER	CH-8	CREATING SHAPES IN SCRATCH
		CH-6	VISUAL PROCESSING
	JANUARY	CH-9	EVOLUTION OF AI
	FEBRUARY	<b>PRACTICAL AND YEARLY EXAM</b>	
MARCH	-		

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## S. D. JAIN MODERN SCHOOL

### STANDARD - IV

SYLLABUS : 2024 - 2025

SUB : VISUAL ARTS

**DRAWING BOOK : EXPLORING SPREAD COLOURS**

**CRAFT BOOK : COLOURS & CRAFT**

TERM	MONTH	DRAWING	CRAFT
TERM - I	APRIL & MAY	Pg.No. : 2,4,6,8	Pg. No. : 3,4,5,6,7
	JUNE	Pg.No. : 10,12	Pg. No. : 8,9,10
	JULY	Pg.No. : 13,14,15	Pg. No. : 11,12,13,14,19
	AUGUST	Pg.No. : 16,18,19	Pg. No. : 21,22,24
	SEPTEMBER	HALF YEARLY EXAM	
TERM - II	OCTOBER	Pg.No. : 20,22	Pg. No. : 17,23,26
	NOVEMBER	Pg.No. : 24,26,	Pg. No. : 28,29,31
	DECEMBER	Pg.No. :28,30,32	Pg. No. : 27,30,32,33
	JANUARY	Pg.No. : 34,36,38	Pg. No. : 35,38,39,42
	FEBRUARY	Pg.No. :40,42	Pg. No. : 43,44
		YEARLY EXAM	
MARCH	-		

**Students will be instructed to do following pages of colours & craft as homework.  
Pg. No. 15,16,18,20,25,34,36,37,40,41**

**\*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 - IV

SYLLABUS : 2024 - 2025

#### ACTIVITY : MUSIC

TERM	MONTH	GOALS TO BE REACHED
TERM - I	APRIL&MAY	S.D. JAIN YOUTH SONG AND PRAYER SONG
	JUNE	ENGLISH MOTIVATIONAL SONG, BIRTHDAY SONG AND SHLOK
	JULY	PATRIOTIC SONG, GANESH SONG AND INTRODUCTION OF SAWAR
	AUGUST & SEPTEMBER	<b>PRACTICE SESSION AND HALF-YEARLY EXAM</b>
TERM - II	OCTOBER	GUJARATI (GARBA SONG) AND INTRODUCTION OF MUSICAL INSTRUMENTS
	NOVEMBER	PRAYER SONG ( SANSKRIT), VOCAL WARMUPS(SWAR ,AAKAR AND BREATHING EXERCISES) AND ALANKAR
	DECEMBER	SARGAM GEET AND VOCAL WARMUPS (PITCH EXERCISES)
	JANUARY	PATRIOTIC SONG AND KRISHNA BHAJAN
	FEBRUARY	<b>PRACTICE SESSION AND YEARLY EXAM</b>
	MARCH	-



# S. D. JAIN MODERN SCHOOL

## STANDARD - IV

SYLLABUS : 2024 - 2025

### ACTIVITY : DANCE AND MOVEMENT

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



# S. D. JAIN MODERN SCHOOL

## STANDARD - IV

SYLLABUS : 2024 - 2025

### ACTIVITY : PHYSICAL EDUCATION

TERM	MONTH	GOALS TO BE REACHED
TERM - I	APRIL&MAY	WARM UP EXERCISES AND OUTDOOR RECREATION GAME
	JUNE	WARM UP EXERCISES, FRENCH CRICKET AND INDOOR GAMES(CARROM)
	JULY	MARCH PAST RULES, DRILL COMMANDS, SLAM KICK AND INDOOR GAMES (CHESS)
	AUGUST & SEPTEMBER	<b>PRACTICE SESSION AND HALF-YEARLY EXAM</b>
TERM - II	OCTOBER	MARCH PAST TRAINING, PT 1 TO 7 EXERCISES, STANDING BROAD JUMP, KICK BALL AND OUTDOOR GAMES (BASKETBALL)
	NOVEMBER	MARCH PAST TRAINING, PT 8 TO 15 EXERCISES, BOUNCE CATCHES AND OUTDOOR GAME
	DECEMBER	MARCH PAST TRAINING, RUNNING ON THE HIGH CATCHES, SPORTS DAY SELECTION AND RUNNING PRACTICE
	JANUARY	MARCH PAST TRAINING, SPORTS DAY AND RECREATION GAME
	FEBRUARY	<b>PRACTICE SESSION AND YEARLY EXAM</b>
	MARCH	-



# S. D. JAIN MODERN SCHOOL

## STANDARD - IV

SYLLABUS : 2024 - 2025

### ACTIVITY : YOGA

TERM	MONTH	GOALS TO BE REACHED
TERM - I	APRIL&MAY	VRIKSHASANA, PADMASAN, VAJRASAN, PRANAYAM, BHADRASANA AND AKARNA DHANURASAN
	JUNE	TRIKONASANA-1, TRIKONASANA-2, VIRBHADRASANA-1, VIRBHADRAASANA-2, BHUJANGASANA AND TADASANA
	JULY	GAUMUKHAASANA, SARVANGASANA, HALASANA, PAWANMUKTASAN AND SURYA NAMASKAR
	AUGUST & SEPTEMBER	<b>PRACTICE SESSION AND HALF-YEARLY EXAM</b>
TERM - II	OCTOBER	BHOOMNASANA, CAT POSE, CAMEL POSE AND BAKASANA
	NOVEMBER	PADHASTASANA, PASCHIMOTTANASANA, USTRASANA, DHANURASANA AND GARUDASANA
	DECEMBER	GAUMUKHASANA, SETU BANDHASANA, SUPTA VAJRASANA, VAKRASANA AND SURYA NAMSKAR
	JANUARY	SHASHAANKAASANA, CHANDRASANA, CHAKRASANA, TRATAK AND WARM UP
	FEBRUARY	<b>PRACTICE SESSION AND YEARLY EXAM</b>
	MARCH	-





# S. D. JAIN MODERN SCHOOL

## STANDARD - IV

SYLLABUS : 2024 - 2025

### ACTIVITY : SKATES

TERM	MONTH	GOALS TO BE REACHED
<b>TERM - I</b>	APRIL&MAY	BASIC LEARNER PRACTICE
	JUNE	ROLLER SKATE BASKETBALL PRACTICE
	JULY	SPEED SKATING PRACTICE AND PATRIOTIC SKATE DANCE
	AUGUST & SEPTEMBER	<b>PRACTICE SESSION AND HALF-YEARLY EXAM</b>
<b>TERM - II</b>	OCTOBER	SPEED SKATING PRACTICE
	NOVEMBER	INSIDE AND OUTSIDE PUSHING
	DECEMBER	ROLLER SKATE HOCKEY SKATING PRACTICE
	JANUARY	PATRIOTIC SKATE DANCE AND SKATING ROLLBALL PRACTICE
	FEBRUARY	<b>PRACTICE AND YEARLY EXAM</b>
	MARCH	-



# S. D. JAIN MODERN SCHOOL

## STANDARD - IV

### SYLLABUS : 2024 - 2025

#### ACTIVITY : AEROBICS

TERM	MONTH	GOALS TO BE REACHED
<b>TERM - I</b>	APRIL&MAY	BASIC FITNESS STEPS ON MUSIC AND CORNER KNEE
	JUNE	ADVANCE STICK WORKOUT STEPS ON MUSIC
	JULY	CORE WORKOUT ON MUSIC, JUMPING JACKS AND SQUAT JUMPS
	AUGUST & SEPTEMBER	<b>PRACTICE SESSION AND HALF-YEARLY EXAM</b>
<b>TERM - II</b>	OCTOBER	ADVANCE RING STEPS ON MUSIC AND REPEATER KNEE
	NOVEMBER	ADVANCE ZUMBA STEPS ON MUSIC AND T-STEP
	DECEMBER	DUMBBELLS WORKOUT STEPS ON MUSIC AND JUMP ROPE
	JANUARY	DUMBBELLS WITH CORE WORKOUT ON MUSIC
	FEBRUARY	<b>PRACTICE SESSION AND YEARLY EXAM</b>
	MARCH	-



# S. D. JAIN MODERN SCHOOL

## STANDARD - IV

SYLLABUS : 2024 - 2025

ACTIVITY : TAEKWONDO

TERM	MONTH	GOALS TO BE REACHED
<b>TERM - I</b>	APRIL & MAY	LOW SECTION BLOCK IN A SITTING STANCE
	JUNE	AXE KICK IN A FIGHTING STANCE
	JULY	BALANCE EXERCISES
	AUGUST & SEPTEMBER	<b>PRACTICE SESSION AND HALF-YEARLY EXAM</b>
<b>TERM - II</b>	OCTOBER	HOOK KICK IN A FIGHTING STANCE
	NOVEMBER	ROUNDHOUSE KICK IN A FIGHTING STANCE
	DECEMBER	FRONT SNAP KICK, ROUNDHOUSE KICK AND LAND IN FIGHTING STANCE
	JANUARY	COMBINATION KICK
	FEBRUARY	<b>PRACTICE SESSION AND YEARLY EXAM</b>
	MARCH	-