



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: NUR		No. of Days	Subject: PHYSICAL EDUCATION	Name of the Teacher: MS. PRERNA TYAGI	
Month			Chapters and Topics to be taught	Learning Objectives	Activity Planned/Integration of Art
I	April	14	<ul style="list-style-type: none">• FOOTWORK AND HAND MOMENTS	<ul style="list-style-type: none">• Students will be made to do activities which will be helpful to improve moments of legs and hands• Example – walking from Hula Hoops. .• Example – crawling under tunnel.	Competitive walk and crawl
II	May	13	<ul style="list-style-type: none">• HAND STRENGTHNING and COLOUR FINDING GAMES	<ul style="list-style-type: none">• Students will be made to do activities which will be helpful to improving hand strengthening• EXAMPLE – Walk by hands• Students will be made to do activities which will be related to identify colors – red and yellow.• EXAMPLE – Put the same color ball in circle.	Fill the colours in the balls
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024					
SCHOOL REOPEN : 1 JULY 2024					
III	July	22	<ul style="list-style-type: none">• JUMPING SIZE IDENTIFICATION	<ul style="list-style-type: none">• Activities will be done which will include jumping• EXAMPLE - Hurdle race, jumping from one circle to another.	Small and big ball & hula hoop identification
IV	August	19	<ul style="list-style-type: none">• BALANCING SHAPE IDENTIFICATION GAME	<ul style="list-style-type: none">• ACTIVITY 1 – Students will be included in balancing activities.• EXAMPLE – one leg up and hold and jump on one leg and cross the line• ACTIVITY 2 – Students will learn basic shape identification with recreation• EXAMPLE – make a circle , make a line, make a triangle etc.	Draw shapes



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ACADEMIC MODULE (SESSION: April – October 2024-25)

Syllabus Completion : 30 August 2024					
Revision – Mid Term Assessment : 02 September 2024 to 13 September 2024					
Mid Term Assessment : 17 September 2024 to 27 September 2024					
Second Term Resume : 30 September 2024					
VI	October	18	<ul style="list-style-type: none">• UNDERSTANDING OF DISTANCE AND TIME OF THE OBJECT	<ul style="list-style-type: none">• Students will be taught about the time taken in travelling of ball and other object. Students will get the concept of how much time will ball take to reach the particular point.	Ball throw
VII	November	19	<ul style="list-style-type: none">• SPEED ACTIVITIES	<ul style="list-style-type: none">• Students will make to do difference kind of races. EXAMPLE – 10 m race, put calls at different corners, catch the partner.	Competitive environment
VIII	December	19	<ul style="list-style-type: none">• CORE STRENGTH	Students will be engaged in the activity which will help in improving the core strength and abdominal strength Example-hand walk, hold the modified plank.	Creative core exercise
Winter Break : 30 December 2024 to 07 January 2025					
School Reopens : 8 January 2025					
IX	January	18	<ul style="list-style-type: none">• FLEXIBILITY	<ul style="list-style-type: none">• Students will be involved to do flexibility activity EXAMPLE–Forward and backward bending, side bending , stretch and hold.	Sit and reach
X	February	15	<ul style="list-style-type: none">• STRENGTHNING ACTIVITIES	<ul style="list-style-type: none">• At the end of the year, student will be engaged in full body strengthening and speed and balancing activities.• EXAMPLE- Races, lemon race, sack race, frog jump etc.	Hold the bar
Syllabus Completion : 21 February 2025					
Revision – Term End Assessment : 24 February 2025 to 28 February 2025					
Term End Assessment : 3 March 2025 to 12 March 2025					



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(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: LKG		No. of Days	Subject: PHYSICAL EDUCATION		Name of the Teacher: MS. PRERNA TYAGI	
Month			Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art	
I	April	14	<ul style="list-style-type: none"> • FOOTWORK AND HAND MOMENTS 	<ul style="list-style-type: none"> • Students will be made to do activities which will be helpful to improve moments of legs and hands • Example – walking from Hula Hoops. . Example – crawling under tunnel. 	Competitive walk and crawl	
II	May	13	<ul style="list-style-type: none"> • HAND STRENGTHNING and COLOUR FINDING GAMES • LINE UP AND FILE UP 	<ul style="list-style-type: none"> • Students will be made to do activities which will be helpful to improving hand strengthening EXAMPLE – Walk by hands • LINE UP and FILE UP – Students will be start taking to the ground and will learn how to line up and file up and movement from class to ground. 	Fill the colours in the balls	
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024						
SCHOOL REOPEN : 1 JULY 2024						
III	July	22	<ul style="list-style-type: none"> • <u>JUMPING</u> SIZE IDENTIFICATION 	<ul style="list-style-type: none"> • Activities will be done which will include jumping EXAMPLE - Hurdle race, jumping from one circle to another. 	Small and big ball & hula hoop identification	
IV	August	19	<ul style="list-style-type: none"> • BALANCING SHAPE IDENTIFICATION GAME 	<ul style="list-style-type: none"> • ACTIVITY 1 – Students will be included in balancing activities. • EXAMPLE – one leg up and hold and jump on one leg and cross the line • ACTIVITY 2 – Students will learn basic shape identification with recreation • EXAMPLE – make a circle , make a line, make a triangle etc 	Draw shapes	



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ACADEMIC MODULE (SESSION: April – October 2024-25)

Syllabus Completion : 30 August 2024					
Revision – Mid Term Assessment : 02 September 2024 to 13 September 2024					
Mid Term Assessment : 17 September 2024 to 27 September 2024					
Second Term Resume : 30 September 2024					
VI	October	18	<ul style="list-style-type: none">• UNDERSTANDING OF DISTANCE AND TIME OF THE OBJECT	<ul style="list-style-type: none">• Students will be taught about the time taken in travelling of ball and other object. Students will get the concept of how much time will ball take to reach the particular point	Ball throw
VII	November	19	<ul style="list-style-type: none">• SPEED ACTIVITIES	<ul style="list-style-type: none">• Students will make to do difference kind of races. EXAMPLE-10 m race, put calls at different corners, catch the partner.	Competitive environment
VIII	December	19	<ul style="list-style-type: none">• CORE STRENGTH	Students will be engaged in the activity which will help in improving the core strength and abdominal strength Example-hand walk, hold the modified plank.	Creative core exercise
Winter Break : 30 December 2024 to 07 January 2025					
School Reopens : 8 January 2025					
IX	January	18	<ul style="list-style-type: none">• FLEXIBILITY	<ul style="list-style-type: none">• Students will be involved to do flexibility activity EXAMPLE – Forward and backward bending, side bending, stretch and hold.	Sit and reach
X	February	15	<ul style="list-style-type: none">• STRENGTHNING ACTIVITIES	<ul style="list-style-type: none">• At the end of the year , student will be engaged in full body strengthening and speed and balancing activities EXAMPLE-Races, lemon race , sack race , frog jump etc	Hold the bar
Syllabus Completion : 21 February 2025					
Revision – Term End Assessment : 24 February 2025 to 28 February 2025					
Term End Assessment : 3 March 2025 to 12 March 2025					



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ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: UKG		No. of Days	Subject: PHYSICAL EDUCATION	Name of the Teacher: MS. PRERNA TYAGI	
Month		Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/Integration of Art
I	April	14	<ul style="list-style-type: none"> FOOTWORK AND HAND MOMENTS 	<ul style="list-style-type: none"> Students will be made to do activities which will be helpful to improve moments of legs and hands Example – walking from Hula Hoops. Example – crawling under tunnel. 	Competitive walk and crawl
II	May	13	<ul style="list-style-type: none"> HAND STRENGTHNING and COLOUR FINDING GAMES LINE UP AND FILE UP 	<ul style="list-style-type: none"> Students will be made to do activities which will be helpful to improving hand strengthening EXAMPLE – Walk by hands LINE UP and FILE UP – Students will be start taking to the ground and will learn how to line up and file up and movement from class to ground. 	Fill the colours in the balls
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024					
SCHOOL REOPEN : 1 JULY 2024					
III	July	22	<ul style="list-style-type: none"> BALANCING SHAPE IDENTIFICATION GAME DISCIPLINE DRILLS 	<ul style="list-style-type: none"> ACTIVITY 1- Student will made to do activity which will be helpful in improving balancing ability of the child. EXAMPLE-One leg race. statue game etc. ACTIVITY 2-Practice of basic discipline drills-Attention , Stand at ease, Line up and file up 	Small and big ball & hula hoop identification
IV	August	19	<ul style="list-style-type: none"> COORDINATION OF DIFFERENCE BODY PARTS (HANDS AND LEG COORDINATION) 	<ul style="list-style-type: none"> Student will done activity to create hand and leg coordination EXAMPLE-Hurdle crossing sideways, Sack Race. 	Draw shapes



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Syllabus Completion : 30 August 2024

Revision – Mid Term Assessment : 02 September 2024 to 13 September 2024

Mid Term Assessment : 17 September 2024 to 27 September 2024

Second Term Resume : 30 September 2024

VI	October	18	<ul style="list-style-type: none"> • UNDERSTANDING OF DISTANCE AND TIME OF THE OBJECT 	<ul style="list-style-type: none"> • Students will understand the concept of movement according to distance and time of the object. • EXAMPLE-throw the ball upward and catch it. 	Ball throw
VII	November	19	<ul style="list-style-type: none"> • SPEED ACTIVITIES 	<ul style="list-style-type: none"> • Students will make to do difference kind of races. <p>EXAMPLE-20 M race, shuttle with balls. etc</p>	Competitive environment
VIII	December	19	<ul style="list-style-type: none"> • CORE STRENGTH 	<p>Students will be engaged in the activity which will help in improving the core strength and abdominal strength</p> <p>Example-hand walk, hold the modified plank.</p>	Creative core exercise

Winter Break : 30 December 2024 to 07 January 2025

School Reopens : 8 January 2025

IX	January	18	<ul style="list-style-type: none"> • FLEXIBILITY 	<ul style="list-style-type: none"> • Students will be involved to do flexibility activity which will include flexion extension movements, adduction and abduction movements. <p>EXAMPLE-Forward and backward bending, side bending, stretch and hold.</p>	Sit and reach
X	February	15	<ul style="list-style-type: none"> • STRENGTHNING ACTIVITIES 	<ul style="list-style-type: none"> • At the end of the year , student will be engaged in full body strengthening and speed and balancing activities • EXAMPLE- Races, lemon race, sack race, frog jump, shuttle run etc. • And other recreational game <p>Recreational games-shooting the ball, snatch the cloth, etc.</p>	Hold the bar

Syllabus Completion : 21 February 2025

Revision – Term End Assessment : 24 February 2025 to 28 February 2025

Term End Assessment : 3 March 2025 to 12 March 2025



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ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: I		No. of	Subject: PHYSICAL EDUCATION	Name of the Teacher: MS. PRERNA TYAGI	
Month		Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
I	April	14	<ul style="list-style-type: none">• LOWER BODY STRENGTH Drills	<ul style="list-style-type: none">• Students will be made to do activities which will be helpful to improve moments of legs.• Example-Sit ups, frog jump, duck race etc.• Students will be taught basic drills like line up and file up.	Competitive races
II	May	13	<ul style="list-style-type: none">• UPPER BODY STRENGTH• DRILLS	<ul style="list-style-type: none">• Students will be made to do activities which will be helpful to improving hand strengthening• EXAMPLE-Walk by hands etc. <p>DRILLS-Students will practice attention and stand at ease positions.</p>	Competitive races
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024					
SCHOOL REOPEN : 1 JULY 2024					
III	July	22	<ul style="list-style-type: none">• COORDINATION OF DIFFERENCE BODY PARTS (HANDS AND LEG COORDINATION)	<ul style="list-style-type: none">• Students will be involved in the activities which will be helpful in improving hand leg coordination. <p>EXAMPLE-Moving the ball with feet from one place to another, passing the ball in running, put the balls from one corner to another etc.</p>	Puzzles, blocks



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ACADEMIC MODULE (SESSION: April – October 2024-25)

IV	August	19	<ul style="list-style-type: none">● GYMNASTICS	<ul style="list-style-type: none">● Students will be taught how to do different gymnastic zero level skill. EXAMPLE-Forward roll, backward roll etc.	Sit and reach
Syllabus Completion : 30 August 2024					
Revision – Mid Term Assessment : 02 September 2024 to 13 September 2024					
Mid Term Assessment : 17 September 2024 to 27 September 2024					
Second Term Resume : 30 September 2024					
VI	October	18	<ul style="list-style-type: none">● ATHLETICS	<ul style="list-style-type: none">● Students will be taught different basic track rules and regulation. EXAMPLE-How to take start in short races, 50m dash, shuttle run etc.	Fun races
VII	November	19	<ul style="list-style-type: none">● FOOTBALL	<ul style="list-style-type: none">● Students will learn basic football skill included in small recreational game. EXAMPLE-Roll the ball and dribble the ball.	Put the ball faster
VIII	December	19	<ul style="list-style-type: none">● Flexibility	<ul style="list-style-type: none">● Students will be involved to do flexibility activity which will include flexion extension movements, adduction and abduction movements. EXAMPLE-Forward and backward bending, side bending, stretch and hold.	Sit and reach
Winter Break : 30 December 2024 to 07 January 2025					
School Reopens : 8 January 2025					



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ACADEMIC MODULE (SESSION: April – October 2024-25)

IX	January	18	<ul style="list-style-type: none">• BALANCING ACTIVITY• DRILL PRACTICE	<ul style="list-style-type: none">• ACTIVITY 1- Student will made to do activity which will be helpful in improving balancing ability of the child.• EXAMPLE – One leg race. Statue game etc.• ACTIVITY 2 – Practice of basic discipline drills – Attention , Stand at ease, Line up and file up	Balancing activity with ball , glass , stick
X	February	15	<ul style="list-style-type: none">• SPEED AND FULL BODY STRENGTHNING	<ul style="list-style-type: none">• At the end of the year , student will be engaged in full body strengthening and speed and balancing activities• EXAMPLE- Races, lemon race, sack race, frog jump, shuttle run etc. <p>And other recreational games.</p>	Time based holding

Syllabus Completion : 21 February 2025

Revision – Term End Assessment : 24 February 2025 to 28 February 2025

Term End Assessment : 3 March 2025 to 12 March 2025



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ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: II		No. of Days	Subject: PHYSICAL EDUCATION		Name of the Teacher: MS. PRERNA TYAGI	
Month			Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art	
I	April	14	<ul style="list-style-type: none"> LOWER BODY STRENGTH Drills 	<ul style="list-style-type: none"> Students will be made to do activities which will be helpful to improve moments of legs. Example-Sit ups, frog jump, duck race etc. Students will be taught basic drills like line up and file up. 	Competitive races	
II	May	13	<ul style="list-style-type: none"> UPPER BODY STRENGTH DRILLS 	<ul style="list-style-type: none"> Students will be made to do activities which will be helpful to improving hand strengthening EXAMPLE-Walk by hands etc. DRILLS-Students will practice attention and stand at ease positions.	Competitive races	
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024						
SCHOOL REOPEN : 1 JULY 2024						
III	July	22	<ul style="list-style-type: none"> COORDINATION OF DIFFERENCE BODY PARTS (HANDS AND LEG COORDINATION) 	<ul style="list-style-type: none"> Students will be involved in the activities which will be helpful in improving hand leg coordination. EXAMPLE- Moving the ball with feet from one place to another, passing the ball in running, put the balls from one corner to another etc.	Puzzles , blocks	
IV	August	19	<ul style="list-style-type: none"> GYMNASTICS 	<ul style="list-style-type: none"> Students will be taught how to do different gymnastic zero level skill. EXAMPLE – Forward roll, backward roll etc.	Sit and reach	
Syllabus Completion : 30 August 2024						



DELHI PUBLIC SCHOOL R. N. EXTENSION

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ACADEMIC MODULE (SESSION: April – October 2024-25)

Revision – Mid Term Assessment : 02 September 2024 to 13 September 2024

Mid Term Assessment : 17 September 2024 to 27 September 2024

Second Term Resume : 30 September 2024

VI	October	18	<ul style="list-style-type: none">● ATHLETICS	<ul style="list-style-type: none">● Students will be taught different basic track rules and regulations. EXAMPLE – How to take start in short races, 50 m dash, shuttle run etc.	Fun races
VII	November	19	<ul style="list-style-type: none">● FOOTBALL	<ul style="list-style-type: none">● Students will learn basic football skill included in small recreational game. EXAMPLE-Roll the ball and dribble the ball.	Put the ball faster
VIII	December	19	<ul style="list-style-type: none">● Flexibility	<ul style="list-style-type: none">● Students will be involved to do flexibility activity which will include flexion extension movements, adduction and abduction movements. EXAMPLE-Forward and backward bending , side bending , stretch and hold	Sit and reach
Winter Break : 30 December 2024 to 07 January 2025					
School Reopens : 8 January 2025					
IX	January	18	<ul style="list-style-type: none">● BALANCING ACTIVITY● DRILL PRACTICE	<ul style="list-style-type: none">● ACTIVITY 1- Student will made to do activity which will be helpful in improving balancing ability of the child.● EXAMPLE-One leg race. Statue game etc.● ACTIVITY 2 – Practice of basic discipline drills – Attention , Stand at ease, Line up and file up	Balancing activity with ball , glass , stick



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ACADEMIC MODULE (SESSION: April – October 2024-25)

X	February	15	<ul style="list-style-type: none">• SPEED AND FULL BODY STRENGTHNING	<ul style="list-style-type: none">• At the end of the year , student will be engaged in full body strengthening and speed and balancing activities• EXAMPLE- Races, lemon race, sack race, frog jump, shuttle run etc. And other recreational games.	Time based holding
Syllabus Completion : 21 February 2025					
Revision – Term End Assessment : 24 February 2025 to 28 February 2025					
Term End Assessment : 3 March 2025 to 12 March 2025					



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ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: III		No. of Days	Subject: PHYSICAL EDUCATION		Name of the Teacher: MR. MOHIT VERMA	
Month			Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art	
I	April	17	<u>Athletics</u> <ul style="list-style-type: none">• Long Jump, Relays• Sprints and Medium Distance Race(Start, length and cadence of stride, pacing and finish)	<ul style="list-style-type: none">• Students will understand the basic rules and history of the game.• Students will demonstrate progress towards the appropriate techniques for endurance, speed, agility.• Students will demonstrate the appropriate techniques for eye-hand co-ordination.• Students will develop a basic understanding of the positions and team strategies.	Concept of physics like speed , gravity	
II	May	13	<u>Hit The Target</u> <ul style="list-style-type: none">• Rules and regulation, Basic rules and Scoring• Control on the body organs.• Eye-Hand Co-ordination	<ul style="list-style-type: none">• Students will understand the basic rules and history of the game.• Students will demonstrate progress towards the appropriate techniques for chasing, catching and defense in zone.• Students will demonstrate the appropriate techniques for offensive. Students will develop a basic understanding of basic team strategies.	Concept of distance and weight	
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024						
SCHOOL REOPEN : 1 JULY 2024						
III	July	22	<u>Football</u> <ul style="list-style-type: none">• History and Rules Games origination Basic rules and Positions• Basic Skills-Passing, Dribbling, Shooting, Throw-in, Heading, Defending, Receiving• Team Strategies-• 1. Defending Strategy• 2. Offensive Strategy	<ul style="list-style-type: none">• Students will understand the basic rules and regulation of the game.• Students will demonstrate progress towards the appropriate techniques for dribbling, shooting, Passing, heading and throw-in.• Students will demonstrate the appropriate techniques for grip of bat serving, forehand and backhand shot.• Students will develop a basic understanding of basic single and double team strategies.	Student design the creative obstacle courses.	



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ACADEMIC MODULE (SESSION: April – October 2024-25)

IV	August	19	<u>Mass P.T.</u> <ul style="list-style-type: none"> Rules and regulation, Positions Basic formation and sudden change of direction. Right and Left Turn About Turn 	<ul style="list-style-type: none"> Students will develop a basic understanding of the positions and team strategies. Students will develop appropriate sportsmanship, cooperation, and respect for other participants 	Modified drill positions , movement with sound and song
Syllabus Completion : 30 August 2024					
Revision – Half Yearly Examinations : 02 September 2024 to 09 September 2024					
Half Yearly Examinations : 10 September 2024 to 27 September 2024					
Second Term Resume : 30 September 2024					
VI	October	18	<u>Basketball</u> <ul style="list-style-type: none"> Skills – Dribbling, Passing, Shooting, Layup shots, Rebounding, Zone defense, man to man defense and combination defense skills. Team Strategies and techniques - Explain and demonstrate: Offensive and Defensive techniques 	<u>Basketball</u> <ul style="list-style-type: none"> Skills – Dribbling, Passing, Shooting Layup shots, Rebounding, Zone defense, man to man defense and combination defense skills. Team Strategies and techniques - Explain and demonstrate: Offensive and Defensive techniques 	Draw the pictures of basketball equipments and court.
VII	November	19	<u>Shuttle Run</u> <ul style="list-style-type: none"> Skills-Agility, Flexibility 10*10 mtr. Touch the Blocks Rules and regulations 	<u>Shuttle Run</u> <ul style="list-style-type: none"> Skills-Agility, Flexibility 10*10 mtr. Touch the Blocks Rules and regulations 	Run with balls and cones.



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ACADEMIC MODULE (SESSION: April – October 2024-25)

VIII	December	19	<u>Cricket</u> <ul style="list-style-type: none"> • Defense – Front Foot Defense • Horizontal Shot- Cut Shot and Pull Shot • Bowling- Pace bowling and spin bowling • Fielding • Catching 	<ul style="list-style-type: none"> • Students will demonstrate the appropriate techniques for drive, bowing fielding and catching. • Students will develop a basic understanding of the positions and team strategies. • Students will develop appropriate sportsmanship, cooperation, and respect for other participants 	Draw bats and other equipments, learn with weight and size.
Winter Break : 30 December 2024 to 07 January 2025					
School Reopens : 8 January 2025					
IX	January	18	<u>Table Tennis</u> <ul style="list-style-type: none"> • Skills- Forehand push and backhand push, forehand service • Footwork and flicks • Defending Strategy • Offensive Strategy 	<ul style="list-style-type: none"> • Students will demonstrate the appropriate techniques for forehand and backhand shots and short and long service also some footwork workout in match situation. • Students will demonstrate the appropriate techniques for grip of bat serving, forehand and backhand shot with push and footwork movement in match condition 	Concept of physics with different size and weight ball.
X	February	10	<u>Badminton</u> <ul style="list-style-type: none"> • Skills- Short service, long service, underarm backhand, underarm forehand and overhead forehand. • Footwork and hand eye coordination • Defending Strategy • Offensive Strategy 	<ul style="list-style-type: none"> • Students will demonstrate the appropriate techniques for forehand and backhand shots and short and long service also some footwork workout in match situation. • Students will demonstrate the appropriate techniques for grip of bat serving, forehand and backhand shot with push and footwork movement in match condition • Students will develop a basic understanding of basic single and double team strategies. 	Draw the badminton court.
Syllabus Completion : 14 February 2025					
Revision –Annual Examinations : 17 February 2025 to 21 February 2025					
Annual Examinations : 24 February 2025 to 12 March 2025					



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ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: IV		No. of Days	Subject: PHYSICAL EDUCATION		Name of the Teacher MR. MOHIT VERMA	
Month			Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art	
I	April	17	<u>Athletics</u> <ul style="list-style-type: none"> • Long Jump, Relays • Sprints and Medium Distance Race(Start, length and cadence of stride, pacing and finish) 	<ul style="list-style-type: none"> • Students will understand the basic rules and history of the game. • Students will demonstrate progress towards the appropriate techniques for endurance, speed, agility. • Students will demonstrate the appropriate techniques for eye-hand co-ordination. • Students will develop a basic understanding of the positions and team strategies. 	Concept of physics like speed , gravity	
II	May	13	<u>Hit The Target</u> <ul style="list-style-type: none"> • Rules and regulation, Basic rules and Scoring • Control on the body organs. • Eye-Hand Co-ordination 	<ul style="list-style-type: none"> • Students will understand the basic rules and history of the game. • Students will demonstrate progress towards the appropriate techniques for chasing, catching and defense in zone. • Students will demonstrate the appropriate techniques for offensive. Students will develop a basic understanding of basic team strategies. 	Concept of distance and weight	
SUMMER VACATION : 27 MAY 2024 TO 30 JUNE 2024						
SCHOOL REOPEN : 1 JULY 2024						
III	July	22	<u>Football</u> <ul style="list-style-type: none"> • History and Rules Games origination Basic rules and Positions • Basic Skills-Passing, Dribbling, Shooting, Throw-in, Heading, Defending, Receiving • Team Strategies- <ol style="list-style-type: none"> 1. Defending Strategy 2. Offensive Strategy 	<ul style="list-style-type: none"> • Students will understand the basic rules and regulation of the game. • Students will demonstrate progress towards the appropriate techniques for dribbling, shooting, Passing, heading and throw-in. • Students will demonstrate the appropriate techniques for grip of bat serving, forehand and backhand shot. • Students will develop a basic understanding of basic single and double team strategies. 	Student design the creative obstacle courses.	



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ACADEMIC MODULE (SESSION: April – October 2024-25)

IV	August	19	<u>Mass P.T.</u> <ul style="list-style-type: none"> Rules and regulation, Positions Basic formation and sudden change of direction. Right and Left Turn About Turn 	<ul style="list-style-type: none"> Students will develop a basic understanding of the positions and team strategies. Students will develop appropriate sportsmanship, cooperation, and respect for other participants 	Modified drill positions , movement with sound and song
Syllabus Completion : 30 August 2024					
Revision – Half Yearly Examinations : 02 September 2024 to 09 September 2024					
Half Yearly Examinations : 10 September 2024 to 27 September 2024					
Second Term Resume : 30 September 2024					
VI	October	18	<u>Basketball</u> <ul style="list-style-type: none"> Skills-Dribbling, Passing, Shooting, Layup shots, Rebounding, Zone defense, man to man defense and combination defense skills. Team Strategies and techniques- Explain and demonstrate: Offensive and Defensive techniques 	<ul style="list-style-type: none"> Students will demonstrate progress towards the appropriate techniques for dribbling, shooting and defense skills in match situation. Students will develop a basic understanding of the positions and team strategies. Students will demonstrate fitness test and coach maintain the records for future prediction. 	Draw the pictures of basketball equipment's and court.
VII	November	19	<u>Shuttle Run</u> <ul style="list-style-type: none"> Skills-Agility, Flexibility 10*10 mtr. Touch the Blocks Rules and regulations 	<ul style="list-style-type: none"> Students will develop a basic understanding of the positions and team strategies. Students will develop appropriate sportsmanship, cooperation, and respect for other participants Students will develop a flexibility and agility. 	Run with balls and cones.
VIII	December	19	<u>Cricket</u> <ul style="list-style-type: none"> Defense-Front Foot Defense Horizontal Shot- Cut Shot and Pull Shot Bowling- Pace bowling and spin bowling Fielding Catching 	<ul style="list-style-type: none"> Students will demonstrate the appropriate techniques for drive, bowing fielding and catching. Students will develop a basic understanding of the positions and team strategies. Students will develop appropriate sportsmanship, cooperation, and respect for other participants 	Draw bats and other equipments, learn with weight and size.



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Winter Break : 30 December 2024 to 07 January 2025

School Reopens : 8 January 2025

IX	January	18	<u>Table Tennis</u> <ul style="list-style-type: none">• Skills- Forehand push and backhand push, forehand service• Footwork and flicks• Defending Strategy• Offensive Strategy	<ul style="list-style-type: none">• Students will demonstrate the appropriate techniques for forehand and backhand shots and short and long service also some footwork workout in match situation.• Students will demonstrate the appropriate techniques for grip of bat serving, forehand and backhand shot with push and footwork movement in match condition	Concept of physics with different size and weight ball.
X	February	10	<u>Badminton</u> <ul style="list-style-type: none">• Skills- Short service, long service, underarm backhand, underarm forehand and overhead forehand.• Footwork and hand eye coordination• Defending Strategy• Offensive Strategy	<ul style="list-style-type: none">• Students will demonstrate the appropriate techniques for forehand and backhand shots and short and long service also some footwork workout in match situation.• Students will demonstrate the appropriate techniques for grip of bat serving, forehand and backhand shot with push and footwork movement in match condition• Students will develop a basic understanding of basic single and double team strategies.	Draw the badminton court

Syllabus Completion : 14 February 2025

Revision –Annual Examinations : 17 February 2025 to 21 February 2025

Annual Examinations : 24 February 2025 to 12 March 2025



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: V		No. of Days	Subject: PHYSICAL EDUCATION		Name of the Teacher MR. MOHIT VERMA
Month			Chapters and Topics to be taught	Learning Objectives	
I	April	17	<u>Athletics</u> <ul style="list-style-type: none">Long Jump, RelaysSprints and Medium Distance Race(Start, length and cadence of stride, pacing and finish)	<ul style="list-style-type: none">Students will understand the basic rules and history of the game.Students will demonstrate progress towards the appropriate techniques for endurance, speed, agility.Students will demonstrate the appropriate techniques for eye-hand co-ordination.Students will develop a basic understanding of the positions and team strategies.	Concept of physics like speed , gravity
II	May	13	<u>Hit The Target</u> <ul style="list-style-type: none">Rules and regulation, Basic rules and ScoringControl on the body organs.Eye-Hand Co-ordination	<ul style="list-style-type: none">Students will understand the basic rules and history of the game.Students will demonstrate progress towards the appropriate techniques for chasing, catching and defense in zone.Students will demonstrate the appropriate techniques for offensive. Students will develop a basic understanding of basic team strategies.	Concept of distance and weight
SUMMER VACATION : 27 MAY 2024 TO 30 JUNE 2024					
SCHOOL REOPEN : 1 JULY 2024					
III	July	22	<u>Football</u> <ul style="list-style-type: none">History and Rules Games origination Basic rules and PositionsBasic Skills-Passing, Dribbling, Shooting, Throw-in, Heading, Defending, ReceivingTeam Strategies-<ol style="list-style-type: none">Defending StrategyOffensive Strategy	<ul style="list-style-type: none">Students will understand the basic rules and regulation of the game.Students will demonstrate progress towards the appropriate techniques for dribbling, shooting, Passing, heading and throw-in.Students will demonstrate the appropriate techniques for grip of bat serving, forehand and backhand shot.Students will develop a basic understanding of basic single and double team strategies.	Student design the creative obstacle courses.



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

IV	August	19	<p><u>Mass P.T.</u></p> <ul style="list-style-type: none"> Rules and regulation, Positions Basic formation and sudden change of direction. Right and Left Turn About Turn 	<ul style="list-style-type: none"> Students will develop a basic understanding of the positions and team strategies. Students will develop appropriate sportsmanship, cooperation, and respect for other participants 	Movement with sound and music.
Syllabus Completion : 30 August 2024					
Revision – Half Yearly Examinations : 02 September 2024 to 09 September 2024					
Half Yearly Examinations : 10 September 2024 to 27 September 2024					
Second Term Resume : 30 September 2024					
VI	October	18	<p><u>Basketball</u></p> <ul style="list-style-type: none"> Skills-Dribbling, Passing, Shooting, Layup shots, Rebounding, Zone defense, man to man defense and combination defense skills. Team Strategies and techniques - Explain and demonstrate: Offensive and Defensive techniques 	<ul style="list-style-type: none"> Students will demonstrate progress towards the appropriate techniques for dribbling, shooting and defense skills in match situation. Students will develop a basic understanding of the positions and team strategies. Students will demonstrate fitness test and coach maintain the records for future prediction. 	Draw basketball equipments and court.
VII	November	19	<p><u>Shuttle Run</u></p> <ul style="list-style-type: none"> Skills-Agility, Flexibility 10*10 mtr. Touch the Blocks Rules and regulations 	<ul style="list-style-type: none"> Students will develop a basic understanding of the positions and team strategies. Students will develop appropriate sportsmanship, cooperation, and respect for other participants Students will develop a flexibility and agility. 	Run with ball and cone.
VIII	December	19	<p><u>Cricket</u></p> <ul style="list-style-type: none"> Defense-Front Foot Defense Horizontal Shot-Cut Shot and Pull Shot Bowling-Pace bowling and spin bowling <ul style="list-style-type: none"> Fielding Catching 	<ul style="list-style-type: none"> Students will demonstrate the appropriate techniques for drive, bowing fielding and catching. Students will develop a basic understanding of the positions and team strategies. Students will develop appropriate sportsmanship, cooperation, and respect for other participants 	Draw bats and other equipments, learn with weight and size.
Winter Break : 30 December 2024 to 07 January 2025					



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

School Reopens : 8 January 2025					
IX	January	18	<u>Table Tennis</u> <ul style="list-style-type: none">• Skills- Forehand push and backhand push, forehand service• Footwork and flicks• Defending Strategy• Offensive Strategy	<ul style="list-style-type: none">• Students will demonstrate the appropriate techniques for forehand and backhand shots and short and long service also some footwork workout in match situation.• Students will demonstrate the appropriate techniques for grip of bat serving, forehand and backhand shot with push and footwork movement in match condition	Concept of physics with different size and weight ball.
X	February	10	<u>Badminton</u> <ul style="list-style-type: none">• Skills- Short service, long service, underarm backhand, underarm forehand and overhead forehand.• Footwork and hand eye coordination• Defending Strategy• Offensive Strategy	<ul style="list-style-type: none">• Students will demonstrate the appropriate techniques for forehand and backhand shots and short and long service also some footwork workout in match situation.• Students will demonstrate the appropriate techniques for grip of bat serving, forehand and backhand shot with push and footwork movement in match condition• Students will develop a basic understanding of basic single and double team strategies.	Draw badminton court.
Syllabus Completion : 14 February 2025					
Revision –Annual Examinations : 17 February 2025 to 21 February 2025					
Annual Examinations : 24 February 2025 to 12 March 2025					



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: VI		Subject: PHYSICAL EDUCATION		Name of the Teacher: MR. JAI SETH	
Month		No. of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
I	April	17	<ul style="list-style-type: none">• Indoor games – Chess, carom• Structure & Functions of the body, Postures- Discussion, Demonstration Breathing Exercises, Demonstration and practice, postures while sitting, walking, running, lying, Posture while lifting objects, Posture while working on computers• Table Tennis: Students will demonstrate the appropriate techniques for grip of bat serving, forehand and backhand shot. Students will develop a basic understanding of basic single and double team strategies.	<ul style="list-style-type: none">• Understanding of the body systems i.e. functional anatomy and physiology, skeleton, muscular, respiratory, circulatory, digestive, excretory• Correct Postures: Sitting, walking, lifting objects running, lying	Concept of physics with different size of ball.
II	May	17	<p>Mass P.T: marching on the spot, turning movements (left turn, right turn), general warm up & cool down exercise.</p> <ul style="list-style-type: none">• Recreation Game: Dodge Ball & Over Head ball Pass <p>Basketball: Students will understand proper shooting form and be introduced to the proper one-handed shot. Have a basic understanding of the rules of the game of basketball including: 3 seconds, travelling, double dribble, point value of shots, free-throws, fouls. Dribble or pass a ball around a defender. Be in correct defensive stance and move well in this stance while playing defense. Be able to rebound a basketball and understand the concept of box out.</p>	<ul style="list-style-type: none">• Students will perform serve, walking, running, sliding and jumping through a variety of activities• Students will able to perform the drill/activities under the guidance of teacher.	Draw basketball equipments and court.
SUMMER VACATION : 27 MAY 2024 TO 30 JUNE 2024					
SCHOOL REOPEN : 1 JULY 2024					



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

III	July	22	<p>Gymnastic: Coordination, Flexibility, Balance and Strengthening</p> <p>Badminton: Students will demonstrate the appropriate techniques for smash, drop, clear, and serve.</p> <p>Students will develop a basic understanding of single and double team strategies.</p> <p>Kabaddi: Students will understand the basic rules and history of the game. Students will demonstrate the appropriate techniques for hand touch, back kick, toe touch, running hand touch, ankle hold, thigh hold and block tackle.</p>	<ul style="list-style-type: none"> Students will be able to learn the things under the guidance of teacher 	Incorporate elements like ribbon, hoops, and ball
IV	August		<p>Athletics & Tennis:</p> <ul style="list-style-type: none"> Warm up & cool down exercise of specific sports Calisthenics exercise on counts, marching on the spot and turning <i>Tennis</i> – Jump Tapping, service, rules, forehand & backhand, practice match. Recreation Game: Standing Kho & Chain Game. 	<ul style="list-style-type: none"> Students will be able to perform the drill/activities under the guidance of teacher. <p>Students will perform serve, walking, running, sliding and jumping through a variety of activities</p>	Fun races.
Syllabus Completion : 30 August 2024					
Revision – Half Yearly Examinations : 02 September 2024 to 09 September 2024					
Half Yearly Examinations : 10 September 2024 to 27 September 2024					
Second Term Resume : 30 September 2024					
VI	October	18	<p>Exam Scheduled</p> <p>Football: Students will understand the basic rules and history of the game. Students will demonstrate progress towards the appropriate techniques for dribbling, shooting, Passing, heading and throw-in.</p>	<ul style="list-style-type: none"> Students will be able to learn the things under the guidance of teacher Traditional food habits and health. Key Concepts & food value. 	Shooting with different size of football.



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

VII	November	19	<ul style="list-style-type: none"> • Warm up exercise, Mass P.T. with beats, marching in file, turning movements. • Basketball – Bounce & chest pass, dribbling, shooting and practice match. • Recreation Game: Jump over the hurdles & touch the cone race. 	<ul style="list-style-type: none"> • Students will able to perform the drill/activities under the guidance of teacher. • Students will perform serve, walking, running, sliding and jumping through a variety of activities 	Draw the basketball equipments and court.
VIII	December	19	<ul style="list-style-type: none"> • Fitness: Running, Skipping Rope, Chin ups, pushups, crunches (each set consist of 20 reps each), side leg raise, back leg raise, plank hold (each set consist of 25 sec. each to max. he/she can do), 	<ul style="list-style-type: none"> • Students will able to learn the things under the guidance of teacher • Uniqueness & Self- esteem • Self-image Managing relations 	Concept of physics with angle, weight , lever
Winter Break : 30 December 2024 to 07 January 2025					
School Reopens : 8 January 2025					
IX	January	18	<ul style="list-style-type: none"> • Warm up exercise, callisthenic exercise, marching in file, turning. • Athletics – 50 m, 100 m, 200 m, relay race, standing broad jump, discus throw. • Soccer-Specific exercise, dribbling, passing, penalty kicks and practice match. • Recreation Game: Split Race & 50mtr. Race • Psychological Security, Relationships through play • Interactive activities focused on experiential learning • Kho-Kho: Students will understand the basic rules and history of the game. Students will demonstrate progress towards the appropriate techniques of running, dodging, running in chains and other games related skills in match situations. 	<p>Students will able to perform the drill/activities under the guidance of teacher.</p> <p>Students will perform serve, walking, running, sliding and jumping through a variety of activities</p>	Draw the kho-kho field.



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

X	February	10	<ul style="list-style-type: none">• Warm up exercise, Mass P.T. on beats, marching and turning.• Calisthenics exercises on drum beat and command and marching in file with drum beat and voice command.• Cricket – Fitness drill, Batting, bowling and catching, practice match.• Recreation Game: Lemon Race, Sack Race & Ball tunnel.	<ul style="list-style-type: none">• Students will be able to perform the drill/activities under the guidance of teacher.• Students will perform serve, walking, running, sliding and jumping through a variety of activities	Make a chart on cricket rules and regulations and association
Syllabus Completion : 14 February 2025					
Revision –Annual Examinations : 17 February 2025 to 21 February 2025					
Annual Examinations : 24 February 2025 to 12 March 2025					



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: VII		Subject: PHYSICAL EDUCATION			Name of the Teacher: MR. JAI SETH	
Month		No. of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art	
I	April	17	<ul style="list-style-type: none"> Indoor games – Chess, carom Structure & Functions of the body, Postures-Discussion, Demonstration Breathing Exercises, Demonstration and practice, postures while sitting, walking, running, lying, Posture while lifting objects, Posture while working on computers Table Tennis: Students will demonstrate the appropriate techniques for grip of bat serving, forehand and backhand shot. Students will develop a basic understanding of basic single and double team strategies. 	<ul style="list-style-type: none"> Understanding of the body systems i.e. functional anatomy and physiology, skeleton, muscular, respiratory, circulatory, digestive, excretory Correct Postures: Sitting, walking, lifting objects running, lying 	Concept of physics with different size of ball.	
II	May	17	<p>Mass P.T: marching on the spot, turning movements (left turn, right turn), general warm up & cool down exercise.</p> <p>Recreation Game: Dodge Ball & Over Head ball Pass</p> <p>Basketball: Students will understand proper shooting form and be introduced to the proper one-handed shot. Have a basic understanding of the rules of the game of basketball including: 3 seconds, travelling, double dribble, point value of shots, free-throws, fouls. Dribble or pass a ball around a defender. Be in correct defensive stance and move well in this stance while playing defense. Be able to rebound a basketball and understand the concept of box out.</p>	<ul style="list-style-type: none"> Students will perform serve, walking, running, sliding and jumping through a variety of activities Students will able to perform the drill/activities under the guidance of teacher. 	Draw basketball equipments and court.	
SUMMER VACATION : 27 MAY 2024 TO 30 JUNE 2024						
SCHOOL REOPEN : 1 JULY 2024						



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

III	July	22	<p>Gymnastic: Coordination, Flexibility, Balance and Strengthening</p> <p>Badminton: Students will demonstrate the appropriate techniques for smash, drop, clear, and serve.</p> <p>Students will develop a basic understanding of single and double team strategies.</p> <p>Kabaddi: Students will understand the basic rules and history of the game. Students will demonstrate the appropriate techniques for hand touch, back kick, toe touch, running hand touch, ankle hold, thigh hold and block tackle.</p>	<ul style="list-style-type: none"> Students will able to learn the things under the guidance of teacher 	Incorporate elements like ribbon , hoops, and ball
IV	August	19	<p>Athletics & Tennis:</p> <ul style="list-style-type: none"> Warm up & cool down exercise of specific sports Calisthenics exercise on counts, marching on the spot and turning <i>Tennis</i> – Jump Tapping, service, rules, forehand & backhand, practice match. Recreation Game: Standing Kho & Chain Game. 	<ul style="list-style-type: none"> Students will able to perform the drill/activities under the guidance of teacher. <p>Students will perform serve, walking, running, sliding and jumping through a variety of activities</p>	Fun races.
Syllabus Completion : 30 August 2024					
Revision – Half Yearly Examinations : 02 September 2024 to 09 September 2024					
Half Yearly Examinations : 10 September 2024 to 27 September 2024					
Second Term Resume : 30 September 2024					
VI	October	18	<p>Football: Students will understand the basic rules and history of the game. Students will demonstrate progress towards the appropriate techniques for dribbling, shooting, Passing, heading and throw-in.</p>	<ul style="list-style-type: none"> Students will able to learn the things under the guidance of teacher Traditional food habits and health. Key Concepts & food value. 	Shooting with different size of football.



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

VII	November	19	<ul style="list-style-type: none"> • VII – • Warm up exercise, Mass P.T. with beats, marching in file, turning movements. • <i>Basketball</i> – Bounce & chest pass, dribbling, shooting and practice match. • Recreation Game: Jump over the hurdles & touch the cone race. 	<ul style="list-style-type: none"> • Students will able to perform the drill/activities under the guidance of teacher. • Students will perform serve, walking, running, sliding and jumping through a variety of activities 	Draw the basketball equipments and court.
VIII	December	19	<ul style="list-style-type: none"> • Fitness: Running, Skipping Rope, Chin ups, pushups, crunches (each set consist of 20 reps each), side leg raise, back leg raise, plank hold (each set consist of 25 sec. each to max. he/she can do), 	<ul style="list-style-type: none"> • Students will able to learn the things under the guidance of teacher • Uniqueness & Self- esteem • Self-image Managing relations 	Concept of physics with angle, weight , lever

Winter Break : 30 December 2024 to 07 January 2025

School Reopens : 8 January 2025

IX	January	18	<ul style="list-style-type: none"> • Warm up exercise, callisthenic exercise, marching in file, turning. • <i>Athletics</i> – 50 m, 100 m, 200 m, relay race, standing broad jump, discuss throw. • <i>Soccer</i> –Specific exercise, dribbling, passing, penalty kicks and practice match. • Recreation Game: Split Race & 50mtr. Race • Psychological Security, Relationships through play <ul style="list-style-type: none"> • Interactive activities focused on experiential learning • Kho-Kho: Students will understand the basic rules and history of the game. Students will demonstrate progress towards the appropriate techniques of running, dodging, running in chains and other games related skills in match situations. 	<p>Students will able to perform the drill/activities under the guidance of teacher.</p> <p>Students will perform serve, walking, running, sliding and jumping through a variety of activities</p>	Draw the kho-kho field.
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DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

X	February	10	<ul style="list-style-type: none">• Warm up exercise, Mass P.T. on beats, marching and turning.• Calisthenics exercises on drum beat and command and marching in file with drum beat and voice command.• Cricket – Fitness drill, Batting, bowling and catching, practice match.• Recreation Game: Lemon Race, Sack Race & Ball tunnel.	<ul style="list-style-type: none">• Students will able to perform the drill/activities under the guidance of teacher.• Students will perform serve, walking, running, sliding and jumping through a variety of activities	Make a chart on cricket rules and regulations and association
Syllabus Completion : 14 February 2025					
Revision –Annual Examinations : 17 February 2025 to 21 February 2025					
Annual Examinations : 24 February 2025 to 12 March 2025					



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: VIII		Subject: PHYSICAL EDUCATION		Name of the Teacher: MR. JAI SETH	
Month		No. of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
I	April	17	<ul style="list-style-type: none">• VIII –• Indoor games – Chess, carom• Structure & Functions of the body, Postures-Discussion, Demonstration Breathing Exercises, Demonstration and practice, postures while sitting, walking, running, lying, Posture while lifting objects, Posture while working on computers• Table Tennis: Students will demonstrate the appropriate techniques for grip of bat serving, forehand and backhand shot. Students will develop a basic understanding of basic single and double team strategies.	<ul style="list-style-type: none">• Understanding of the body systems i.e. functional anatomy and physiology, skeleton, muscular, respiratory, circulatory, digestive, excretory• Correct Postures: Sitting, walking, lifting objects running, lying	Concept of physics with different size of ball.
II	May	17	<ul style="list-style-type: none">• VIII –• Mass P.T: marching on the spot, turning movements (left turn, right turn), general warm up & cool down exercise.• Recreation Game: Dodge Ball & Over Head ball Pass• Basketball: Students will understand proper shooting form and be introduced to the proper one-handed shot. Have a basic understanding of the rules of the game of basketball including: 3 seconds, travelling, double dribble, point value of shots, free-throws, fouls. Dribble or pass a ball around a defender. Be in correct defensive stance and move well in this stance while playing defense. Be able to rebound a basketball and understand the concept of box out.	<ul style="list-style-type: none">• Students will perform serve, walking, running, sliding and jumping through a variety of activities• Students will able to perform the drill/activities under the guidance of teacher.	Draw basketball equipments and court.

SUMMER VACATION : 27 MAY 2024 TO 30 JUNE 2024



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

SCHOOL REOPEN : 1 JULY 2024					
III	July	22	<ul style="list-style-type: none"> • VIII– Gymnastic: Coordination, Flexibility, Balance and Strengthening • Badminton: Students will demonstrate the appropriate techniques for smash, drop, clear, and serve. <p>Students will develop a basic understanding of single and double team strategies.</p> <p>Kabaddi: Students will understand the basic rules and history of the game. Students will demonstrate the appropriate techniques for hand touch, back kick, toe touch, running hand touch, ankle hold, thigh hold and block tackle.</p>	<ul style="list-style-type: none"> • Students will able to learn the things under the guidance of teacher 	Incorporate elements like ribbon , hoops, and ball
IV	August	19	<p>VIII – Athletics & Tennis:</p> <ul style="list-style-type: none"> • Warm up & cool down exercise of specific sports • Calisthenics exercise on counts, marching on the spot and turning • <i>Tennis</i> – Jump Tapping, service, rules, forehand & backhand, practice match. • Recreation Game: Standing Kho & Chain Game. 	<ul style="list-style-type: none"> • Students will able to perform the drill/activities under the guidance of teacher. <p>Students will perform serve, walking, running, sliding and jumping through a variety of activities</p>	Fun races.
Syllabus Completion : 30 August 2024					
Revision – Half Yearly Examinations : 02 September 2024 to 09 September 2024					
Half Yearly Examinations : 10 September 2024 to 27 September 2024					
Second Term Resume : 30 September 2024					
VI	October	18	<ul style="list-style-type: none"> • VIII – • Football: Students will understand the basic rules and history of the game. Students will demonstrate progress towards the appropriate techniques for dribbling, shooting, Passing, heading and throw-in. 	<ul style="list-style-type: none"> • Students will able to learn the things under the guidance of teacher • Traditional food habits and health. • Key Concepts & food value. 	Shooting with different size of football.



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

VII	November	19	<ul style="list-style-type: none"> VIII – Warm up exercise, Mass P.T. with beats, marching in file, turning movements. Basketball – Bounce & chest pass, dribbling, shooting and practice match. Recreation Game: Jump over the hurdles & touch the cone race. 	<ul style="list-style-type: none"> Students will able to perform the drill/activities under the guidance of teacher. Students will perform serve, walking, running, sliding and jumping through a variety of activities 	Draw the basketball equipments and court.
VIII	December	19	<ul style="list-style-type: none"> VIII – Fitness: Running, Skipping Rope, Chin ups, pushups, crunches (each set consist of 20 reps each), side leg raise, back leg raise, plank hold (each set consist of 25 sec. each to max. he/she can do), 	<ul style="list-style-type: none"> Students will able to learn the things under the guidance of teacher Uniqueness & Self- esteem Self-image Managing relations 	Concept of physics with angle, weight , lever
Winter Break : 30 December 2024 to 07 January 2025					
School Reopens : 8 January 2025					
IX	January	18	<ul style="list-style-type: none"> VIII – Warm up exercise, callisthenic exercise, marching in file, turning. Athletics – 50 m, 100 m, 200 m, relay race, standing broad jump, discus throw. Soccer –Specific exercise, dribbling, passing, penalty kicks and practice match. Recreation Game: Split Race & 50mtr. Race Psychological Security, Relationships through play Interactive activities focused on experiential learning Kho-Kho: Students will understand the basic rules and history of the game. Students will demonstrate progress towards the appropriate techniques of running, dodging, running in chains and other games related skills in match situations. 	<p>Students will able to perform the drill/activities under the guidance of teacher.</p> <p>Students will perform serve, walking, running, sliding and jumping through a variety of activities</p>	Draw the kho-kho field



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

X	February	10	<ul style="list-style-type: none">• VIII –• Warm up exercise, Mass P.T. on beats, marching and turning.• Calisthenics exercises on drum beat and command and marching in file with drum beat and voice command.• Cricket – Fitness drill, Batting, bowling and catching, practice match.• Recreation Game: Lemon Race, Sack Race & Ball tunnel.	<ul style="list-style-type: none">• Students will be able to perform the drill/activities under the guidance of teacher.• Students will perform serve, walking, running, sliding and jumping through a variety of activities	Make a chart on cricket rules and regulations and association
Syllabus Completion : 14 February 2025					
Revision –Annual Examinations : 17 February 2025 to 21 February 2025					
Annual Examinations : 24 February 2025 to 12 March 2025					



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: IX		No. of Days	Subject: PHYSICAL EDUCATION		Name of the Teacher : MR. NAVNEET TYAGI	
Month			Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art	
	April	17 Days	<ul style="list-style-type: none">• Basketball • Table Tennis	<p>Students will understand proper shooting form and be introduced to the proper one-handed shot. Have a basic understanding of the rules of the game of basketball including: 3 seconds, travelling, double dribble, point value of shots, free-throws, fouls. Dribble or pass a ball around a defender. Be in correct defensive stance and move well in this stance while playing defence. Be able to rebound a basketball and understand the concept of box out.</p> <p>Students will demonstrate the appropriate techniques for grip of bat serving, forehand and backhand shot. Students will develop a basic understanding of basic single and double team strategies.</p>	Draw a diagram of the Basketball court with its all measurements on a chart paper.	
	May	20 Days	<ul style="list-style-type: none">• Cricket • Badminton	<p>Students will understand the basic rules and history of the game. Students will demonstrate the appropriate techniques for hitting, throwing, fielding.</p> <p>Students will develop a basic understanding of the positions and team strategies.</p> <p>Students will demonstrate the appropriate techniques for smash, drop, clear, and serve. Students will develop a basic understanding of single and double team strategies.</p>	Make a PPT presentation of various cricket stadiums of India.	

SUMMER VACATION : 27 MAY 2024 TO 30 JUNE 2024



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

SCHOOL REOPEN : 1 JULY 2024					
	July	22 Days	<ul style="list-style-type: none">• Football• Basketball	<p>Students will understand the basic rules and history of the game. Students will demonstrate progress towards the appropriate techniques for dribbling, shooting, Passing, heading and throw-in.</p> <p>Students will be able to correctly shoot the one handed jump shot using proper, basic form. Correctly shoot right handed and left handed layups Utilize the basketball skills of pick and roll, cutting, backdoor passes in a game situation. Be able to play man-to-man defence with a team in a game situation. Work with a team to score using various offensive strategies. Box out in order to prevent an opponent from getting a rebound.</p>	<p>Draw a free hand drawing of equipment used by a football player.</p>
	August	19 Days	<ul style="list-style-type: none">• Cricket• Table Tennis	<p>Students will demonstrate bowling technique with the addition of spin or pace. To understand how spin is created and the effect it will have on the balls bounce. To recognize that run up speed will impact the bowling power/swing on delivery. To understand the rules & infringements related to bowling deliveries.</p> <p>Students will demonstrate to strike a backhand shot and forehand shot with a partner at least 10 times in a row. Know and apply all of the basic rules for the game. Successfully use strategy with a partner to play a doubles game of T.T appropriate techniques for grip of bat serving, forehand and backhand shot.</p>	<p>Draw a diagram of all fielding position in the ground with its names on a chart paper.</p>
Syllabus Completion : 30 August 2024					
Revision – Half Yearly Examinations : 02 September 2024 to 09 September 2024					
Half Yearly Examinations : 10 September 2024 to 27 September 2024					
Second Term Resume : 30 September 2024					



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

October	18 Days	<ul style="list-style-type: none">• Basketball• Marching Drills/Calisthenics Exercises	<p>Students able to correctly shoot the one handed jump shot using proper, basic form. Correctly shoot a right and left handed layup. Show knowledge of offensive and defensive strategies and use these strategies in a game situation. Box out in order to prevent an opponent from getting a rebound. Understand and use correct defensive positioning when playing man-to-man defence.</p> <p>Students will be able to perform various calisthenics exercises on drum beat and command and marching in file with drum beat and voice command.</p>	Draw a stick diagram on chart paper of some P.T drills and calisthenics exercises.
November	19 Days	<ul style="list-style-type: none">• <u>Kabaddi</u>• Athletics	<p>Students will understand the basic rules and history of the game. Students will demonstrate the appropriate techniques for hand touch, back kick, toe touch, running hand touch, ankle hold, thigh hold and block tackle.</p> <p>Students will understand the basic rules and history of the game. Students will demonstrate warm up exercise and sprinting and jumping skills.</p>	Make a list of the teams participating in Premiere Kabaddi League and paste their team's logos on chart paper.
December	19 Days	<ul style="list-style-type: none">• Basketball• Kho-Kho	<p>Students will demonstrate both layups and jump shots using correct basic form and effectively pass a ball to teammates in a game situation.</p> <p>Demonstrate both zone and man defences and be able to use both in a game situation. Use various offensive teamwork strategies to score on an opposing team. Understand and apply the basic rules of the game of basketball in order to play a full court basketball game.</p> <p>Students will understand the basic rules and history of the game. Students will demonstrate progress towards the appropriate techniques of running, dodging, running in chains and other games related skills in match situations.</p>	Make a model of the Kho-Kho court with all its specifications.



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Winter Break : 30 December 2024 to 07 January 2025

School Reopens : 8 January 2025

			<ul style="list-style-type: none">• Athletics	<p>Students perform a handoff within a relay team and use strategy to effectively set up a relay team order. Correctly perform the sprinter stance and perform sprints of various lengths. Be able to effectively use pacing in a long distance race. Perform an obstacle course using hurdles and various jumping activities. Correctly perform the long jump using a one-foot take off and a two-foot landing and understand the concept of jumping</p>	Make a 3D model of Track with all its specifications.
	January	18 Days	<ul style="list-style-type: none">• Football	<p>Students will perform accurately kick a football to a designated target 90% of the time. Dribble or pass a ball around a defender. Steal a soccer ball from an offensive player. Use strategy and teamwork in a game situation on both offense and defence and play correct positioning.</p>	
Syllabus Completion : 14 February 2025					
Revision –Annual Examinations : 17 February 2025 to 21 February 2025					
Annual Examinations : 24 February 2025 to 12 March 2025					



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: X		No. of Days	Subject: PHYSICAL EDUCATION		Name of the Teacher: MR. NAVNEET TYAGI	
Month			Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art	
	March	12 Days	<ul style="list-style-type: none">• Basketball• Badminton	<p>Students will understand proper shooting form and be introduced to the proper one-handed shot. Have a basic understanding of the rules of the game of basketball including: 3 seconds, travelling, double dribble, point value of shots, free-throws, fouls. Dribble or pass a ball around a defender. Be in correct defensive stance and move well in this stance while playing defence. Be able to rebound a basketball and understand the concept of box out.</p> <p>Students will demonstrate the appropriate techniques for smash, drop, clear, and serve. Students will develop a basic understanding of single and double team strategies.</p>	Draw a diagram of the Basketball court with its all measurements on a chart paper.	
I	April	19 Days	<ul style="list-style-type: none">• Football• Table Tennis	<p>Students will understand the basic rules and history of the game. Students will demonstrate progress towards the appropriate techniques for dribbling, shooting, Passing, heading and throw-in.</p> <p>Students will demonstrate the appropriate techniques for grip of bat serving, forehand and backhand shot. Students will develop a basic understanding of basic single and double team strategies.</p>	Draw a free hand drawing of equipment used by a football player.	
II	May	20 Days	<ul style="list-style-type: none">• Cricket	<p>Students will understand the basic rules and history of the game. Students will demonstrate the appropriate techniques for hitting, throwing, fielding. Students will develop a basic understanding of the positions and team strategies.</p>		



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

			<ul style="list-style-type: none">• Basketball	Students will be able to correctly shoot the one handed jump shot using proper, basic form. Correctly shoot right handed and left handed layups Utilize the basketball skills of pick and roll, cutting, backdoor passes in a game situation. Be able to play man-to-man defence with a team in a game situation. Work with a team to score using various offensive strategies. Box out in order to prevent an opponent from getting a rebound.	Make a PPT presentation of various cricket stadiums of India.
SUMMER VACATION : 30 MAY 2024 TO 30 JUNE 2024					
SCHOOL REOPEN : 1 JULY 2024					
III	July	22 Days	<ul style="list-style-type: none">• Athletics• Table Tennis	<p>Students will understand the basic rules and history of the game. Students will demonstrate warm up exercise and sprinting and jumping skills.</p> <p>Students will demonstrate to strike a backhand shot and forehand shot with a partner at least 10 times in a row. Know and apply all of the basic rules for the game. Successfully use strategy with a partner to play a doubles game of T.T appropriate techniques for grip of bat serving, forehand and backhand shot.</p>	Make a 3D model of Track with all its specifications.
IV	August	19 Days	<ul style="list-style-type: none">• Basketball• Kho-Kho	<p>Students able to correctly shoot the one handed jump shot using proper, basic form. Correctly shoot a right and left handed layup. Show knowledge of offensive and defensive strategies and use these strategies in a game situation. Box out in order to prevent an opponent from getting a rebound. Understand and use correct defensive positioning when playing man-to-man defence.</p> <p>Students will understand the basic rules and history of the game. Students will demonstrate progress towards the appropriate techniques of running, dodging, running in chains and other games related skills in match situations.</p>	Make a model of the Kho-Kho court with all its specifications.



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Syllabus Completion : 30 August 2024

Revision – Half Yearly Examinations : 02 September 2024 to 09 September 2024

Half Yearly Examinations : 10 September 2024 to 27 September 2024

Second Term Resume : 30 September 2024

VI	October	18 Days	<ul style="list-style-type: none"> • <u>Kabaddi</u> • Cricket 	<p>Students will understand the basic rules and history of the game. Students will demonstrate the appropriate techniques for hand touch, back kick, toe touch, running hand touch, ankle hold, thigh hold and block tackle.</p> <p>Students will demonstrate bowling technique with the addition of spin or pace. To understand how spin is created and the effect it will have on the balls bounce. To recognize that run up speed will impact the bowling power/swing on delivery. To understand the rules & infringements related to bowling deliveries.</p>	-
VII	November	9 Days	<ul style="list-style-type: none"> • Basketball • Marching Drills/Calisthenics Exercises 	<p>Students will demonstrate both layups and jump shots using correct basic form and effectively pass a ball to teammates in a game situation.</p> <p>Demonstrate both zone and man defences and be able to use both in a game situation. Use various offensive teamwork strategies to score on an opposing team. Understand and apply the basic rules of the game of basketball in order to play a full court basketball game.</p> <p>Students will be able to perform various calisthenics exercises on drum beat and command and marching in file with drum beat and voice command.</p>	

Mock Series : 18 November 2024 to 29 November 2024

Pre Board 1 : 2 December 2024 to 13 December 2024

Pre Board 2 : 23 December 2024 to 20 January 2025

Winter Break : 30 December 2024 to 7 January 2025

School Reopens : 8 January 2025

Pre Board 3 : Resume Up-to 20 January 2025



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

YOGA

Class: NUR		No. of	Subject: Yoga (2024-2025)	Name of the Teacher: Dr. Bhawna	
Month		Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
I	April	14	<ul style="list-style-type: none"> ● Meaning of Yoga ● Origin of Yoga through Yogic Stories ● Selected Yogic Practices introduction letter wise A-M ● Yoga Games (Injandaud, Jangha shakti vikasak, etc) 	<ul style="list-style-type: none"> ● To understand the term Yoga and its necessity/importance. ● To relate other subjects with Yoga. 	<ul style="list-style-type: none"> ● Story telling ● Engaging yoga games ● Mantra chants in respect to Save Earth
II	May	13	<ul style="list-style-type: none"> ● Yoga class regime- Prayer pose, (A+U+M) OM chants, Tadasana, Vajrasana, Dandasana, Sukhasana, Padmasana, Shavasana ● Gross Practices for the whole body- shula and sukhma vyayama sequence wise ● Selected Yogic Practices Introduction letter wise N-Z 	<ul style="list-style-type: none"> ● Students should know the basic Yoga regime. ● To relate other subjects with Yoga ● Yogic warm ups. 	<ul style="list-style-type: none"> ● Chanting, Instructions and demonstration ● Yoga practices with family to celebrate International family Day
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024					
SCHOOL REOPEN : 1 JULY 2024					
III	July	22	<ul style="list-style-type: none"> ● Loosening & Subtle Practices for Lower body ● Introduction to Yoga props- Yoga blocks & Chakrasana bench ● Subtle & Gross Practices for the Arms ● Forest Journey with Yoga Postures 	<ul style="list-style-type: none"> ● Warm up ● To enjoy Forest Journey with Yoga Postures. 	<ul style="list-style-type: none"> ● Demonstration ● Tree & Nature Yoga postures ● Demonstration with light music
IV	August	19	<ul style="list-style-type: none"> ● Interesting Yoga practices for healthy face, eyes and oral health- Sheetkari pranayama, kapolshakti vikasak kriya ● Simple Standing & Balancing Asanas-- Simple Standing, Tadasana, Vrikshasana (Tree Pose), Ardha Chakrasana (Half Wheel), Triyak- tadasana(Side Bending), Virabhadrasana and its variation ● Eagle Pose Pre- practices 	<ul style="list-style-type: none"> ● To generate interest in the class and to teach them healthy face Yoga practices. ● To bring focus, awareness, balancing with the standing asanas ● Stability and good abdominal health. 	<ul style="list-style-type: none"> ● Asanas holding activities while Giving them target to achieve up till a certain level ● Rhythmic Yoga flow on patriotic song



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Syllabus Completion : 30 August 2024

Revision – Mid Term Assessment : 02 September 2024 to 13 September 2024

Mid Term Assessment : 17 September 2024 to 27 September 2024

Second Term Resume : 30 September 2024

VI	October	18	<ul style="list-style-type: none"> Introduction to Pragyā Yoga Series Pragyā yoga Series 	<ul style="list-style-type: none"> To learn the steps. 	<ul style="list-style-type: none"> Gayatri mantra chants with Pragyā Yoga (for Mental Health) Gayatri mantra chants with Pragyā Yoga
VII	November	19	<ul style="list-style-type: none"> Introduction to animal and Prone postures- Lion, Cow's face, Cobra & Shalabhasana 	<ul style="list-style-type: none"> Relating animal's behaviour & Yoga postures and elaborating the impacts on the body. 	<ul style="list-style-type: none"> Interaction on the behaviour of animals and comparative stick diagrams Yoga practices to improve Mental Health
VIII	December	19	<ul style="list-style-type: none"> Healthy Yoga habits for daily life Rhythmic Yoga on peaceful mantras 	<ul style="list-style-type: none"> To implement and inculcate in daily life. Enjoy the Yogasanas on universal chant music. 	<ul style="list-style-type: none"> Demonstrating with Daily life activities- how to bend while tying shoe laces: standing straight and postures for food and study Student may be asked to perform their favourite postures in a rhythm while enjoying the music

Winter Break : 30 December 2024 to 07 January 2025

School Reopens : 8 January 2025

IX	January	18	<ul style="list-style-type: none"> Asanas to increase flexibility Chakrasana and Sarvangasana 	<ul style="list-style-type: none"> To gain flexibility. To enjoy advanced Yogic postures. 	<ul style="list-style-type: none"> Use of props Yoga art paper work with New year wishes and resolutions Variations in the postures
X	February	15	Revision of all the asanas	-	-

Syllabus Completion : 21 February 2025

Revision – Term End Assessment : 24 February 2025 to 28 February 2025

Term End Assessment : 3 March 2025 to 12 March 2025



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: LKG		No. of	Subject: Yoga (2024-2025)	Name of the Teacher: Dr. Bhawna Bhatia	
Month	Days		Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
I	April	14	<ul style="list-style-type: none">● Meaning of Yoga● Origin of Yoga through Yogic Stories● Selected Yogic Practices introduction letter wise A-M● Yoga Games (Injandaud, Jangha shakti vikasak, etc)	<ul style="list-style-type: none">● To understand the term Yoga and its necessity/importance.● To relate other subjects with Yoga.	<ul style="list-style-type: none">● Story telling● Engaging yoga games● Mantra chants in respect to Save Earth
II	May	13	<ul style="list-style-type: none">● Yoga class regime- Prayer pose, (A+U+M) OM chants, Tadasana, Vajrasana, Dandasana, Sukhasana, Padmasana, Shavasana● Gross Practices for the whole body-shula and sukhma vyayama sequence wise● Selected Yogic Practices Introduction letter wise N-Z	<ul style="list-style-type: none">● Students should know the basic Yoga regime.● To relate other subjects with Yoga● Yogic warm ups.	<ul style="list-style-type: none">● Chanting, Instructions and demonstration● Yoga practices with family to celebrate International family Day
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024					
SCHOOL REOPEN : 1 JULY 2024					
III	July	22	<ul style="list-style-type: none">● Loosening & Subtle Practices for Lower body● Introduction to Yoga props- Yoga blocks & Chakrasana bench● Subtle & Gross Practices for the Arms● Forest Journey with Yoga Postures	<ul style="list-style-type: none">● Warm up● To enjoy Forest Journey with Yoga Postures.	<ul style="list-style-type: none">● Demonstration● Tree & Nature Yoga postures● Demonstration with light music



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

IV	August	19	<ul style="list-style-type: none"> • Interesting Yoga practices for healthy face, eyes and oral health- Sheetkari pranayama, kapolshakti vikasak kriya • Simple Standing & Balancing Asanas--Simple Standing, Tadasana, Vrikshasana (Tree Pose), Ardha Chakrasana (Half Wheel), Triyak-tadasana(Side Bending), Virabhadrasana and its variation • Eagle Pose Pre- practices 	<ul style="list-style-type: none"> • To generate interest in the class and to teach them healthy face Yoga practices. • To bring focus , awareness, balancing with the standing asanas • Stability and good abdominal health. 	<ul style="list-style-type: none"> • Asanas holding activities while Giving them target to achieve up till a certain level • Rhythmic Yoga flow on patriotic song
Syllabus Completion : 30 August 2024					
Revision – Mid Term Assessment : 02 September 2024 to 13 September 2024					
Mid Term Assessment : 17 September 2024 to 27 September 2024					
Second Term Resume : 30 September 2024					
VI	October	18	<ul style="list-style-type: none"> • Introduction to Pragya Yoga Series • Pragya yoga Series 	<ul style="list-style-type: none"> • To learn the steps. 	<ul style="list-style-type: none"> • Gayatri mantra chants with Pragya Yoga (for Mental Health) • Gayatri mantra chants with Pragya Yoga
VII	November	19	<ul style="list-style-type: none"> • Introduction to animal and Prone postures- Lion, Cow's face, Cobra & Shalabhasana 	<ul style="list-style-type: none"> • Relating animal's behaviour & Yoga postures and elaborating the impacts on the body. 	<ul style="list-style-type: none"> • Interaction on the behaviour of animals and comparative stick diagrams • Yoga practices to improve Mental Health
VIII	December	19	<ul style="list-style-type: none"> • Healthy Yoga habits for daily life • Rhythmic Yoga on peaceful mantras 	<ul style="list-style-type: none"> • To implement and inculcate in daily life. • Enjoy the Yogasanas on universal chant music. 	<ul style="list-style-type: none"> • Demonstrating with Daily life activities- how to bend while tying shoe laces: standing straight and postures for food and study • Student may be asked to perform their favourite postures in a rhythm while enjoying the music



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Winter Break : 30 December 2024 to 07 January 2025

School Reopens : 8 January 2025

IX	January	18	<ul style="list-style-type: none">Asanas to increase flexibilityChakrasana and Sarvangasana	<ul style="list-style-type: none">To gain flexibility.To enjoy advanced Yogic postures.	<ul style="list-style-type: none">Use of propsYoga art paper work with New year wishes and resolutionsVariations in the postures
X	February	15	Revision of all the asanas	-	-

Syllabus Completion : 21 February 2025

Revision – Term End Assessment : 24 February 2025 to 28 February 2025

Term End Assessment : 3 March 2025 to 12 March 2025



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: UKG		No. of	Subject: Yoga (2024-2025)	Name of the Teacher: Dr. Bhawna Bhatia	
Month	Days	Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
I	April	14	<ul style="list-style-type: none"> • Meaning of Yoga • Origin of Yoga through Yogic Stories • Selected Yogic Practices introduction letter wise A-M • Yoga Games (Injandaud, Jangha shakti vikasak, etc) 	<ul style="list-style-type: none"> • To understand the term Yoga and its necessity/importance. • To relate other subjects with Yoga. 	<ul style="list-style-type: none"> • Story telling • Engaging yoga games • Mantra chants in respect to Save Earth
II	May	13	<ul style="list-style-type: none"> • Yoga class regime- Prayer pose, (A+U+M) OM chants, Tadasana, Vajrasana, Dandasana, Sukhasana, Padmasana, Shavasana • Gross Practices for the whole body-shula and sukhma vyayama sequence wise • Selected Yogic Practices Introduction letter wise N-Z 	<ul style="list-style-type: none"> • Students should know the basic Yoga regime. • To relate other subjects with Yoga • Yogic warm ups. 	<ul style="list-style-type: none"> • Chanting, Instructions and demonstration • Yoga practices with family to celebrate International family Day
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024					
SCHOOL REOPEN : 1 JULY 2024					
III	July	22	<ul style="list-style-type: none"> • Loosening & Subtle Practices for Lower body • Introduction to Yoga props- Yoga blocks & Chakrasana bench • Subtle & Gross Practices for the Arms • Forest Journey with Yoga Postures 	<ul style="list-style-type: none"> • Warm up • To enjoy Forest Journey with Yoga Postures. 	<ul style="list-style-type: none"> • Demonstration • Tree & Nature Yoga postures • Demonstration with light music



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

IV	August	19	<ul style="list-style-type: none"> • Interesting Yoga practices for healthy face , eyes and oral health- Sheetkari pranayama, kapolshakti vikasak kriya • Simple Standing & Balancing Asanas--Simple Standing, Tadasana, Vrikshasana (Tree Pose), Ardha Chakrasana (Half Wheel), Triyak- tadasana(Side Bending), Virabhadrasana and its variation • Eagle Pose Pre- practices 	<ul style="list-style-type: none"> • To generate interest in the class and to teach them healthy face Yoga practices. • To bring focus , awareness, balancing with the standing asanas • Stability and good abdominal health. 	<ul style="list-style-type: none"> • Asanas holding activities while Giving them target to achieve up till a certain level • Rhythmic Yoga flow on patriotic song
Syllabus Completion : 30 August 2024					
Revision – Mid Term Assessment : 02 September 2024 to 13 September 2024					
Mid Term Assessment : 17 September 2024 to 27 September 2024					
Second Term Resume : 30 September 2024					
VI	October	18	<ul style="list-style-type: none"> • Introduction to Pragma Yoga Series • Pragma yoga Series 	<ul style="list-style-type: none"> • To learn the steps. 	<ul style="list-style-type: none"> • Gayatri mantra chants with Pragma Yoga (for Mental Health) • Gayatri mantra chants with Pragma Yoga
VII	November	19	<ul style="list-style-type: none"> • Introduction to animal and Prone postures- Lion, Cow's face, Cobra & Shalabhasana 	<ul style="list-style-type: none"> • Relating animal's behaviour & Yoga postures and elaborating the impacts on the body. 	<ul style="list-style-type: none"> • Interaction on the behaviour of animals and comparative stick diagrams • Yoga practices to improve Mental Health
VIII	December	19	<ul style="list-style-type: none"> • Healthy Yoga habits for daily life • Rhythmic Yoga on peaceful mantras 	<ul style="list-style-type: none"> • To implement and inculcate in daily life. • Enjoy the Yogasanas on universal chant music. 	<ul style="list-style-type: none"> • Demonstrating with Daily life activities- how to bend while tying shoe laces: standing straight and postures for food and study • Student may be asked to perform their favourite postures in a rhythm while enjoying the music



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Winter Break : 30 December 2024 to 07 January 2025

School Reopens : 8 January 2025

IX	January	18	<ul style="list-style-type: none">Asanas to increase flexibilityChakrasana and Sarvangasana	<ul style="list-style-type: none">To gain flexibility.To enjoy advanced Yogic postures.	<ul style="list-style-type: none">Use of propsYoga art paper work with New year wishes and resolutionsVariations in the postures
X	February	15	Revision of all the asanas	-	-

Syllabus Completion : 21 February 2025

Revision – Term End Assessment : 24 February 2025 to 28 February 2025

Term End Assessment : 3 March 2025 to 12 March 2025



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: I		No. of	Subject: Yoga (2024-2025)	Name of the Teacher: Dr. Bhawna Bhatia	
Month	Days	Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
I	April	15	<ul style="list-style-type: none">● Meaning of Yoga● Origin of Yoga through Yogic Stories● Selected Yogic Practices introduction letter wise A-M● Yoga Games (Injandaud, Jangha shakti vikasak, etc)	<ul style="list-style-type: none">● To understand the term Yoga and its necessity/importance.● To relate other subjects with Yoga.	<ul style="list-style-type: none">● Story telling● Engaging yoga games● Mantra chants in respect to Save Earth
II	May	13	<ul style="list-style-type: none">● Yoga class regime- Prayer pose, (A+U+M) OM chants, Tadasana, Vajrasana, Dandasana, Sukhasana, Padmasana, Shavasana● Gross Practices for the whole body- shula and sukhma vyayama sequence wise● Selected Yogic Practices Introduction letter wise N-Z	<ul style="list-style-type: none">● Students should know the basic Yoga regime.● To relate other subjects with Yoga● Yogic warm ups.	<ul style="list-style-type: none">● Chantings, Instructions and demonstration● Yoga practices with family to celebrate International family Day
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024					
SCHOOL REOPEN : 1 JULY 2024					
III	July	22	<ul style="list-style-type: none">● Loosening & Subtle Practices for Lower body● Introduction to Yoga props- Yoga blocks & Chakrasana bench● Subtle & Gross Practices for the Arms● Forest Journey with Yoga Postures	<ul style="list-style-type: none">● Warm up● To enjoy Forest Journey with Yoga Postures.	<ul style="list-style-type: none">● Demonstration● Tree & Nature Yoga postures● Demonstration with light music



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

IV	August	19	<ul style="list-style-type: none"> • Interesting Yoga practices for healthy face , eyes and oral health- Sheetkari pranayama, kapolshakti vikasak kriya • Simple Standing & Balancing Asanas--Simple Standing, Tadasana, Vrikshasana (Tree Pose), Ardha Chakrasana (Half Wheel), Triyak- tadasana(Side Bending), Virabhadrasana and its variation • Eagle Pose Pre- practices 	<ul style="list-style-type: none"> • To generate interest in the class and to teach them healthy face Yoga practices. • To bring focus , awareness, balancing with the standing asanas • Stability and good Abdominal health. 	<ul style="list-style-type: none"> • Asanas holding activities while Giving them target to achieve up till a certain level • Rhythmic Yoga flow on patriotic song
Syllabus Completion : 30 August 2024					
Revision – Mid Term Assessment : 02 September 2024 to 13 September 2024					
Mid Term Assessment : 17 September 2024 to 27 September 2024					
Second Term Resume : 30 September 2024					
VI	October	18	<ul style="list-style-type: none"> • Introduction to Pragma Yoga Series • Pragma yoga Series 	<ul style="list-style-type: none"> • To learn the steps. 	<ul style="list-style-type: none"> • Gayatri mantra chants with Pragma Yoga (for Mental Health) • Gayatri mantra chants with Pragma Yoga
VII	November	19	<ul style="list-style-type: none"> • Introduction to animal and Prone postures- Lion, Cow's face, Cobra & Shalabhasana 	<ul style="list-style-type: none"> • Relating animal's behaviour & Yoga postures and elaborating the impacts on the body. 	<ul style="list-style-type: none"> • Interaction on the behaviour of animals and comparative stick diagrams • Yoga practices to improve Mental Health
VIII	December	19	<ul style="list-style-type: none"> • Healthy Yoga habits for daily life • Rhythmic Yoga on peaceful mantras 	<ul style="list-style-type: none"> • To implement and inculcate in daily life. • Enjoy the Yogasanas on universal chant music. 	<ul style="list-style-type: none"> • Demonstrating with Daily life activities- how to bend while tying shoe laces: standing straight and postures for food and study • Student may be asked to perform their favourite postures in a rhythm while enjoying the music



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Winter Break : 30 December 2024 to 07 January 2025

School Reopens : 8 January 2025

IX	January	18	<ul style="list-style-type: none">Asanas to increase flexibilityChakrasana and Sarvangasana	<ul style="list-style-type: none">To gain flexibility.To Enjoy advanced Yogic postures.	<ul style="list-style-type: none">Use of propsYoga art paper work with New year wishes and resolutionsVariations in the postures
X	February	15	Revision of all the asanas	-	-
Syllabus Completion : 21 February 2025					
Revision – Term End Assessment : 24 February 2025 to 28 February 2025					
Term End Assessment : 3 March 2025 to 12 March 2025					



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: II		No. of Days	Subject: Yoga (2024-2025)	Name of the Teacher: Dr. Bhawna Bhatia	
Month	Chapters and Topics to be taught		Learning Objectives	Activity Planned/ Integration of Art	
I	April	15	<ul style="list-style-type: none"> ● Meaning of Yoga ● Origin of Yoga through Yogic Stories ● Selected Yogic Practices introduction letter wise A-M ● Yoga Games (Injandaud, Jangha shakti vikasak, etc) 	<ul style="list-style-type: none"> ● To understand the term Yoga and its necessity/importance. ● To relate other subjects with Yoga. 	<ul style="list-style-type: none"> ● Story telling ● Engaging yoga games ● Mantra chants in respect to Save Earth
II	May	13	<ul style="list-style-type: none"> ● Yoga class regime- Prayer pose, (A+U+M) OM chants, Tadasana, Vajrasana, Dandasana, Sukhasana, Padmasana, Shavasana ● Gross Practices for the whole body- shula and sukhma vyayama sequence wise ● Selected Yogic Practices Introduction letter wise N-Z 	<ul style="list-style-type: none"> ● Students should know the basic Yoga regime. ● To relate other subjects with Yoga ● Yogic warm ups. 	<ul style="list-style-type: none"> ● Chantings, Instructions and demonstration ● Yoga practices with family to celebrate International family Day
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024					
SCHOOL REOPEN : 1 JULY 2024					
III	July	22	<ul style="list-style-type: none"> ● Loosening & Subtle Practices for Lower body ● Introduction to Yoga props- Yoga blocks & Chakrasana bench ● Subtle & Gross Practices for the Arms ● Forest Journey with Yoga Postures 	<ul style="list-style-type: none"> ● Warm up ● To enjoy Forest Journey with Yoga Postures. 	<ul style="list-style-type: none"> ● Demonstration ● Tree & Nature Yoga postures ● Demonstration with light music
IV	August	19	<ul style="list-style-type: none"> ● Interesting Yoga practices for healthy face, eyes and oral health- Sheetkari pranayama, kapolshakti vikasak kriya ● Simple Standing & Balancing Asanas--Simple Standing, Tadasana, Vrikshasana (Tree Pose), Ardha Chakrasana (Half Wheel), Triyak-tadasana(Side Bending), Virabhadrasana and its variation ● Eagle Pose Pre- practices 	<ul style="list-style-type: none"> ● To generate interest in the class and to teach them healthy face Yoga practices. ● To bring focus , awareness, balancing with the standing asanas ● Stability and good abdominal health. 	<ul style="list-style-type: none"> ● Asanas holding activities while Giving them target to achieve up till a certain level ● Rhythmic Yoga flow on patriotic song



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Syllabus Completion : 30 August 2024

Revision – Mid Term Assessment : 02 September 2024 to 13 September 2024

Mid Term Assessment : 17 September 2024 to 27 September 2024

Second Term Resume : 30 September 2024

VI	October	18	<ul style="list-style-type: none"> ● Introduction to Pragyā Yoga Series ● Pragyā yoga Series 	<ul style="list-style-type: none"> ● To learn the steps. 	<ul style="list-style-type: none"> ● Gayatri mantra chants with Pragyā Yoga (for Mental Health) ● Gayatri mantra chants with Pragyā Yoga
VII	November	19	<ul style="list-style-type: none"> ● Introduction to animal and Prone postures- Lion, Cow's face, Cobra & Shalabhasana 	<ul style="list-style-type: none"> ● Relating animal's behaviour & Yoga postures and elaborating the impacts on the body. ● 	<ul style="list-style-type: none"> ● Interaction on the behaviour of animals and comparative stick diagrams ● Yoga practices to improve Mental Health
VIII	December	19	<ul style="list-style-type: none"> ● Healthy Yoga habits for daily life ● Rhythmic Yoga on peaceful mantras 	<ul style="list-style-type: none"> ● To implement and inculcate in daily life. ● Enjoy the Yogasanas on universal chant music. 	<ul style="list-style-type: none"> ● Demonstrating with Daily life activities- how to bend while tying shoe laces: standing straight and postures for food and study ● Student may be asked to perform their favourite postures in a rhythm while enjoying the music

Winter Break : 30 December 2024 to 07 January 2025

School Reopens : 8 January 2025

IX	January		<ul style="list-style-type: none"> ● Asanas to increase flexibility ● Chakrasana and Sarvangasana 	<ul style="list-style-type: none"> ● To gain flexibility. ● To enjoy advanced Yogic postures. 	<ul style="list-style-type: none"> ● Use of props ● Yoga art paper work with New year wishes and resolutions ● Variations in the postures
X	February		Revision of all the asanas	-	-

Syllabus Completion : 21 February 2025

Revision – Term End Assessment : 24 February 2025 to 28 February 2025

Term End Assessment : 3 March 2025 to 12 March 2025



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: III		Subject: YOGA			Name of the Teacher: MS. VEENU SONI	
Month	No. of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art		
I	April	17	<ul style="list-style-type: none"> Definition of Yoga & its practical importance. Origin & Evolution of Yoga through Yogic Stories 	To know the origin of Yoga	Story telling	
II	May	13	<ul style="list-style-type: none"> How is Yoga different from Exercises? A Prayer to begin Yoga practice Loosening & Subtle Practices for Lower body 	To know the Importance of Yoga and learn the peaceful chants	Chantings, Instructions and demonstration	
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024						
SCHOOL REOPEN : 1 JULY 2024						
III	July	22	<ul style="list-style-type: none"> Subtle & Gross Practices for the Arms 	Warm up	Demonstration	
IV	August	19	<ul style="list-style-type: none"> Interesting Face Yoga practices Gross Practices for the whole body Sitting Asanas- Dandasana, Vajrasana, Shashankasana, Vakrasana, Mandukasana, Pre Practices of Paschimottanasana 	To generate interest in the class and to teach them healthy face Yoga practices. Warm up and Strength. Stability and good Abdominal health	Demonstration with light music. Giving them a target to achieve up till a certain level.	
Syllabus Completion : 30 August 2024						
Revision – Half Yearly Examinations : 02 September 2024 to 09 September 2024						
Half Yearly Examinations : 10 September 2024 to 27 September 2024						
Second Term Resume : 30 September 2024						
VI	October	18	<ul style="list-style-type: none"> Introduction & Pre Practices to Supine Postures - Uttanpadasana, Vipreet karni & Halasana <p>To Enjoy Introduction to advance Yogic postures</p>	Good blood circulation and to create interest with moderate postures	Demonstration Variations in the postures and art work on paper	



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

VII	November	19	<ul style="list-style-type: none">Introduction to animal and Prone postures- Lion, Cow's face, Cobra & Shalabhasana	Relating animal's behaviour \$ Yoga postures and elaborating the impacts on the body	Interaction on the behaviour of animals and art work on paper
VIII	December	19	<ul style="list-style-type: none">Introduction to Pragma Yoga Series	To learn the steps	Gayatri mantra chants with Pragma Yoga
Winter Break : 30 December 2024 to 07 January 2025					
School Reopens : 8 January 2025					
IX	January	18	<ul style="list-style-type: none">Pragma yoga SeriesHealthy Yoga habits for daily life	To learn the steps To implement and inculcate in daily life	Gayatri mantra chants with Pragma Yoga. Demonstrating with Daily life activities- how to bend while tying shoe laces: standing straight and postures for food and study
X	February	10	<ul style="list-style-type: none">Rhythmic Yoga on peaceful mantrasAsanas to increase flexibility	Enjoy the Yogasanas on universal chants music To gain the flexibility	Student may be asked to perform their favourite postures in a rhythm while enjoying the music & Use of props
Syllabus Completion : 14 February 2025					
Revision –Annual Examinations : 17 February 2025 to 21 February 2025					
Annual Examinations : 24 February 2025 to 12 March 2025					



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: IV		Subject: YOGA		Name of the Teacher: MS. VEENU SONI	
Month	No. of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art	
I	April	17	<ul style="list-style-type: none"> Definition of Yoga & its practical importance. Origin & Evolution of Yoga through Yogic Stories 	To know the origin of Yoga	Story telling
II	May	13	<ul style="list-style-type: none"> How is Yoga different from Exercises? A Prayer to begin Yoga practice Loosening & Subtle Practices for Lower body 	To know the Importance of Yoga and learn the peaceful chants	Chanting, Instructions and demonstration
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024					
SCHOOL REOPEN : 1 JULY 2024					
III	July	22	<ul style="list-style-type: none"> Subtle & Gross Practices for the Arms 	Warm up	Demonstration
IV	August	19	<ul style="list-style-type: none"> Interesting Face Yoga practices Gross Practices for the whole body Sitting Asanas- Dandasana, Vajrasana, Shashankasana, Vakrasana, Mandukasana, Pre Practices of Paschimottanasana 	To generate interest in the class and to teach them healthy face Yoga practices. Warm up and Strength. Stability and good Abdominal health	Demonstration with light music. Giving them a target to achieve up till a certain level.
Syllabus Completion : 30 August 2024					
Revision – Half Yearly Examinations : 02 September 2024 to 09 September 2024					
Half Yearly Examinations : 10 September 2024 to 27 September 2024					
Second Term Resume : 30 September 2024					
VI	October	18	<ul style="list-style-type: none"> Introduction & Pre Practices to Supine Postures - Uttanpadasana, Vipreet karni & Halasana To Enjoy Introduction to advance Yogic postures 	Good blood circulation and to create interest with moderate postures	Demonstration Variations in the postures and art work on paper



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

VII	November	19	<ul style="list-style-type: none">● Introduction to animal and Prone postures- Lion, Cow's face, Cobra & Shalabhasana	Relating animal's behaviour \$ Yoga postures and elaborating the impacts on the body	Interaction on the behaviour of animals and art work on paper
VIII	December	19	<ul style="list-style-type: none">● Introduction to Pragma Yoga Series	To learn the steps	Gayatri mantra chants with Pragma Yoga
Winter Break : 30 December 2024 to 07 January 2025					
School Reopens : 8 January 2025					
IX	January	18	<ul style="list-style-type: none">● Pragma yoga Series● Healthy Yoga habits for daily life	To learn the steps To implement and inculcate in daily life	Gayatri mantra chants with Pragma Yoga. Demonstrating with Daily life activities- how to bend while tying shoe laces: standing straight and postures for food and study
X	February	10	<ul style="list-style-type: none">● Rhythmic Yoga on peaceful mantras● Asanas to increase flexibility	Enjoy the Yogasanas on universal chants music To gain the flexibility	Student may be asked to perform their favourite postures in a rhythm while enjoying the music & Use of props
Syllabus Completion : 14 February 2025					
Revision –Annual Examinations : 17 February 2025 to 21 February 2025					
Annual Examinations : 24 February 2025 to 12 March 2025					



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: V		Subject: YOGA		Name of the Teacher: MS. VEENU SONI	
Month	No. of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art	
I	April	17	<ul style="list-style-type: none"> Definition of Yoga & its practical importance. Origin & Evolution of Yoga through Yogic Stories 	To know the origin of Yoga	Story telling
II	May	13	<ul style="list-style-type: none"> How is Yoga different from Exercises? A Prayer to begin Yoga practice Loosening & Subtle Practices for Lower body 	To know the Importance of Yoga and learn the peaceful chants	Chanting, Instructions and demonstration
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024					
SCHOOL REOPEN : 1 JULY 2024					
III	July	22	<ul style="list-style-type: none"> Subtle & Gross Practices for the Arms 	Warm up	Demonstration
IV	August	19	<ul style="list-style-type: none"> Interesting Face Yoga practices Gross Practices for the whole body Sitting Asanas- Dandasana, Vajrasana, Shashankasana, Vakrasana, Mandukasana, Pre Practices of Paschimottanasana 	To generate interest in the class and to teach them healthy face Yoga practices. Warm up and Strength. Stability and good Abdominal health	Demonstration with light music. Giving them a target to achieve up till a certain level.
Syllabus Completion : 30 August 2024					
Revision – Half Yearly Examinations : 02 September 2024 to 09 September 2024					
Half Yearly Examinations : 10 September 2024 to 27 September 2024					
Second Term Resume : 30 September 2024					
VI	October	18	<ul style="list-style-type: none"> Introduction & Pre Practices to Supine Postures - Uttanpadasana, Vipreet karni & Halasana <p>To Enjoy Introduction to advance Yogic postures</p>	Good blood circulation and to create interest with moderate postures	Demonstration Variations in the postures and art work on paper



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

VII	November	19	<ul style="list-style-type: none">Introduction to animal and Prone postures- Lion, Cow's face, Cobra & Shalabhasana	Relating animal's behaviour \$ Yoga postures and elaborating the impacts on the body	Interaction on the behaviour of animals and art work on paper
VIII	December	19	<ul style="list-style-type: none">Introduction to Pragma Yoga Series	To learn the steps	Gayatri mantra chants with Pragma Yoga
Winter Break : 30 December 2024 to 07 January 2025					
School Reopens : 8 January 2025					
IX	January	18	<ul style="list-style-type: none">Pragma yoga SeriesHealthy Yoga habits for daily life	To learn the steps To implement and inculcate in daily life	Gayatri mantra chants with Pragma Yoga. Demonstrating with Daily life activities- how to bend while tying shoe laces: standing straight and postures for food and study
X	February	10	<ul style="list-style-type: none">Rhythmic Yoga on peaceful mantrasAsanas to increase flexibility	Enjoy the Yogasanas on universal chants music To gain the flexibility	Student may be asked to perform their favourite postures in a rhythm while enjoying the music & Use of props
Syllabus Completion : 14 February 2025					
Revision –Annual Examinations : 17 February 2025 to 21 February 2025					
Annual Examinations : 24 February 2025 to 12 March 2025					



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: VI		Subject: YOGA		Name of the Teacher: MS. VEENU SONI	
Month	No. of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art	
I	April	17	<ul style="list-style-type: none"> Definition of Yoga and its practical importance. Origin \$ Evolution of Yoga through Yogic Stories How is Yoga different from Exercises? 	<ul style="list-style-type: none"> To know the origin of Yoga and its relevance for healthy living 	<ul style="list-style-type: none"> Definition of Yoga and its practical importance. Origin \$ Evolution of Yoga through Yogic Stories How is Yoga different from Exercises?
II	May	17	<ul style="list-style-type: none"> A Prayer to begin Yoga practice Loosening \$ Subtle Practices for the Limbs 	<ul style="list-style-type: none"> To know the Importance of Yoga and learn the peaceful chants and way of gratitude 	<ul style="list-style-type: none"> A Prayer to begin Yoga practice Loosening \$ Subtle Practices for the Limbs
SUMMER VACATION : 27 MAY 2024 TO 30 JUNE 2024					
SCHOOL REOPEN : 1 JULY 2024					
III	July	22	<ul style="list-style-type: none"> Gross Practices for the whole body 	<ul style="list-style-type: none"> Warm up and Strength 	<ul style="list-style-type: none"> Gross Practices for the whole body
IV	August	19	<ul style="list-style-type: none"> Yoga practices and pranayama to sharpen intellect and memory Simple Standing \$ Balancing Asanas--Simple Standing, Tadasana, Vrikshasana (Tree Pose), Ardha Chakrasana (Half Wheel), Triyak- tadasana(Side Bending), Virabhadrasana \$ variations, Natrajasana, Utthita Hasta Padangusthasana, Samakonasana, Dwikonasana, Dolasana, Parivritt Trikonasana, Parshavkonasana Eagle Pose Pre- practices 	<ul style="list-style-type: none"> To generate interest in Yogic practices and improve performance in studies To bring focus , awareness, balancing with the standing asanas 	<ul style="list-style-type: none"> Yoga practices and pranayama to sharpen intellect and memory Simple Standing \$ Balancing Asanas--Simple Standing, Tadasana, Vrikshasana (Tree Pose), Ardha Chakrasana (Half Wheel), Triyak- tadasana(Side Bending), Virabhadrasana \$ variations, Natrajasana, Utthita Hasta Padangusthasana, Samakonasana, Dwikonasana, Dolasana, Parivritt Trikonasana, Parshavkonasana Eagle Pose Pre- practices
Syllabus Completion : 30 August 2024					
Revision – Half Yearly Examinations : 02 September 2024 to 09 September 2024					



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Half Yearly Examinations : 10 September 2024 to 27 September 2024

Second Term Resume : 30 September 2024

Half Yearly Examinations : 10 September 2024 to 27 September 2024					
Second Term Resume : 30 September 2024					
VI	October	18	<ul style="list-style-type: none">● Arm balancing postures- Bakasana, dwi hasta bhujasana, Ek hasta bhujasana,● Introduction to supine postures- Halasana levels, udrakarshana, Pawanmuktasana and Naukasana● Sitting Asanas- Dandasana, Vajrasana, Shashankasana, Vakrasana, Mandukasana, Cow's face pose● Janu Shirshasana, Paschimottanasana, Chakrasana, Purvottanasana, Vasisthasana, Pada Angusthasana & Aakarnadhanurasna	<ul style="list-style-type: none">● Arm balancing postures- Bakasana, dwi hasta bhujasana, Ek hasta bhujasana,● Introduction to supine postures- Halasana levels, udrakarshana, Pawanmuktasana and Naukasana● Sitting Asanas- Dandasana, Vajrasana, Shashankasana, Vakrasana, Mandukasana, Cow's face pose● Janu Shirshasana, Paschimottanasana, Chakrasana, Purvottanasana, Vasisthasana, Pada Angusthasana & Aakarnadhanurasna	<ul style="list-style-type: none">● Arm balancing postures- Bakasana, dwi hasta bhujasana, Ek hasta bhujasana,● Introduction to supine postures- Halasana levels, udrakarshana, Pawanmuktasana and Naukasana● Sitting Asanas- Dandasana, Vajrasana, Shashankasana, Vakrasana, Mandukasana, Cow's face pose● Janu Shirshasana, Paschimottanasana, Chakrasana, Purvottanasana, Vasisthasana, Pada Angusthasana & Aakarnadhanurasna
VII	November	19	<ul style="list-style-type: none">● Holistic Healthy Yoga habits for quality life● Rhythmic Yoga on peaceful mantras	<ul style="list-style-type: none">● To implement and inculcate in daily life● Enjoy the Yogasanas on universal chants music	<ul style="list-style-type: none">● Demonstrating with Daily life activities- how to bend while tying shoe laces: standing straight and postures for food and study● Student may be asked to perform their favourite postures in a rhythm while enjoying the music● Use of props



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

VIII	December	19	<ul style="list-style-type: none">● Introduction to Prone postures● Introduction to Sun Salutation Mantras and Asanas	<ul style="list-style-type: none">● Relating animal's behaviour \$ Yoga postures and elaborating the impacts on the body and mind	<ul style="list-style-type: none">● Interaction on the behaviour of animals and research work● Fit India celebration with Surya Namaskar
Winter Break : 30 December 2024 to 07 January 2025					
School Reopens : 8 January 2025					
IX	January	18	<ul style="list-style-type: none">● Sun Salutation as a series of Asanas	<ul style="list-style-type: none">● To learn and perform the steps in the sequence	<ul style="list-style-type: none">● Learning steps with mantra music
X	February	10	<ul style="list-style-type: none">● Advance asanas - Standing Chakrasana, Sarvangasana and Titibasana● Asanas to increase flexibility, Introduction to Hanumanasana and 180 degrees split (Bhunamasana)● Ashtanga Asanas depending upon the annual practice during the session.	<ul style="list-style-type: none">● To Enjoy advance Yogic postures	<ul style="list-style-type: none">● Variations in the postures and different levels● Digital Yoga presentations with New Year wishes
Syllabus Completion : 14 February 2025					
Revision –Annual Examinations : 17 February 2025 to 21 February 2025					
Annual Examinations : 24 February 2025 to 12 March 2025					



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: VII		Subject: YOGA			Name of the Teacher: MS. VEENU SONI	
Month	No. of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art		
I	April	17	<ul style="list-style-type: none"> Definition of Yoga and its practical importance. Origin \$ Evolution of Yoga through Yogic Stories How is Yoga different from Exercises? 	<ul style="list-style-type: none"> To know the origin of Yoga and its relevance for healthy living 	<ul style="list-style-type: none"> Definition of Yoga and its practical importance. Origin \$ Evolution of Yoga through Yogic Stories How is Yoga different from Exercises? 	
II	May	17	<ul style="list-style-type: none"> A Prayer to begin Yoga practice Loosening \$ Subtle Practices for the Limbs 	<ul style="list-style-type: none"> To know the Importance of Yoga and learn the peaceful chants and way of gratitude 	<ul style="list-style-type: none"> A Prayer to begin Yoga practice Loosening \$ Subtle Practices for the Limbs 	
SUMMER VACATION : 27 MAY 2024 TO 30 JUNE 2024						
SCHOOL REOPEN : 1 JULY 2024						
III	July	22	<ul style="list-style-type: none"> Gross Practices for the whole body Yoga practices and pranayama to sharpen intellect and memory 	<ul style="list-style-type: none"> Warm up and Strength 	<ul style="list-style-type: none"> Gross Practices for the whole body Yoga practices and pranayama to sharpen intellect and memory 	
IV	August	19	<ul style="list-style-type: none"> Simple Standing \$ Balancing Asanas--Simple Standing, Tadasana, Vrikshasana (Tree Pose), Ardha Chakrasana (Half Wheel), Triyak- tadasana(Side Bending), Virabhadrasana \$ variations, Natrajasana, Utthita Hasta Padangusthasana, Samakonasana, Dwikonasana, Dolasana, Parivritt Trikonasana, Parshavkonasana Eagle Pose Pre- practices 	<ul style="list-style-type: none"> To generate interest in Yogic practices and improve performance in studies To bring focus , awareness, balancing with the standing asanas 	<ul style="list-style-type: none"> Simple Standing \$ Balancing Asanas--Simple Standing, Tadasana, Vrikshasana (Tree Pose), Ardha Chakrasana (Half Wheel), Triyak- tadasana(Side Bending), Virabhadrasana \$ variations, Natrajasana, Utthita Hasta Padangusthasana, Samakonasana, Dwikonasana, Dolasana, Parivritt Trikonasana, Parshavkonasana Eagle Pose Pre- practices 	
Syllabus Completion : 30 August 2024						



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Revision – Half Yearly Examinations : 02 September 2024 to 09 September 2024

Half Yearly Examinations : 10 September 2024 to 27 September 2024

Second Term Resume : 30 September 2024

VI	October	18	<ul style="list-style-type: none">• Arm balancing postures- Bakasana, dwi hasta bhujasana, Ek hasta bhujasana,• Introduction to supine postures- Halasana levels, udrakarshana, Pawanmuktasana and Naukasana• Sitting Asanas- Dandasana, Vajrasana, Shashankasana, Vakrasana, Mandukasana, Cow's face pose• Janu Shirshasana, Paschimottanasana, Chakrasana, Purvottanasana, Vasisthasana, Pada Angusthasana & Aakarnadhanurasna	<ul style="list-style-type: none">• Arm balancing postures- Bakasana, dwi hasta bhujasana, Ek hasta bhujasana,• Introduction to supine postures- Halasana levels, udrakarshana, Pawanmuktasana and Naukasana• Sitting Asanas- Dandasana, Vajrasana, Shashankasana, Vakrasana, Mandukasana, Cow's face pose• Janu Shirshasana, Paschimottanasana, Chakrasana, Purvottanasana, Vasisthasana, Pada Angusthasana & Aakarnadhanurasna	<ul style="list-style-type: none">• Arm balancing postures- Bakasana, dwi hasta bhujasana, Ek hasta bhujasana,• Introduction to supine postures- Halasana levels, udrakarshana, Pawanmuktasana and Naukasana• Sitting Asanas- Dandasana, Vajrasana, Shashankasana, Vakrasana, Mandukasana, Cow's face pose• Janu Shirshasana, Paschimottanasana, Chakrasana, Purvottanasana, Vasisthasana, Pada Angusthasana & Aakarnadhanurasna
VII	November	19	<ul style="list-style-type: none">• Holistic Healthy Yoga habits for quality life• Rhythmic Yoga on peaceful mantras	<ul style="list-style-type: none">• To implement and inculcate in daily life• Enjoy the Yogasanas on universal chants music	<ul style="list-style-type: none">• Demonstrating with Daily life activities- how to bend while tying shoe laces: standing straight and postures for food and study• Student may be asked to perform their favourite postures in a rhythm while enjoying the music• Use of props



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

VIII	December	19	<ul style="list-style-type: none">● Introduction to Prone postures● Introduction to Sun Salutation Mantras and Asanas	<ul style="list-style-type: none">● Relating animal's behaviour \$ Yoga postures and elaborating the impacts on the body and mind	<ul style="list-style-type: none">● Interaction on the behaviour of animals and research work● Fit India celebration with Surya Namaskar
Winter Break : 30 December 2024 to 07 January 2025					
School Reopens : 8 January 2025					
IX	January	18	<ul style="list-style-type: none">● Sun Salutation as a series of Asanas	<ul style="list-style-type: none">● To learn and perform the steps in the sequence	<ul style="list-style-type: none">● Learning steps with mantra music
X	February	10	<ul style="list-style-type: none">● Advance asanas - Standing Chakrasana, Sarvangasana and Titibasana● Asanas to increase flexibility, Introduction to Hanumanasana and 180 degrees split (Bhunamasana)● Ashtanga Asanas depending upon the annual practice during the session.	<ul style="list-style-type: none">● To Enjoy advance Yogic postures	<ul style="list-style-type: none">● Variations in the postures and different levels● Digital Yoga presentations with New Year wishes
Syllabus Completion : 14 February 2025					
Revision –Annual Examinations : 17 February 2025 to 21 February 2025					
Annual Examinations : 24 February 2025 to 12 March 2025					



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: VIII		Subject: YOGA		Name of the Teacher: MS. VEENU SONI	
Month	No. of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art	
I	April	17	<ul style="list-style-type: none"> Definition of Yoga and its practical importance. Origin \$ Evolution of Yoga through Yogic Stories How is Yoga different from Exercises? 	<ul style="list-style-type: none"> To know the origin of Yoga and its relevance for healthy living 	<ul style="list-style-type: none"> Definition of Yoga and its practical importance. Origin \$ Evolution of Yoga through Yogic Stories How is Yoga different from Exercises?
II	May	17	<ul style="list-style-type: none"> A Prayer to begin Yoga practice Loosening \$ Subtle Practices for the Limbs 	<ul style="list-style-type: none"> To know the Importance of Yoga and learn the peaceful chants and way of gratitude 	<ul style="list-style-type: none"> A Prayer to begin Yoga practice Loosening \$ Subtle Practices for the Limbs
SUMMER VACATION : 27 MAY 2024 TO 30 JUNE 2024					
SCHOOL REOPEN : 1 JULY 2024					
III	July	22	<ul style="list-style-type: none"> Gross Practices for the whole body 	<ul style="list-style-type: none"> Warm up and Strength 	<ul style="list-style-type: none"> Gross Practices for the whole body
IV	August	19	<ul style="list-style-type: none"> Yoga practices and pranayama to sharpen intellect and memory Simple Standing \$ Balancing Asanas--Simple Standing, Tadasana, Vrikshasana (Tree Pose), Ardha Chakrasana (Half Wheel), Triyak- tadasana(Side Bending), Virabhadrasana \$ variations, Natrajasana, Utthita Hasta Padangusthasana, Samakonasana, Dwikonasana, Dolasana, Parivritt Trikonasana, Parshavkonasana Eagle Pose Pre- practices 	<ul style="list-style-type: none"> To generate interest in Yogic practices and improve performance in studies To bring focus , awareness, balancing with the standing asanas 	<ul style="list-style-type: none"> Yoga practices and pranayama to sharpen intellect and memory Simple Standing \$ Balancing Asanas--Simple Standing, Tadasana, Vrikshasana (Tree Pose), Ardha Chakrasana (Half Wheel), Triyak- tadasana(Side Bending), Virabhadrasana \$ variations, Natrajasana, Utthita Hasta Padangusthasana, Samakonasana, Dwikonasana, Dolasana, Parivritt Trikonasana, Parshavkonasana Eagle Pose Pre- practices
Syllabus Completion : 30 August 2024					
Revision – Half Yearly Examinations : 02 September 2024 to 09 September 2024					
Half Yearly Examinations : 10 September 2024 to 27 September 2024					



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Second Term Resume : 30 September 2024

VI	October	18	<ul style="list-style-type: none">● Arm balancing postures- Bakasana, dwi hasta bhujasana, Ek hasta bhujasana,● Introduction to supine postures- Halasana levels, udrakarshana, Pawanmuktasana and Naukasana● Sitting Asanas- Dandasana, Vajrasana, Shashankasana, Vakrasana, Mandukasana, Cow's face pose● Janu Shirshasana, Paschimottanasana, Chakrasana, Purvottanasana, Vasisthasana, Pada Angusthasana & Aakarnadhanurasna	<ul style="list-style-type: none">● Arm balancing postures- Bakasana, dwi hasta bhujasana, Ek hasta bhujasana,● Introduction to supine postures- Halasana levels, udrakarshana, Pawanmuktasana and Naukasana● Sitting Asanas- Dandasana, Vajrasana, Shashankasana, Vakrasana, Mandukasana, Cow's face pose● Janu Shirshasana, Paschimottanasana, Chakrasana, Purvottanasana, Vasisthasana, Pada Angusthasana & Aakarnadhanurasna	<ul style="list-style-type: none">● Arm balancing postures- Bakasana, dwi hasta bhujasana, Ek hasta bhujasana,● Introduction to supine postures- Halasana levels, udrakarshana, Pawanmuktasana and Naukasana● Sitting Asanas- Dandasana, Vajrasana, Shashankasana, Vakrasana, Mandukasana, Cow's face pose● Janu Shirshasana, Paschimottanasana, Chakrasana, Purvottanasana, Vasisthasana, Pada Angusthasana & Aakarnadhanurasna
VII	November	19	<ul style="list-style-type: none">● Holistic Healthy Yoga habits for quality life● Rhythmic Yoga on peaceful mantras	<ul style="list-style-type: none">● To implement and inculcate in daily life● Enjoy the Yogasanas on universal chants music	<ul style="list-style-type: none">● Demonstrating with Daily life activities- how to bend while tying shoe laces: standing straight and postures for food and study● Student may be asked to perform their favourite postures in a rhythm while enjoying the music● Use of props
VIII	December	19	<ul style="list-style-type: none">● Introduction to Prone postures● Introduction to Sun Salutation Mantras and Asanas	<ul style="list-style-type: none">● Relating animal's behaviour \$ Yoga postures and elaborating the impacts on the body and mind	<ul style="list-style-type: none">● Interaction on the behaviour of animals and research work● Fit India celebration with Surya Namaskar
Winter Break : 30 December 2024 to 07 January 2025					



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

School Reopens : 8 January 2025					
IX	January	18	<ul style="list-style-type: none">• Sun Salutation as a series of Asanas	<ul style="list-style-type: none">• To learn and perform the steps in the sequence	<ul style="list-style-type: none">• Learning steps with mantra music
X	February	10	<ul style="list-style-type: none">• Advance asanas - Standing Chakrasana, Sarvangasana and Titibasana• Asanas to increase flexibility, Introduction to Hanumanasana and 180 degrees split (Bhunamasana)• Ashtanga Asanas depending upon the annual practice during the session.	<ul style="list-style-type: none">• To Enjoy advance Yogic postures	<ul style="list-style-type: none">• Variations in the postures and different levels• Digital Yoga presentations with New Year wishes
Syllabus Completion : 14 February 2025					
Revision –Annual Examinations : 17 February 2025 to 21 February 2025					
Annual Examinations : 24 February 2025 to 12 March 2025					



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: Nursery		No. of Days	Subject: SWIMMING (2024-2025)	Name of the Teacher: MR. AJAY KUMAR	
Month			Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
I	April	15	Introduction to Water Confidence	1. Understand basic water safety rules. 2. Develop trust in the water environment. 3. Learn basic water entry and exit techniques.	-
II	May	13	Breath Control and Submerging	1. Learn breath control techniques while in the water. 2. Gain confidence in submerging face and blowing bubbles. 3. Practice controlled submersion with support.	-
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024					
SCHOOL REOPEN : 1 JULY 2024					
III	July	22	Floating Techniques	1. Introduce basic floating positions (front and back). 2. Develop confidence in maintaining a floating position. 3. Practice assisted floating with the help of instructors.	-
IV	August	19	Submerging Independence	1. Aim for independent submersion for short durations. 2. Build confidence in opening eyes underwater. 3. Learn to retrieve submerged objects with supervision.	-
Syllabus Completion : 30 August 2024					
Revision – Mid Term Assessment : 02 September 2024 to 13 September 2024					
Mid Term Assessment : 17 September 2024 to 27 September 2024					
Second Term Resume : 30 September 2024					
VI	October	18	Improving Floating Skills	1. Refine floating techniques with minimal assistance. 2. Build endurance in maintaining floating positions. 3. Develop comfort in floating on both front and back.	-



DELHI PUBLIC SCHOOL R. N. EXTENSION

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ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: LKG		No. of Days	Subject: SWIMMING (2024-2025)	Name of the Teacher: MR. AJAY KUMAR	
Month			Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
I	April	15	Introduction to Water Confidence	1. Understand basic water safety rules and their importance. 2. Develop trust in the water environment. 3. Learn basic water entry and exit techniques	-
II	May	13	Breath Control and Submerging	1. Practice breath control techniques while in the water. 2. Gain confidence in submerging face and blowing bubbles. 3. Develop the ability to submerge independently for short durations.	-
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024					
SCHOOL REOPEN : 1 JULY 2024					
III	July	22	Introduction to Floating	1. Introduce basic floating positions (front and back). 2. Develop confidence in maintaining a floating position. 3. Practice controlled floating with support.	-
IV	August	19	Freestyle Kick and Arm Movements	1. Learn freestyle kick technique with kickboards. 2. Practice arm movements for freestyle stroke with assistance. 3. Combine kick and arm movements for basic freestyle coordination.	-
Syllabus Completion : 30 August 2024					
Revision – Mid Term Assessment : 02 September 2024 to 13 September 2024					
Mid Term Assessment : 17 September 2024 to 27 September 2024					
Second Term Resume : 30 September 2024					
VI	October	18	Introduction to Freestyle	1. Learn basic freestyle stroke technique. 2. Develop coordination between arms and legs for freestyle. 3. Practice breathing technique in freestyle stroke.	-



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: UKG		No. of Days	Subject: SWIMMING (2024-2025)	Name of the Teacher: MR. AJAY KUMAR	
Month			Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
I	April	15	Introduction to Water Confidence	1. Understand basic water safety rules and their importance. 2. Develop trust in the water environment. 3. Learn basic water entry and exit techniques.	-
II	May	13	Breath Control and Submerging	1. Practice breath control techniques while in the water. 2. Gain confidence in submerging face and blowing bubbles. 3. Develop the ability to submerge independently for short durations.	-
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024					
SCHOOL REOPEN : 1 JULY 2024					
III	July	22	Introduction to Floating	1. Introduce basic floating positions (front). 2. Develop confidence in maintaining a floating position. 3. Practice controlled floating with minimal support.	-
IV	August	19	Freestyle Kick and Arm Movements	1. Learn freestyle kick technique with kickboards. 2. Practice arm movements for freestyle stroke with floating board 3. Combine kick and arm movements for basic freestyle coordination.	-
Syllabus Completion : 30 August 2024					
Revision – Mid Term Assessment : 02 September 2024 to 13 September 2024					
Mid Term Assessment : 17 September 2024 to 27 September 2024					
Second Term Resume : 30 September 2024					
VI	October	18	Back Float and Backstroke Introduction	1. Introduce basic back float technique with floating board 2. Develop confidence in maintaining a back float position. 3. Begin introduction to backstroke without board	-



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)



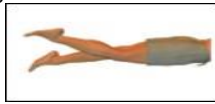


Class: I		Subject: Swimming		Name of the Teacher: Anupa Nishad	
Module/Duration		Chapters and Topics to be taught	Learning Objectives	Activity Planned/Integration of Art	
Module	From				
APRIL	15	<ul style="list-style-type: none">• Water confidence• Submerging• Locomotion• Breathing/Bubbling	<ul style="list-style-type: none">• Student will be able to enter & exit the pool safely.• Move on and below the surface showing confidence & enjoyment in the water• Move around & across the pool with swimming aids (as required)• Student will blow the bubbles into the water, & breath control underwater.• Student will learn the technique of bubbling which help the swimmer to breathe properly.		
May	13	<ul style="list-style-type: none">• Jumping & Floating	<ul style="list-style-type: none">• Student would be able to go into/underwater independently, and safely slide into the pool.• Student will float in the water with and without noodles.• Float on back & stomach with & without assistance.		
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024					
SCHOOL REOPEN : 1 JULY 2024					
July	22	<ul style="list-style-type: none">• Kicking• Push & Glide	<ul style="list-style-type: none">• Student will learn & develop the proper leg movements during swimming.• To learn basic kicking & introduce gliding• Student would be able to Push & glide in the water.• Student will perform push & glide in a horizontal position to or from a wall.		



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)

Class: I		Subject: Swimming	Name of the Teacher: Anupa Nishad	
Module/Duration		Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
Module	From			
August	19	<p>FREESTYLE</p> <ul style="list-style-type: none"> • Body position  • Arm & Hands  • Leg & Feet  • Breathing  • Coordination/Timing  	<ul style="list-style-type: none"> • Student would be able to glide in the water. • Student able to learn basic free style body position. • Student will learn & develop the proper arm & hand movements for freestyle stroke. • Student will learn & develop the proper leg & foot movements for freestyle stroke. • Student will learn the breathe-in & breathe-out techniques of the stroke. • Student would be able to swim the freestyle stroke without assistance. • To introduce a basic free style timing pattern. 	
September	2 to 27 Sep	<ul style="list-style-type: none"> • Revision – Mid Term Assessment • Mid Term Assessment 		



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – October 2024-25)



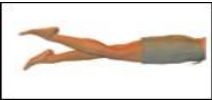


Class: II		Subject: Swimming		Name of the Teacher: Anupa Nishad	
Module/Duration		Chapters and Topics to be taught	Learning Objectives	Activity Planned/Integration of Art	
Module	From				
April	15	<ul style="list-style-type: none">• Water confidence• Submerging• Locomotion• Breathing/Bubbling	<ul style="list-style-type: none">• Student will be able to enter & exit the pool safely.• Move on and below the surface showing confidence & enjoyment in the water• Move around & across the pool with swimming aids (as required)• Student will blow the bubbles into the water, & breath control underwater.• Student will learn the technique of bubbling which help the swimmer to breathe properly.		
May	13	<ul style="list-style-type: none">• Jumping & Floating	<ul style="list-style-type: none">• Student would be able to go into/underwater independently, and safely slide into the pool.• Student will float in the water with and without noodles.• Float on back & stomach with & without assistance.		
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024					
SCHOOL REOPEN : 1 JULY 2024					
July	22	<ul style="list-style-type: none">• Kicking• Push & Glide	<ul style="list-style-type: none">• Student will learn & develop the proper leg movements during swimming.• To learn basic kicking & introduce gliding• Student would be able to Push & glide in the water.• Student will perform push & glide in a horizontal position to or from a wall.		



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – September 2024-25)

Class: II		Subject: Swimming	Name of the Teacher: Anupa Nishad	
Module/Duration		Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
Module	From			
August	19	<p>FREESTYLE</p> <ul style="list-style-type: none"> • Body position  • Arm & Hands  • Leg & Feet  • Breathing  • Coordination/Timing  	<ul style="list-style-type: none"> • Student would be able to glide in the water. • Student able to learn basic free style body position. • Student will learn & develop the proper arm & hand movements for freestyle stroke. • Student will learn & develop the proper leg & foot movements for freestyle stroke. • Student will learn the breathe-in & breathe-out techniques of the stroke. • Student would be able to swim the freestyle stroke without assistance. • To introduce a basic free style timing pattern. 	-
Syllabus Completion : 30 August 2024				
Revision – Mid Term Assessment : 02 September 2024 to 13 September 2024				
Mid Term Assessment : 17 September 2024 to 27 September 2024				
Second Term Resume : 30 September 2024				



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – September 2024-25)





Class: III		Subject: Swimming	Name of the Teacher: Anupa Nishad	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
April	17	<ul style="list-style-type: none">• Water confidence• Submerging• Locomotion• Breathing/Bubbling	<ul style="list-style-type: none">• Student will be able to enter & exit the pool safely.• Move on and below the surface showing confidence & enjoyment in the water• Move around & across the pool with swimming aids (as required)• Student will blow the bubbles into the water, & breath control underwater.• Student will learn the technique of bubbling which help the swimmer to breathe properly.	
May	13	<ul style="list-style-type: none">• Jumping & Floating• Kicking• Push & Glide	<ul style="list-style-type: none">• Student would be able to go into/underwater independently, and safely slide into the pool.• Student will float in the water with and without noodles.• Float on back & stomach with & without assistance.• To learn basic kicking & introduce gliding• Student would be able to Push & glide in the water.• Student will perform push & glide in a horizontal position to or from a wall.	
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024				
SCHOOL REOPEN : 1 JULY 2024				



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – September 2024-25)


Class: III		Subject: Swimming	Name of the Teacher: Anupa Nishad	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
July	22	<p><u>Freestyle</u></p> <ul style="list-style-type: none">• Body position  <ul style="list-style-type: none">• Arm & Hands 	<ul style="list-style-type: none">• Student would be able to glide in the water.• Student able to learn basic free style body position.• Student will learn & develop the proper arm & hand movements for freestyle stroke.	
August	19	<p><u>Freestyle</u></p> <ul style="list-style-type: none">• Leg & Feet  <ul style="list-style-type: none">• Breathing 	<ul style="list-style-type: none">• Student will learn & develop the proper leg & foot movements for freestyle stroke.• Student will learn the breathe-in & breathe-out techniques of the stroke.• Student would be able to swim the freestyle stroke without assistance.	



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – September 2024-25)

Class: III		Subject: Swimming	Name of the Teacher: Anupa Nishad	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
Syllabus Completion : 30 August 2024				
Revision – Half Yearly Examinations : 02 September 2024 to 09 September 2024				
Half Yearly Examinations : 10 September 2024 to 27 September 2024				
Second Term Resume : 30 September 2024				
October	18	<ul style="list-style-type: none">• Coordination/Timing  <ul style="list-style-type: none">• <u>Start & Turn</u>	<ul style="list-style-type: none">• Student will learn the freestyle diving technique.• Students able learn basic start and turn• To introduce a basic free style timing pattern.	



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – September 2024-25)





Class: IV		Subject: Swimming	Name of the Teacher: Anupa Nishad & Ajay	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
April	17	<ul style="list-style-type: none">• Water confidence• Submerging• Locomotion• Breathing/Bubbling	<ul style="list-style-type: none">• Student will be able to enter & exit the pool safely.• Move on and below the surface showing confidence & enjoyment in the water• Move around & across the pool with swimming aids (as required)• Student will blow the bubbles into the water, & breath control underwater.• Student will learn the technique of bubbling which help the swimmer to breathe properly.	
May	13	<ul style="list-style-type: none">• Jumping & Floating• Kicking• Push & Glide	<ul style="list-style-type: none">• Student would be able to go into/underwater independently, and safely slide into the pool.• Student will float in the water with and without noodles.• Float on back & stomach with & without assistance.• To learn basic kicking & introduce gliding• Student would be able to Push & glide in the water.• Student will perform push & glide in a horizontal position to or from a wall.	
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024				
SCHOOL REOPEN : 1 JULY 2024				



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – September 2024-25)


Class: IV		Subject: Swimming	Name of the Teacher: Anupa Nishad & Ajay Kumar	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
July	22	<u>Freestyle</u> <ul style="list-style-type: none">• Body position • Arm & Hands 	<ul style="list-style-type: none">• Student would be able to glide in the water.• Student able to learn basic free style body position.• Student will learn & develop the proper arm & hand movements for freestyle stroke.	
August	19	<u>Freestyle</u> <ul style="list-style-type: none">• Leg & Feet • Breathing 	<ul style="list-style-type: none">• Student will learn & develop the proper leg & foot movements for freestyle stroke.• Student will learn the breathe-in & breathe-out techniques of the stroke.• Student would be able to swim the freestyle stroke without assistance.	



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – September 2024-25)

Class: IV		Subject: Swimming	Name of the Teacher: Anupa Nishad & Ajay	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
Syllabus Completion : 30 August 2024				
Revision – Half Yearly Examinations : 02 September 2024 to 09 September 2024				
Half Yearly Examinations : 10 September 2024 to 27 September 2024				
Second Term Resume : 30 September 2024				
October	18	<ul style="list-style-type: none">• Coordination/Timing  <ul style="list-style-type: none">• <u>Start & Turn</u>	<ul style="list-style-type: none">• Student will learn the freestyle diving technique.• Students able learn basic start and turn• To introduce a basic free style timing pattern.	



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – September 2024-25)



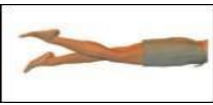
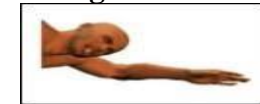
Class: V		Subject: Swimming	Name of the Teacher: Anupa Nishad & Ajay	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
April	17	<ul style="list-style-type: none">• Water confidence• Submerging• Locomotion• Breathing/Bubbling	<ul style="list-style-type: none">• Student will be able to enter & exit the pool safely.• Move on and below the surface showing confidence & enjoyment in the water• Move around & across the pool with swimming aids (as required)• Student will blow the bubbles into the water, & breath control underwater.• Student will learn the technique of bubbling which help the swimmer to breathe properly.	
May	13	<ul style="list-style-type: none">• Jumping & Floating• Kicking• Push & Glide	<ul style="list-style-type: none">• Student would be able to go into/underwater independently, and safely slide into the pool.• Student will float in the water with and without noodles.• Float on back & stomach with & without assistance.• To learn basic kicking & introduce gliding• Student would be able to Push & glide in the water.• Student will perform push & glide in a horizontal position to or from a wall.	
SUMMER VACATION : 20 MAY 2024 TO 30 JUNE 2024				
SCHOOL REOPEN : 1 JULY 2024				



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – September 2024-25)


Class: V		Subject: Swimming	Name of the Teacher: Anupa Nishad & Ajay Kumar	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
July	22	<p><u>Freestyle</u></p> <ul style="list-style-type: none">• Body position  <ul style="list-style-type: none">• Arm & Hands 	<ul style="list-style-type: none">• Student would be able to glide in the water.• Student able to learn basic free style body position.• Student will learn & develop the proper arm & hand movements for freestyle stroke.	
August	19	<p><u>Freestyle</u></p> <ul style="list-style-type: none">• Leg & Feet  <ul style="list-style-type: none">• Breathing 	<ul style="list-style-type: none">• Student will learn & develop the proper leg & foot movements for freestyle stroke.• Student will learn the breathe-in & breathe-out techniques of the stroke.• Student would be able to swim the freestyle stroke without assistance.	



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – September 2024-25)

Class: V		Subject: Swimming	Name of the Teacher: Anupa Nishad & Ajay	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
Syllabus Completion : 30 August 2024				
Revision – Half Yearly Examinations : 02 September 2024 to 09 September 2024				
Half Yearly Examinations : 10 September 2024 to 27 September 2024				
Second Term Resume : 30 September 2024				
October	18	<ul style="list-style-type: none">• Coordination/Timing  <ul style="list-style-type: none">• <u>Start & Turn</u>	<ul style="list-style-type: none">• Student will learn the freestyle diving technique.• Students able learn basic start and turn• To introduce a basic free style timing pattern.	



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – September 2024-25)

Class: VI		Subject: Swimming	Name of the Teacher: Anupa Nishad	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
April	17	<ul style="list-style-type: none">• Water confidence• Submerging• Locomotion• Breathing/Bubbling	<ul style="list-style-type: none">• Student will be able to enter & exit the pool safely.• Student will be able to move forward & backward for a distance of 5 meter.• Student will be able to develop the skill of submersion.• Student will blow bubbles a minimum of 3 times rhythmically with nose & mouth submerge.• Student will blow the bubbles into the water, & breathe control underwater.• Student will learn the technique of bubbling which help the swimmer to breathe properly.	
May	17	<ul style="list-style-type: none">• Jumping & Floating• Kicking• Push & Glide	<ul style="list-style-type: none">• Jump In from pool side safely.• Student will float in the water with and without noodles.• Student would be able to go into/underwater independently, and safely slide into the pool.• Student will learn & develop the proper leg movements during swimming.• Student would be able to Push & glide in the water.• Student will perform push & glide on the front position to or from a wall.	

SUMMER VACATION : 27 MAY 2024 TO 30 JUNE 2024



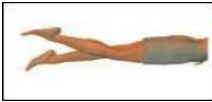


SCHOOL REOPEN : 1 JULY 2024



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – September 2024-25)




Class: VI		Subject: Swimming	Name of the Teacher: Anupa Nishad	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
July	22	<p>Freestyle</p> <ul style="list-style-type: none">• Body position  <ul style="list-style-type: none">• Arm & Hands  <ul style="list-style-type: none">• Leg & Feet  <ul style="list-style-type: none">• Breathing  <ul style="list-style-type: none">• Coordination/Timing  <ul style="list-style-type: none">• Start & Turn	<ul style="list-style-type: none">• Student would be able to learn basic body position.• Student would be able to balance their bodies in water without assistance.• Student will learn & develop the proper arm & hand movements for freestyle stroke.• Student will learn & develop the proper leg & foot movements for freestyle stroke.• Student will learn the breathe-in & breathe-out techniques of the stroke.• Student would be able to swim the freestyle stroke without assistance.• Student will learn the freestyle diving technique.• Students able learn basic start and turn• To introduce a basic free style timing pattern.	



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – September 2024-25)



Class: VI		Subject: Swimming	Name of the Teacher: Anupa Nishad	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
August	19	<p><u>Backstroke</u></p> <ul style="list-style-type: none">• Body position  <ul style="list-style-type: none">• Arm & Hands  <ul style="list-style-type: none">• Leg & Feet 	<ul style="list-style-type: none">• Student will the technique to glide on back into the water.• Student would be able to balance their bodies in water without assistance.• Student will learn & develop the proper arm & hand movements for backstroke.• Student will learn & develop the proper leg & foot movements for backstroke.	



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – September 2024-25)

Class: VI		Subject: Swimming	Name of the Teacher: Anupa Nishad	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
September	2 Sep to 27 Sep	<ul style="list-style-type: none">• Revision – Mid Term Assessment• Mid Term Assessment		
October	18	<p><u>Backstroke</u></p> <ul style="list-style-type: none">• Breathing  <ul style="list-style-type: none">• Coordination & Timing  <ul style="list-style-type: none">• Start & Turn	<ul style="list-style-type: none">• Student will learn the breathe-in & breathe-out techniques of the stroke.• Student would be able to swim the backstroke without assistance.• Student will learn the backstroke Start & Turn technique.• To introduce a basic backstroke timing pattern.	



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – September 2024-25)



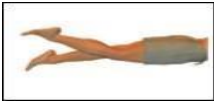


Class: VII		Subject: Swimming	Name of the Teacher: Anupa Nishad	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
April	17	<ul style="list-style-type: none">• Water confidence• Submerging• Locomotion• Breathing/Bubbling	<ul style="list-style-type: none">• Student will be able to enter & exit the pool safely.• Student will be able to move forward & backward for a distance of 5 meter.• Student will be able to develop the skill of submersion.• Student will blow bubbles a minimum of 3 times rhythmically with nose & mouth submerge.• Student will blow the bubbles into the water, & breath control underwater.• Student will learn the technique of bubbling which help the swimmer to breathe properly.	
May	17	<ul style="list-style-type: none">• Jumping & Floating• Kicking• Push & Glide	<ul style="list-style-type: none">• Jump In from pool side safely.• Student will float in the water with and without noodles.• Student would be able to go into/underwater independently, and safely slide into the pool.• Student will learn & develop the proper leg movements during swimming.• Student would be able to Push & glide in the water.• Student will perform push & glide on the front position to or from a wall.	
SUMMER VACATION : 27 MAY 2024 TO 30 JUNE 2024				
SCHOOL REOPEN : 1 JULY 2024				



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – September 2024-25)




Class: VII		Subject: Swimming	Name of the Teacher: Anupa Nishad	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
July	22	<p>Freestyle</p> <ul style="list-style-type: none">• Body position • Arm & Hands • Leg & Feet • Breathing • Coordination/Timing • Start & Turn	<ul style="list-style-type: none">• Student would be able to learn basic body position.• Student would be able to balance their bodies in water without assistance.• Student will learn & develop the proper arm & hand movements for freestyle stroke.• Student will learn & develop the proper leg & foot movements for freestyle stroke.• Student will learn the breathe-in & breathe-out techniques of the stroke.• Student would be able to swim the freestyle stroke without assistance.• Student will learn the freestyle diving technique.• Students able learn basic start and turn• To introduce a basic free style timing pattern.	



DELHI PUBLIC SCHOOL R. N. EXTENSION

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ACADEMIC MODULE (SESSION: April – September 2024-25)



Class: VII		Subject: Swimming	Name of the Teacher: Anupa Nishad	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
August	19	<p><u>Backstroke</u></p> <ul style="list-style-type: none">• Body position  <ul style="list-style-type: none">• Arm & Hands  <ul style="list-style-type: none">• Leg & Feet 	<ul style="list-style-type: none">• Student will learn the technique to glide on back into the water.• Student would be able to balance their bodies in water without assistance.• Student will learn & develop the proper arm & hand movements for backstroke.• Student will learn & develop the proper leg & foot movements for backstroke.	



DELHI PUBLIC SCHOOL R. N. EXTENSION

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ACADEMIC MODULE (SESSION: April – September 2024-25)

Class: VII		Subject: Swimming	Name of the Teacher: Anupa Nishad	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
September	2 Sep to 27 Sep	<ul style="list-style-type: none">• Revision – Mid Term Assessment• Mid Term Assessment		
October	18	<p><u>Backstroke</u></p> <ul style="list-style-type: none">• Breathing  <ul style="list-style-type: none">• Coordination & Timing  <ul style="list-style-type: none">• Start & Turn	<ul style="list-style-type: none">• Student will learn the breathe-in & breathe-out techniques of the stroke.• Student would be able to swim the backstroke without assistance.• Student will learn the backstroke Start & Turn technique.• To introduce a basic backstroke timing pattern.	



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ACADEMIC MODULE (SESSION: April – September 2024-25)



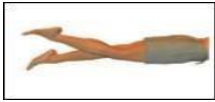


Class: VIII		Subject: Swimming	Name of the Teacher: Anupa Nishad	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
April	17	<ul style="list-style-type: none">•Water confidence•Submerging•Locomotion•Breathing/Bubbling	<ul style="list-style-type: none">• Student will be able to enter & exit the pool safely.• Student will be able to move forward & backward for a distance of 5 meter.• Student will be able to develop the skill of submersion.• Student will blow bubbles a minimum of 3 times rhythmically with nose & mouth submerge.• Student will blow the bubbles into the water, & breath control underwater.• Student will learn the technique of bubbling which help the swimmer to breathe properly.	-
May	17	<ul style="list-style-type: none">•Jumping & Floating•Kicking•Push & Glide	<ul style="list-style-type: none">• Jump In from pool side safely.• Student will float in the water with and without noodles.• Student would be able to go into/underwater independently, and safely slide into the pool.• Student will learn & develop the proper leg movements during swimming.• Student would be able to Push & glide in the water.• Student will perform push & glide on the front position to or from a wall.	-
SUMMER VACATION : 27 MAY 2024 TO 30 JUNE 2024				
SCHOOL REOPEN : 1 JULY 2024				



DELHI PUBLIC SCHOOL R. N. EXTENSION

(Under the aegis of the Delhi Public School Society, New Delhi)

ACADEMIC MODULE (SESSION: April – September 2024-25)




Class: VIII		Subject: Swimming	Name of the Teacher: Anupa Nishad	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
July	22	<p>Freestyle</p> <ul style="list-style-type: none">● Body position  <ul style="list-style-type: none">● Arm & Hands  <ul style="list-style-type: none">● Leg & Feet  <ul style="list-style-type: none">● Breathing  <ul style="list-style-type: none">● Coordination/Timing  <ul style="list-style-type: none">● Start & Turn	<ul style="list-style-type: none">● Student would be able to learn basic body position.● Student would be able to balance their bodies in water without assistance.● Student will learn & develop the proper arm & hand movements for freestyle stroke.● Student will learn & develop the proper leg & foot movements for freestyle stroke.● Student will learn the breathe-in & breathe-out techniques of the stroke.● Student would be able to swim the freestyle stroke without assistance.● Student will learn the freestyle diving technique.● Students able learn basic start and turn● To introduce a basic free style timing pattern.	-



DELHI PUBLIC SCHOOL R. N. EXTENSION

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CLASS: NUR - X MODULE WISE SYLLABUS (SESSION: 2024-25)



Class: VIII		Subject: Swimming	Name of the Teacher: Anupa Nishad	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
August	19	<p><u>Backstroke</u></p> <ul style="list-style-type: none">● Body position  <ul style="list-style-type: none">● Arm & Hands  <ul style="list-style-type: none">● Leg & Feet 	<ul style="list-style-type: none">● Student will the technique to glide on back into the water.● Student would be able to balance their bodies in water without assistance.● Student will learn & develop the proper arm & hand movements for backstroke.● Student will learn & develop the proper leg & foot movements for backstroke.	



DELHI PUBLIC SCHOOL R. N. EXTENSION

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CLASS: NUR - X MODULE WISE SYLLABUS (SESSION: 2024-25)

Class: VIII		Subject: Swimming	Name of the Teacher: Anupa Nishad	
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
September	2 Sep to 27 Sep	<ul style="list-style-type: none">• Revision – Mid Term Assessment• Mid Term Assessment		
October	18	<p><u>Backstroke</u></p> <ul style="list-style-type: none">• Breathing  <ul style="list-style-type: none">• Coordination & Timing  <ul style="list-style-type: none">• Start & Turn	<ul style="list-style-type: none">• Student will learn the breathe-in & breathe-out techniques of the stroke.• Student would be able to swim the backstroke without assistance.• Student will learn the backstroke Start & Turn technique.• To introduce a basic backstroke timing pattern.	