



S. D. JAIN MODERN SCHOOL

STANDARD - II

SYLLABUS : 2026 - 2027



ACTIVITY : MUSIC

| TERM | MONTHS | GOALS TO BE REACHED |
|------------------|--------------------|--|
| TERM - I | APRIL & MAY | SHLOK AND PRAYER SONG |
| | JUNE | NATIONAL ANTHEM AND VOCAL PRACTICE OF SWAR |
| | JULY | NAVKAR MANTRA & INTRODUCTION OF ALANKAR |
| | AUGUST & SEPTEMBER | PRACTICE TIME AND HALF-YEARLY LEARNING CHECK |
| TERM - II | OCTOBER | GARBA SONG, VOCAL PRACTICE OF SWAR, AAKAR & ALANKARS. |
| | NOVEMBER | INTRODUCTION OF TAAL-DADRA |
| | DECEMBER | KRISHNA BHAJAN AND INTRODUCTION OF MUSICAL INSTRUMENTS - HARMONIUM & TABLA |
| | JANUARY | ALANKAR AND PATRIOTIC SONG |
| | FEBRUARY | PRACTICE TIME AND YEARLY LEARNING CHECK |



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ACTIVITY : DANCE AND RHYTHM

| TERM | MONTHS | GOALS TO BE REACHED |
|------------------|--------------------|--|
| TERM - I | APRIL & MAY | BOLLYWOOD DANCE STYLE ON NEW LATEST BOLLYWOOD SUITABLE SONG |
| | JUNE | HIP-HOP BASIC DANCE STYLE ON LATEST SUITABLE SONG |
| | JULY | PATRIOTIC DANCE ON PATRIOTIC SONG AND BASIC HAND TUTTING ON SUITABLE SONG |
| | AUGUST & SEPTEMBER | PRACTICE TIME AND HALF-YEARLY LEARNING CHECK |
| TERM - II | OCTOBER | GARBA SONG, VOCAL PRACTICE OF SWAR, AAKAR & ALANKARS. |
| | NOVEMBER | BASIC CONTEMPORARY STEPS ON SUITABLE ENGLISH SONG |
| | DECEMBER | BASIC LYRICAL DANCE STEPS ON SUITABLE SONG |
| | JANUARY | FREE DANCE STYLE ON LATEST SUITABLE SONG AND PREPARATION OF REPUBLIC DAY DANCE |
| | FEBRUARY | PRACTICE TIME AND YEARLY LEARNING CHECK |



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ACTIVITY : PT

| TERM | MONTHS | GOALS TO BE REACHED |
|-----------|--------------------|--|
| TERM - I | APRIL & MAY | PT EXERCISES (1 TO 10 AND MARCH PAST) |
| | JUNE | CARDIO EXERCISES, JUMPING JACKS, STAR JUMP, BURPEES AND HIGH KNESS |
| | JULY | LADDER RUNNING AND CROSS HOPPING |
| | AUGUST & SEPTEMBER | PRACTICE TIME AND HALF-YEARLY LEARNING CHECK |
| TERM - II | OCTOBER | GARBA SONG, VOCAL PRACTICE OF SWAR, AAKAR & ALANKARS. |
| | NOVEMBER | FOOTBALL BASIC TECHNIQUE |
| | DECEMBER | 60 METER RUNNING RACE AND BASKETBALL SPRINTS AND FREE THROWS |
| | JANUARY | SPORTS DAY PRACTICE |
| | FEBRUARY | PRACTICE TIME AND YEARLY LEARNING CHECK |



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ACTIVITY : YOGA



| TERM | MONTHS | GOALS TO BE REACHED |
|------------------|--------------------|---|
| TERM - I | APRIL & MAY | 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, CAT-COW POSE, PRANAYAMA: SURYABHEDI, TRATAK(FINGER) |
| | 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) |
| | DECEMBER | OMKAR CHANTING, WARM UP, VIRBHDRASANA-1, VIRBHDRASANA-2, CHAKRASANA, JANUSHIRASANA, FACE YOGA, PRANAYAMA: BHRAMRI, TRATAK(FINGER) |
| | JANUARY | OMKAR CHANTING, WARM UP, SUKHASANA, GARUDASANA, PARVATASANA, SETUBANDHASANA, CAMAL POSE, PRANAYAMA: BREATH INSIDE HOLDING, TRATAK(CANDLE) |
| | FEBRUARY | PRACTICE TIME AND YEARLY LEARNING CHECK |



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ACTIVITY : SKATING

| TERM | MONTHS | GOALS TO BE REACHED |
|------------------|--------------------|---|
| TERM - I | APRIL & MAY | WARMUP EXERCISE SKATING CHECK |
| | JUNE | LEARNER TAPPING |
| | JULY | T-BREAK |
| | AUGUST & SEPTEMBER | PRACTICE TIME AND HALF-YEARLY LEARNING CHECK |
| TERM - II | OCTOBER | CROSS STEPS |
| | NOVEMBER | HEEL AND TOE |
| | DECEMBER & JANUARY | IN CIRCLES TWO CROSS STEPS AND FORWARD WALKING |
| | FEBRUARY | PRACTICE TIME AND YEARLY LEARNING CHECK |



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ACTIVITY : AEROBICS - FITNESS DRILLS WITH RHYTHM

| TERM | MONTHS | GOALS TO BE REACHED |
|------------------|--------------------|--|
| TERM - I | APRIL & MAY | WARM-UP EXERCISES AND BASIC FITNESS STEPS |
| | JUNE | AEROBICS STEPS AND BASIC STICK WORKOUT |
| | JULY | BASIC JUMPING JACKS WORKOUT, HIGH KNESS AND PUSH-UPS WORKOUT |
| | AUGUST & SEPTEMBER | PRACTICE TIME AND HALF-YEARLY LEARNING CHECK |
| TERM - II | OCTOBER | BASIC RING STEPS AND AEROBICS STEPS |
| | NOVEMBER | BASIC ZUMBA STEPS AND SQUATS WORKOUT |
| | DECEMBER | RUNNING WORKOUT STEPS |
| | JANUARY | FLOOR WORKOUT STEPS AND AEROBICS STEPS |
| | FEBRUARY | PRACTICE TIME AND YEARLY LEARNING CHECK |



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ACTIVITY : TAEKWONDO



| TERM | MONTHS | GOALS TO BE REACHED |
|-----------|--------------------|---|
| TERM - I | APRIL & MAY | BASIC RULES |
| | JUNE | FRONT RISING KICK |
| | JULY | PUNCHING IN A SITTING STANCE |
| | AUGUST & SEPTEMBER | PRACTICE TIME AND HALF-YEARLY LEARNING CHECK |
| TERM - II | OCTOBER | OUTSIDE TO INSIDE KICK |
| | NOVEMBER | KICKING THEN REGAINING BALANCE |
| | DECEMBER | INSIDE TO OUTSIDE KICK IN A FIGHTING STANCE |
| | JANUARY | INNER BLOCK IN A SITTING STANCE |
| | 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.