



S. D. JAIN MODERN SCHOOL

STANDARD - IV

SYLLABUS : 2026 - 2027



ACTIVITY : MUSIC

TERM	MONTHS	GOALS TO BE REACHED
TERM - I	APRIL & MAY	VOCAL PRACTICE OF ALANKARS IN SARGAM AND AAKAR AND SHLOK
	JUNE	PRAYER SONGS
	JULY	SARE JAHAN SE ACHCHA & BASIC UNDERSTANDING OF MATCHING VOICE.
	AUGUST & SEPTEMBER	PRACTICE TIME AND HALF-YEARLY LEARNING CHECK
TERM - II	OCTOBER	GARBA SONG AND INTRODUCTION OF WESTERN MUSICAL INSTRUMENTS
	NOVEMBER	INTRODUCTION OF TAAL-TRITAAL
	DECEMBER	INTRODUCTION OF RAAG-YAMAN AND SARGAM GEET
	JANUARY	PATRIOTIC SONG AND VOCAL PRACTICE OF SWAR AND 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	HIP-HOP DANCE STYLE AND BOLLYWOOD DANCE STYLE ON LATEST SUITABLE SONG
	JUNE	STREET DANCE ON SUITABLE SONG
	JULY	JAZZ DANCE STYLE ON 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 FESTIVALS)
	NOVEMBER	CONTEMPORARY DANCE STYLE ON SUITABLE ENGLISH SONG
	DECEMBER	LOCKING AND POPPING STEPS AND HAND TUTTING ON LATEST SUITABLE SONG
	JANUARY	FREE DANCE STYLE ON LATEST 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	WARM UP EXERCISES, OUTDOOR GAME AND CHESS
	JUNE	RUNNING, BASKETBALL, DRIBLLING AND PASSING SKILLS
	JULY	MARCH PAST AND PT EXERCISES 1 TO 10
	AUGUST & SEPTEMBER	PRACTICE TIME AND HALF-YEARLY LEARNING CHECK
TERM - II	OCTOBER	STANDING BROAD JUMP, SKIP JUMP AND HIGH JUMP
	NOVEMBER	JAVELIN THROW AND CRICKET
	DECEMBER	KHO-KHO (STANDING AND SITTING)
	JANUARY	SPORTS DAY AND RECREATION GAME
	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, PRANAYAM: SHEETALI, TRATAK (DOT)
	JUNE	OMKAR CHANTING, WARM UP, BALASANA, VAJRASANA, BHUJANGASANA, VRIKSHASANA, PAWANMUKTASANA, USTRASANA, PRANAYAMA: SURYABHEDI, TRANAK (DOT)
	JULY	OMKAR CHANTING, WARM UP, TADASANA, GAUMUKHASANA, TRIKONASANA1-2, KATI CHAKRASANA, VAKRASANA, PRAMAYAMA: CHANDRABHEDI, TRATAK (DOT)
	AUGUST & SEPTEMBER	PRACTICE TIME AND HALF-YEARLY LEARNING CHECK
TERM - II	OCTOBER	OMKAR CHANTING, WARM UP, CHAKRA BALANCING ASANAS, PRANAYAM: ANULOM-VILOM, TRATAK (CANDLE), VISHNU MUDRA
	NOVEMBER	OMKAR CHANTING, WARM UP, YOGA FLOW ASANAS, PRANAYAMA: BHASTRIKA, TRATAK (MEDITATION)
	DECEMBER	OMKAR CHANTING, WARM UP, PASCHIMOTTANASANA, HALASANA, BHUJANGASANA, DHANURASANA, BAKASANA, 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 EXERCISE SKATING CHECK
	JUNE	FORWARD WALKING
	JULY	T-BRAKE
	AUGUST & SEPTEMBER	PRACTICE TIME AND HALF-YEARLY LEARNING CHECK
TERM - II	OCTOBER	FORWARD ROLLING WITH BODY BANDING
	NOVEMBER	OPEN CLOSE STEP
	DECEMBER	IN CIRCLES TO CROSS STEPS
	JANUARY	HALF JUMPING FORWARD
	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 AND ADVANCE STICK STEPS WORKOUTS
	JULY	ADVANCE RING STEPS AND SQUATS WORKOUTS
	AUGUST & SEPTEMBER	PRACTICE TIME AND HALF-YEARLY LEARNING CHECK
TERM - II	OCTOBER	DUMBBELLS WORKOUTS AND AEROBICS STEPS
	NOVEMBER	REVERSE LUNGES, MOUNTAIN CLIMB AND RUNNING WORKOUTS
	DECEMBER	ZUMBA STEPS AND KICK WORKOUTS
	JANUARY	CORE WORKOUTS AND ALL 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	BALANCE EXERCISES
	JUNE	SIDE KICK IN A FIGHTING STANCE
	JULY	ROUNDHOUSE KICK IN A FIGHTING STANCE
	AUGUST & SEPTEMBER	PRACTICE TIME AND HALF-YEARLY LEARNING CHECK
TERM - II	OCTOBER	AGILITY FOR STRETCHING
	NOVEMBER	HOOK KICK IN A FIGHTING STANCE
	DECEMBER	FRONT SNAP KICK AND ROUNDHOUSE KICK
	JANUARY	COMBINATION KICK
	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

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