



S. D. JAIN MODERN SCHOOL

STANDARD - I

SYLLABUS : 2026 - 2027

ACTIVITY : MUSIC



TERM	MONTH	GOALS TO BE REACHED
TERM - I	APRIL	SHLOK (GURU BRAMHA GURU VISHNU...) , SCHOOL SONG AND WHISPER THE PRAYER
	JUNE	LIKE A SUNFLOWER & INTRODUCTION OF MUSICAL NOTES.
	JULY	RAIN SONG AND PATRIOTIC SONG
	AUGUST & SEPTEMBER	PRACTICE TIME AND HALF - YEARLY LEARNING CHECK
TERM - II	OCTOBER	GARBA SONG , VOCAL PRACTICE OF SWAR AND AAKAR
	NOVEMBER	SHLOK
	DECEMBER	BAAL GEET AND CHRISTMAS SONG
	JANUARY	PATRIOTIC SONG AND KITE SONG
	FEBRUARY	PRACTICE TIME AND YEARLY LEARNING CHECK

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ACTIVITY : DANCE & MOVEMENT

TERM	MONTH	GOALS TO BE REACHED
TERM - I	APRIL	BOLLYWOOD DANCE STYLE ON LATEST BOLLYWOOD SONGS
	JUNE	HIP-HOP DANCE STYLE (BASIC STEPS) ON LATEST SONGS
	JULY	LYRICAL DANCE STYLE (BASIC STEPS) ON LATEST SONGS AND PATRIOTIC DANCE ON PATRIOTIC SONG
	AUGUST & SEPTEMBER	PRACTICE TIME AND HALF - YEARLY LEARNING CHECK
TERM - II	OCTOBER	HAND TUTTING (BASIC STEPS)
	NOVEMBER	JAZZ DANCE STYLE (BASIC STEPS) ON NEW SONG
	DECEMBER	CONTEMPORARY DANCE STYLE (BASIC STEPS) ON MUSIC
	JANUARY	FREE DANCE STYLE ON LATEST SONG AND PATRIOTIC DANCE ON PATRIOTIC SONG
	FEBRUARY	PRACTICE TIME AND YEARLY LEARNING CHECK



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ACTIVITY : PHYSICAL TRAINING

TERM	MONTH	GOALS TO BE REACHED
TERM - I	APRIL	WARMUP EXERCISES AND PARADE- MARCH DRILL
	JUNE	RUNNING EXERCISES
	JULY	INDOOR GAMES (CHESS AND CARROM)
	AUGUST & SEPTEMBER	PRACTICE TIME AND HALF - YEARLY LEARNING CHECK
TERM - II	OCTOBER	STRETCHING FOR AGILITY
	NOVEMBER	BASIC FOOTBALL SKILL
	DECEMBER	BASKETBALL PARTNER TRAINING (CHEST PASS AND DRIBBLING)
	JANUARY	SPORTS DAY PRACTICE, CATERPILLAR CATCHES
	FEBRUARY	PRACTICE TIME AND YEARLY LEARNING CHECK



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ACTIVITY : YOGA



TERM	MONTH	GOALS TO BE REACHED
TERM - I	APRIL	OMKAR CHANTING, WARM UP, PADMASANA, VAJRASANA, GAUMUKHASANA, KONASANA, GYAN MUDRA, PRANAYAMA: SHEETALI, TRATAK (DOT)
	JUNE	OMKAR CHANTING, WARM UP, TADASANA, VRIKSHASANA, TRIKONASANA, VIPRIT TRIKONASANA, BHUJAGASANA, PRANAYAMA: SURYABHEDI, TRATAK(FINGER), FACE YOGA
	JULY	OMKAR CHANTING, WARM UP, BALASANA, BUTTERFLY POSE, MANDUKASANA, JANUSHIRASANA, CHAIR POSE, KAKASANA, PRANAYAMA: CHANDRABHEDI, TRATAK(DOT)
	AUGUST & SEPTEMBER	PRACTICE TIME AND HALF - YEARLY LEARNING CHECK
TERM - II	OCTOBER	OMKAR CHANTING, WARM UP, GAUMUKHASANA, USTRASANA, BALASANA, DHANURASANA, PAWANMUKTASANA, SASANKASANA, PRANAYAMA:ANULOM VILOM, TRATAK(FINGER)
	NOVEMBER	OMKAR CHANTING, WARM UP, NATRAJASANA, VAKRASANA, MALASANA,PASCHIMOTTANASANA, PRANAYAMA:BHASTRIKA, TRATAK(DOT), CAT - COW POSE
	DECEMBER	OMKAR CHANTING, WARM UP, VIRBHDRASANA-1, VIRBHDRASANA-2, CHAKRASANA, JANUSHIRASANA, PRANAYAMA: BHRAMRI, TRATAK(FINGER)
	JANUARY	OMKAR CHANTING, WARM UP, SUKHASANA, GARUDASANA, PARVATASANA, SETUBANDHASANA, CAMEL POSE, PRANAYAMA: BREATH HOLDING, TRATAK(CANDLE)
	FEBRUARY	PRACTICE TIME AND YEARLY LEARNING CHECK



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ACTIVITY : SKATES



TERM	MONTH	GOALS TO BE REACHED
TERM - I	APRIL & MAY	WARMUP EXERSICE SKATING CHECK
	JUNE	BASIC SKATING
	JULY	FORWARD ROLLING WITH BODY BENDING
	AUGUST & SEPTEMBER	PRACTICE TIME AND HALF - YEARLY LEARNING CHECK
TERM - II	OCTOBER	T-BREAK
	NOVEMBER	CROSS STEPS
	DECEMBER & JANUARY	HEEL, TOE AND T-POT
	FEBRUARY	PRACTICE TIME AND YEARLY LEARNING CHECK

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ACTIVITY : AEROBICS : FITNESS DRILLS WITH RHYTHM

TERM	MONTH	GOALS TO BE REACHED
TERM - I	APRIL	BASIC WARM UP AND FITNESS STEPS ON MUSIC
	JUNE	BASIC JUMPING JACKS WORKOUT STEPS ON MUSIC AND AEROBIC STEPS
	JULY	AEROBICS AND BASIC KICK EXERCISE ON MUSIC
	AUGUST & SEPTEMBER	PRACTICE TIME AND HALF - YEARLY LEARNING CHECK
TERM - II	OCTOBER	BASIC FLOOR STEPS ON MUSIC
	NOVEMBER	BASIC SQUAT STEPS ON MUSIC
	DECEMBER	BASIC WESTERN ZUMBA STEPS ON MUSIC
	JANUARY	BASIC RUNNING WORKOUT ON MUSIC
	FEBRUARY	PRACTICE TIME AND YEARLY LEARNING CHECK



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ACTIVITY : TAEKWONDO



TERM	MONTH	GOALS TO BE REACHED
TERM - I	APRIL & MAY	BASIC TAEKWONDO RULES
	JUNE	BASIC TAEKWONDO STANCES
	JULY	POWER WARM UP
	AUGUST & SEPTEMBER	PRACTICE TIME AND HALF - YEARLY LEARNING CHECK
TERM - II	OCTOBER	FRONT RISING KICK
	NOVEMBER	RIDING STANCE ,LOOSE PUNCH
	DECEMBER	INSIDE TO OUTSIDE KICK IN A FIGHTING STANCE
	JANUARY	LINE DRILLS
	FEBRUARY	PRACTICE TIME AND YEARLY LEARNING CHECK



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SKILLS ENHANCEMENT : ACTIVITIES ALIGNED WITH NEP

TERM	MONTHS	TOPICS TO BE FOCUSED
TERM - I	APRIL & MAY	FOUNDATION SKILLS AND AWARENESS
	JUNE	COMMUNICATION SKILL AND SPATIAL AWARENESS
	JULY	LIFE SKILLS AND CIVIC SENSE
	AUGUST & SEPTEMBER	ENVIRONMENTAL AWARENESS
TERM - II	OCTOBER	ETHICAL AWARENESS
	NOVEMBER	DATA HANDLING, FINANCIAL LITERACY AND SELF-AWARENESS
	DECEMBER	SAVING HABITS AND LISTENING SKILLS
	JANUARY	LIFE SKILLS : EMPATHY
	FEBRUARY	GOAL SETTING AND PROBLEM SOLVING

Continuous Comprehensive Evaluation and observations will be conducted to monitor the holistic development of the children.