



S.D.JAIN MODERN SCHOOL

STANDARD - III

SYLLABUS : 2026 - 2027

ACTIVITY : MUSIC



TERM	MONTHS	GOALS TO BE REACHED
TERM - I	APRIL & MAY	VOCAL PRACTICE OF SWARS AND PRAYER SONG
	JUNE	BASIC ALANKARS (SINGING ASCENDING AND DESCENDING NOTES)
	JULY	VANDE MATARAM AND MOTIVATIONAL SONG
	AUGUST & SEPTEMBER	PRACTICE TIME AND HALF-YEARLY LEARNING CHECK
TERM - II	OCTOBER	GUJARATI FOLK SONG AND INTRODUCTION OF INDIAN MUSICAL INSTRUMENTS
	NOVEMBER	INTRODUCTION OF TAAL RUPAK.
	DECEMBER	INTRODUCTION OF RAAG- BHOOPALI AND SARGAM GEET
	JANUARY	PATRIOTIC SONG AND VOCAL PRACTICE OF ALANKARS .
	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 A LATEST BOLLYWOOD SUITABLE SONG
	JUNE	HIP- HOP DANCE FOUNDATION ON A SUITABLE SONG
	JULY	JAZZ DANCE FOUNDATION ON A SUITABLE SONG AND PREPARATION OF INDEPENDENCE DAY DANCE
	AUGUST & SEPTEMBER	PRACTICE TIME AND HALF-YEARLY LEARNING CHECK
TERM - II	OCTOBER	FOLK DANCE (ACCORDING TO THE FESTIVAL)
	NOVEMBER	CONTEMPORARY DANCE FOUNDATION ON A SUITABLE SONG
	DECEMBER	LYRICAL DANCE STYLE ON A SUITABLE SONG
	JANUARY	FREE DANCE STYLE ON A LATEST SUITABLE SONG AND PREPARATION OF REPUBLIC DAY DANCE
	FEBRUARY	PRACTICE TIME AND YEARLY LEARNING CHECK



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ACTIVITY : PHYSICAL TRAINING

TERM	MONTHS	GOALS TO BE REACHED
TERM - I	APRIL & MAY	IMPROVING BASIC RUNNING SKILLS : SPEED, BALANCING AND CO-ORDINATION, WARM-UP EXERCISES AND INDOOR GAME (CARROM)
	JUNE	IMPROVING BASIC RUNNING SKILLS : SPEED, BALANCING AND CO-ORDINATION, WARM-UP EXERCISES, INDOOR GAME (CHESS) AND FRENCH CRICKET
	JULY	WARMUP EXERCISES, MARCH PAST TRAINING, LONG JUMP EXERCISES, OUTDOOR GAME (BASKETBALL) AND SLAM DUNK, DEVELOPING DISCIPLINE AND TEAM WORK : WALKING IN LINE, SPACING AND STANDING POSITION
	AUGUST & SEPTEMBER	PRACTICE TIME AND HALF-YEARLY LEARNING CHECK
TERM - II	OCTOBER	PT EXERCISES -1 TO 6, MARCH PAST TRAINING, STANDING BROAD JUMP AND BOUNCE THE BALL, SIMPLE STRETCHING EXERCISE AND SLOW JOGGING FOR 100 METERS
	NOVEMBER	PT EXERCISES - 7 TO 14, BASKETBALL, BADMINTON AND WALL TARGET GAME, RUNNING POSTURE : BODY STRAIGHT AND ARM MOVEMENT
	DECEMBER	RUNNING, MARCH PAST TRAINING, CRICKET, KICK BALL AND SPORTS DAY SELECTION, SPRINT PRACTICE (50-100 METERS SPRINT), SHUTTLE RUN, ZIG ZAG WARM UP RUN
	JANUARY	RUNNING, MARCH PAST TRAINING, CRICKET, HIGH CATCHES RUNNING DRILLS AND SPORTS DAY , LADDER DRILLS , CONE DRILLS, RUN DRILLS, JUMP DRILLS
	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, SURYA NAMASKAR, GYAN MUDRA, PRANAYAMA: SHEETALI, TRATAK (DOT)
	JUNE	OMKAR CHANTING, WARM UP, TADASANA, VAJRASANA, VRIKSHASANA, PAWANMUKTASANA, USTRASANA, PRANAYAMA: SURYABHEDI, TRANAK(DOT)
	JULY	OMKAR CHANTING, WARM UP, BALASANA, GAUMUKHASANA, TRIKONASANA -1 AND 2, KATI CHAKRASANA, VAKRASANA, PRANAYAMA: CHANDRABHEDI, TRATAK (DOT)
	AUGUST & SEPTEMBER	PRACTICE TIME AND HALF-YEARLY LEARNING CHECK
TERM - II	OCTOBER	OMKAR CHANTING, WARM UP, YOGA FLOW ASANAS, PRANAYAM: ANULOM-VILOM, TRATAK(CANDLE)
	NOVEMBER	OMKAR CHANTING, WARM UP, CHAKRA BALANCING ASANAS, PRANAYAMA: BHASTRIKA, TRATAK (MEDITATION)
	DECEMBER	OMKAR CHANTING, WARM UP, PASCHIMOTTANASANA, HALASANA, BHUJANGASANA, DHANURASANA, BHUMASANA,PRANAYAMA: BHRAMRI, EYE MOVEMENT
	JANUARY	OMKAR CHANTING, WARM UP, CHANDRA NAMASKAR, PRANAYAM: BREATH INSIDE HOLDING, FACE YOGA, TRATAK(DOT)
	FEBRUARY	PRACTICE TIME AND YEARLY LEARNING CHECK



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ACTIVITY : SKATING

TERM	MONTHS	GOALS TO BE REACHED
TERM - I	APRIL & MAY	WARMUP EXERSICE SKATING CHECK
	JUNE	BASIC AND FORWARD WALKING
	JULY	T-BRAKE, PATRIOTIC SKATING DANCE PRACTICE
	AUGUST & SEPTEMBER	PATRIOTIC SKATING DANCE, PRACTICE TIME & HALF-YEARLY LEARNING CHECK
TERM - II	OCTOBER	FORWARD ROLLING WITH BODY BENDING
	NOVEMBER	IN CIRCLES TWO CROSS STEP
	DECEMBER	OPEN CLOSE STEPS
	JANUARY	ZIC-ZAC SKATING
	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	T-STEPS AND ZUMBA STEPS WITH MUSIC
	AUGUST & SEPTEMBER	PRACTICE TIME AND HALF-YEARLY LEARNING CHECK
TERM - II	OCTOBER	MOUNTAIN CLIMBERS, SQUATS AND PUSH-UPS WORKOUT
	NOVEMBER	BASIC CORE WORKOUT WITH MUSIC AND LUNGES
	DECEMBER	BASIC RING WORKOUT AND FAST FEET WORK
	JANUARY	V-STEPS, SIDE KICKS WORKOUT AND AEROBICS STEPS IN RHYTHM, REVISION OF ALL
	FEBRUARY	PRACTICE TIME AND YEARLY LEARNING CHECK



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ACTIVITY : TAEKWONDO



TERM	MONTHS	GOALS TO BE REACHED
TERM - I	APRIL & MAY	TAEKWONDO FOOTWORK TECHNIQUE
	JUNE	INSIDE TO OUTSIDE KICK
	JULY	STRETCHING FOR AGILITY
	AUGUST & SEPTEMBER	PRACTICE TIME AND HALF-YEARLY LEARNING CHECK
TERM - II	OCTOBER	FRONT SNAP KICK IN A FIGHTING STANCE
	NOVEMBER	SELF DEFENCE
	DECEMBER	AXE KICK IN A FIGHTING STANCE
	JANUARY	PUSH KICK IN A FIGHTING STANCE
	FEBRUARY	PRACTICE TIME AND YEARLY LEARNING CHECK



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SKILLS ENHANCEMENT : ACTIVITIES ALIGNED WITH NEP

TERM	MONTHS	SKILLS TO BE FOCUSED
TERM - I	APRIL & MAY	SELF-MANAGEMENT SKILLS, FOUNDATIONAL LITERACY AND NUMERACY
	JUNE	CREATIVE THINKING, FINANCIAL LITERACY AND SELF-AWARENESS
	JULY	LOGICAL THINKING, SPATIAL AWARENESS AND COMMUNICATION SKILLS
	AUGUST & SEPTEMBER	SAVING HABIT AND FINANCIAL AWARENESS, TEAMWORK AND TIME MANAGEMENT
TERM - II	OCTOBER	CIVIC SENSE, CREATIVITY AND ETHICAL AWARENESS
	NOVEMBER	EXPERIENTIAL LEARNING, CURIOSITY, EXPLORATION AND DECISION MAKING
	DECEMBER	RESPECT FOR DIVERSITY, EMPATHY, COMPASSION AND COOPERATION
	JANUARY & FEBRUARY	GOAL SETTING AND PROBLEM SOLVING
<p>Continuous Comprehensive Evaluation and observations will be conducted to monitor the holistic development of the children.</p>		