

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

Class: NUR No. of		No of	Subject: PHYSICAL EDUCATION	Name of the Teacher: MS. PRERNA TYAGI	
Mon	Month Days		Chapters and Topics to be taught	Learning Objectives	Activity Planned/Integration of Art
I	April	14	FOOTWORK AND HAND MOMENTS	 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	HAND STRENGTHNING and COLOUR FINDING GAMES	 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
				ON: 20 MAY 2024 TO 30 JUNE 2024	
			SCHOOL	REOPEN: 1 JULY 2024	
III	July	22	• <u>JUMPING</u> SIZE IDENTIFICATION	 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	BALANCING SHAPE IDENTIFICATION GAME	 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 (S	<u> ESSION: April – October 2024-25</u>	<u>1</u>
			Syllabus C	ompletion: 30 August 2024	
				ent: 02 September 2024 to 13 September 202	24
			Mid Term Assessment:	17 September 2024 to 27 September 2024	
			Second Term	Resume: 30 September 2024	
VI	October	18	UNDERSTANDING OF DISTANCE AND TIME OF THE OBJECT	 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	• SPEED ACTIVITIES	 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	• 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 F	Reopens : 8 January 2025	
IX	January	18	• FLEXIBILITY	• Students will be involved to do flexibility activity EXAMPLE–Forward and backward bending, side bending, stretch and hold.	Sit and reach
X	February	15	• STRENGTHNING ACTIVITIES	 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
				mpletion: 21 February 2025	
				t: 24 February 2025 to 28 February 2025	
			Term End Assessme	ent: 3 March 2025 to 12 March 2025	



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

Class: LKG No. of		No of	Subject: PHYSICAL EDUCATION	S. PRERNA TYAGI		
Mon	ıth	Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art	
I	April	14	FOOTWORK AND HAND MOMENTS	 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	 HAND STRENGTHNING and COLOUR FINDING GAMES LINE UP AND FILE UP 	 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	
	•			ION: 20 MAY 2024 TO 30 JUNE 2024		
			SCHOOL	REOPEN: 1 JULY 2024		
III	July	22	• <u>JUMPING</u> SIZE IDENTIFICATION	 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	BALANCING SHAPE IDENTIFICATION GAME	 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)							
			· ·	ompletion: 30 August 2024				
				ent: 02 September 2024 to 13 September 202	24			
				17 September 2024 to 27 September 2024				
	T		Second Term	Resume: 30 September 2024				
VI	October	18	UNDERSTANDING OF DISTANCE AND TIME OF THE OBJECT	• 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	• SPEED ACTIVITIES	 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	• 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	X January 18 • FLEXIBILITY • Students will be involved to do flexibility activity EXAMPLE – Forward and backward bending, side bending, stretch and hold.							
X	February	15	• STRENGTHNING ACTIVITIES	• 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			
	1		Syllabus Co	mpletion: 21 February 2025	<u> </u>			
				t : 24 February 2025 to 28 February 2025				
				ent : 3 March 2025 to 12 March 2025				
								



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Class	s: UKG	No. of	Subject: PHYSICAL EDUCATION	Name of the Teacher: A	 -
	Month	Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/Integration of Art
I	April	14	• FOOTWORK AND HAND MOMENTS	 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	 HAND STRENGTHNING and COLOUR FINDING GAMES LINE UP AND FILE UP 	 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
				ATION: 20 MAY 2024 TO 30 JUNE 2024 OOL REOPEN: 1 JULY 2024	
III	July	22	BALANCING SHAPE IDENTIFICATION GAME DISCIPLINE DRILLS	 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	COORDINATION OF DIFFERENCE BODY PARTS (HANDS AND LEG COORDINATION)	Student will done activity to create hand and leg coordination EXAMPLE-Hurdle crossing sideways, Sack Race.	Draw shapes



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	ACADEMIC MODULE (SESSION: April – October 2024-25)							
-			Syllab	ous Completion: 30 August 2024				
				sessment: 02 September 2024 to 13 September	2024			
				ent: 17 September 2024 to 27 September 2024				
	, , , , , , , , , , , , , , , , , , ,		Second 7	Ferm Resume : 30 September 2024				
VI	October	18	• UNDERSTANDING OF DISTANCE AND TIME OF THE OBJECT	 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	• SPEED ACTIVITIES	 Students will make to do difference kind of races. EXAMPLE-20 M race, shuttle with balls. etc 	Competitive environment			
VIII	December	19	• 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								
	• FLEXIBILITY • Students will be involved to do flexibility							
IX	activity which will include flexion extension							
X	Jump, shuttle run etc. ● And other recreational game Recreational games-shooting the ball, snatch the cloth, etc.							
		-		s Completion : 21 February 2025				
				sment: 24 February 2025 to 28 February 2025				
	Term End Assessment : 3 March 2025 to 12 March 2025							



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Class	s: I	No. of	Subject: PHYSICAL EDUCATION	Name o	of the Teacher: MS. PRERNA TYAGI
Mon	th	Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
Ι	April	14	• LOWER BODY STRENGTH Drills	 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	 UPPER BODY STRENGTH DRILLS 	 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 VACATI	ION: 20 MAY 2024 TO 30 JUNE 202	4
			SCHOO	L REOPEN: 1 JULY 2024	
III	July	22	COORDINATION OF DIFFERENCE BODY PARTS (HANDS AND LEG COORDINATION)	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



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	TEMPENTE MODELE (BESSION, April October 2024-25)						
			• GYMNASTICS	• Students will be taught how to			
				do different gymnastic zero			
IV	August	19		level skill.	Sit and reach		
				EXAMPLE-Forward roll, backward			
				roll etc.			
				Completion: 30 August 2024			
				nent: 02 September 2024 to 13 Septem			
				17 September 2024 to 27 September 2	2024		
	1		Second Term	Resume: 30 September 2024			
				• Students will be taught different	Fun races		
VI	October	18	• ATHLETICS	basic track rules and regulation.			
	October	10		EXAMPLE-How to take start in			
				short races, 50m dash, shuttle run etc.			
				• Students will learn basic football	Put the ball faster		
				skill included in small			
VII	November	19	• FOOTBALL	recreational game.			
				EXAMPLE-Roll the ball and			
				dribble the ball.			
				• Students will be involved to do	Sit and reach		
				flexibility activity which will			
				include flexion extension			
VIII	December	19	• Flexibility	movements, adduction and			
\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Вессинеск	17	Treatmity	abduction movements.			
				EXAMPLE-Forward and backward			
				bending, side bending, stretch and			
				hold.			
			Winter Break : 30	December 2024 to 07 January 2025			
			School 1	Reopens : 8 January 2025			
L	Sensor Respons to summing 2020						



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	ACADEMIC MODULE (SESSION, April – October 2024-25)					
IX	January	18	 BALANCING ACTIVITY DRILL PRACTICE 	 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	
Х	• At the end of the year, student will be engaged in full body strengthening and speed and balancing • At the end of the year, Time based holding **SPEED AND FILL RODY**					
	Syllabus Completion : 21 February 2025					
			Revision – Term End Assessmen	nt: 24 February 2025 to 28 February	2025	
			Term End Assessme	ent: 3 March 2025 to 12 March 2025		



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I April 14 • LOWER BODY STRENGTH Drills • Example-Sit ups, frog jump, duck race etc. • Students will be taught basic drills like line up and file up. • 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. SUMMER VACATION: 20 MAY 2024 TO 30 JUNE 2024 SCHOOL REOPEN: 1 JULY 2024 • SUMMER WILLS WI	(Class: II	No. of	Subject: PHYSICAL EDUCATION	Name of the	Teacher: MS. PRERNA TYAGI
LOWER BODY STRENGTH Drills		Month	Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
III May 13 • UPPER BODY STRENGTH • DRILLS • DRILLS • DRILLS • EXAMPLE-Walk by hands etc. DRILLS-Students will practice attention and stand at ease positions. SUMMER VACATION: 20 MAY 2024 TO 30 JUNE 2024 SCHOOL REOPEN: 1 JULY 2024 • 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. • Students will be taught how to do different symmastic zero level skill	I	April	14		 activities which will be helpful to improve moments of legs. Example-Sit ups, frog jump, duck race etc. Students will be taught basic drills 	Competitive races
SCHOOL REOPEN: 1 JULY 2024 - COORDINATION OF DIFFERENCE BODY PARTS (HANDS AND LEG COORDINATION) 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. 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. Students will be taught how to do different sympastic zero level skill	II	May	13		 activities which will be helpful to improving hand strengthening EXAMPLE-Walk by hands etc. DRILLS-Students will practice 	Competitive races
III July 22 COORDINATION OF DIFFERENCE BODY PARTS (HANDS AND 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. 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. 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.						
III July 22 • COORDINATION OF DIFFERENCE BODY PARTS (HANDS AND LEG COORDINATION) • COORDINATION OF DIFFERENCE BODY PARTS (HANDS AND LEG COORDINATION) • COORDINATION OF DIFFERENCE BODY PARTS (HANDS AND LEG COORDINATION) • Students 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. • Students will be taught how to do different sympastic zero level skill		<u> </u>	<u> </u>	SCHOOL		
different gymnastic zero level skill	III	July	22	DIFFERENCE BODY PARTS (HANDS AND LEG	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	Puzzles, blocks
EXAMPLE – Forward roll, backward roll etc. Syllabus Completion: 30 August 2024	IV	August	19	GYMNASTICS Syllabus Co	different gymnastic zero level skill. EXAMPLE – Forward roll, backward roll etc.	Sit and reach



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			Revision – Mid Term Assessm	ent : 02 September 2024 to 13 September	r 2024			
	Mid Term Assessment : 17 September 2024 to 27 September 2024							
			Second Term	Resume: 30 September 2024				
				• Students will be taught different				
VI	October	18	• ATHLETICS	basic track rules and regulations.	Fun races			
V 1	October	10	ATHLETICS	EXAMPLE – How to take start in short	Tun faces			
				races, 50 m dash, shuttle run etc.				
				Students will learn basic football				
			• FOOTBALL	skill included in small recreational				
VII	November	19	FOOTBALL	game.	Put the ball faster			
				EXAMPLE-Roll the ball and dribble				
				the ball.				
				Students will be involved to do				
				flexibility activity which will				
	abduction movements. EXAMPLE-Forward and backward							
VIII		Sit and reach						
				bending, side bending, stretch and				
			Winter Dreek 201	hold				
				December 2024 to 07 January 2025 Reopens : 8 January 2025				
			School N	• ACTIVITY 1- Student will made to				
				do activity which will be helpful in				
				improving balancing ability of the				
				child.	B 1			
IX	X January 18 • BALANCING ACTIVITY	• EXAMPLE-One leg race. Statue	Balancing activity with ball, glass,					
			• DRILL PRACTICE	game etc.	stick			
				• ACTIVITY 2 – Practice of basic				
				discipline drills – Attention, Stand				
				at ease, Line up and file up				



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X	February	15	• SPEED AND FULL BODY STRENGTHNING	 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 Assessmen	nt: 3 March 2025 to 12 March 2025			



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

Class	s: III	No. of	Subject: PHYSICAL EDUCATION	Name of the	Teacher: MR. MOHIT VERMA
Mon	Month		Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
I	April	17	 Athletics Long Jump, Relays Sprints and Medium Distance Race(Start, length and cadence of stride, pacing and finish) 	 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	 Hit The Target Rules and regulation, Basic rules and Scoring Control on the body organs. Eye-Hand Co-ordination 	 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
	L	L	SUMMER VACAT	FION: 20 MAY 2024 TO 30 JUNE 2024	
				OL REOPEN : 1 JULY 2024	
Ш	July	22	 Football History and Rules Games origination Basic rules and Positions Basic Skills-Passing, Dribbling, Shooting, Throw-in, Heading, Defending, Receiving Team Strategies- 1. Defending Strategy Offensive Strategy 	 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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IV	August	19	 Mass P.T. Rules and regulation, Positions Basic formation and sudden change of direction. Right and Left Turn About Turn Syllabus	 Students will develop a basic understanding of the positions and team strategies. Students will develop appropriate sportsmanship, cooperation, and respect for other participants Completion: 30 August 2024	Modified drill positions , movement with sound and song			
	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	 Basketball 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 	 Basketball 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 equipements and court.			
VII	November	19	 Shuttle Run Skills-Agility, Flexibility 10*10 mtr. Touch the Blocks Rules and regulations 	 Shuttle Run 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	Defense – Front Foot Defense Horizontal Shot- Cut Shot and Pull Shot Bowling- Pace bowling and spin bowling Fielding Catching	 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 equipements, learn with weight and size.		
	Winter Break : 3	0 December 2024 to 07 January 2025			
	School	Reopens : 8 January 2025			
IX January 18	Fennis Skills- Forehand push and backhand push, forehand service Footwork and flicks Defending Strategy Offensive Strategy	 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	skills- Short service, long service, underarm backhand, underarm forehand and overhead forehand. Footwork and hand eye coordination Defending Strategy Offensive Strategy	 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.		
	<u> </u>	Completion: 14 February 2025			
	Ţ	ons: 17 February 2025 to 21 February 2025			
		ns : 24 February 2025 to 12 March 2025			



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

Class	s: IV	NI. C	Subject: PHYSICAL EDUCATION	Name of the Teacher	MR. MOHIT VERMA		
Mont	No. of Days Chapters and Topics to be taught Learning Objectives Activity Planned/ Internal Chapters and Topics to be taught Learning Objectives		Activity Planned/ Integration of Art				
Ι	April	17	Athletics Long Jump, Relays Sprints and Medium Distance Race(Start, length and cadence of stride, pacing and finish)	 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	Hit The Target Rules and regulation, Basic rules and Scoring Control on the body organs. Eye-Hand Co-ordination	 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. CATION: 27 MAY 2024 TO 30 JUNE 2024	Concept of distance and weight		
	SCHOOL REOPEN: 1 JULY 2024						
III	July	22	 Football 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 	 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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IV	August	19	 Mass P.T. Rules and regulation, Positions Basic formation and sudden change of direction. Right and Left Turn About Turn 	 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
			· ·	ous Completion: 30 August 2024 minations: 02 September 2024 to 09 September 20	12.4
			· · · · · · · · · · · · · · · · · · ·	tions: 10 September 2024 to 27 September 2024	24
				Term Resume : 30 September 2024	
VI	October	18	 Basketball 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 	 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	 Shuttle Run Skills-Agility, Flexibility 10*10 mtr. Touch the Blocks Rules and regulations 	 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	 Cricket Defense-Front Foot Defense Horizontal Shot- Cut Shot and Pull Shot Bowling- Pace bowling and spin bowling Fielding Catching 	 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.



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_	ACADEMIC MODELE (BESSION: April - October 2024-25)						
	Winter Break : 30 December 2024 to 07 January 2025						
			Sch	nool Reopens : 8 January 2025			
IX	January	18	Table Tennis Skills- Forehand push and backhand push, forehand service Footwork and flicks Defending Strategy Offensive Strategy	 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	 Skills- Short service, long service, underarm backhand, underarm forehand and overhead forehand. Footwork and hand eye coordination Defending Strategy Offensive Strategy 	 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 Examina	ations: 24 February 2025 to 12 March 2025			



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Cla	ss: V	No. of	Subject: PHYSICAL EDUCATION	Name of the To	eacher MR. MOHIT VERMA	
M	Month		Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art	
I	April	17	 Athletics Long Jump, Relays Sprints and Medium Distance Race(Start, length and cadence of stride, pacing and finish) 	 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	 Hit The Target Rules and regulation, Basic rules and Scoring Control on the body organs. Eye-Hand Co-ordination 	 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			R VACATION: 27 MAY 2024 TO 30 JUNE 2024		
				SCHOOL REOPEN: 1 JULY 2024	Student design the creative	
Ш	July	22	 Football History and Rules Games origination Basic rules and Positions Basic Skills-Passing, Dribbling, Shooting, Throw-in, Heading, Defending, Receiving Team Strategies- Defending Strategy Offensive Strategy 	 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. 	obstacle courses.	



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Nove 19 Mass P.T.		ACADEMIC MODULE (SESSION: April - October 2024-23)							
VI Octob er 18	IV	_	19	 Rules and regulation, Positions Basic formation and sudden change of direction. Right and Left Turn 	the positions and team strategies.Students will develop appropriate sportsmanship, cooperation, and respect for	Movement with sound and music.			
VI		· ·							
VI		Revision – Half Yearly Examinations: 02 September 2024 to 09 September 2024							
VI Octob er 18 Basketball 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 Students will demonstrate fitness test and coach maintain the records for future prediction. Nove mber 19 Skills-Agility, Flexibility 19 Octob er 18 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 develop a basic understanding of the positions and team strategies. Students will develop a basic understanding of the positions and team strategies. Students will develop a basic understanding of the positions and team strategies. Students will develop a basic understanding of the positions and team strategies. Students will develop a paperopriate sportsmanship, cooperation, and respect for other participants Students will develop a flexibility and agility. Cricket Defense-Front Foot Defense Students will demonstrate the appropriate techniques				Ţ.	<u> </u>				
VII Octob er 18					cond Term Resume : 30 September 2024				
VII Nove mber 19 Skills-Agility, Flexibility 19 Skills-Agility, Flexibility 19 Skills-Agility, Flexibility 19 Students will develop a base understanding of the positions and team strategies. Students will develop appropriate sportsmanship, cooperation, and respect for other participants Run with ball and cone. Students will develop a flexibility and agility. Cricket Defense-Front Foot Defense Students will develop a propriate techniques Students will develop appropriate techniques	VI		18	 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 	 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 	* *			
• Defense-Front Foot Defense • Students will demonstrate the appropriate techniques	VII		19	 Skills-Agility, Flexibility 10*10 mtr. Touch the Blocks 	 positions and team strategies. Students will develop appropriate sportsmanship, cooperation, and respect for other participants 	Run with ball and cone.			
VIII Dece mber 19 Horizontal Shot-Cut Shot and Pull Shot Shot Bowling-Pace bowling and spin bowling Fielding Catching Catching Horizontal Shot-Cut Shot and Pull Shot 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 equipements, learn with weight and size.	VIII		19	 Defense-Front Foot Defense Horizontal Shot-Cut Shot and Pull Shot Bowling-Pace bowling and spin bowling Fielding 	 for drive, bowing fielding and catching. Students will develop a basic understanding of the positions and team strategies. Students will develop appropriate sportsmanship, 	A A			
Winter Break : 30 December 2024 to 07 January 2025					Break: 30 December 2024 to 07 January 2025	•			



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	ACADEMIC MODULE (SESSION: April - October 2024-25)								
	School Reopens: 8 January 2025								
IX	Janua ry	18	 Skills- Forehand push and backhand push, forehand service Footwork and flicks Defending Strategy Offensive Strategy Students will demonstrate the appropriate techr for forehand and backhand shots and short and service also some footwork workout in match situation. Students will demonstrate the appropriate techr for grip of bat serving, forehand and backhand with push and footwork movement in match condition 	Concept of physics with different size and weight ball.					
X	Febru ary	10	 Skills- Short service, long service, underarm backhand, underarm forehand and overhead forehand. Footwork and hand eye coordination Defending Strategy Offensive Strategy Students will demonstrate the appropriate techn for forehand and backhand shots and short and service also some footwork workout in match situation. Students will demonstrate the appropriate techn for grip of bat serving, forehand and backhand with push and footwork movement in match condition Students will demonstrate the appropriate techn for grip of bat serving, forehand and backhand with push and footwork movement in match condition Students will demonstrate the appropriate techn for grip of bat serving, forehand and backhand with push and footwork movement in match condition Students will demonstrate the appropriate techn for grip of bat serving, forehand and backhand with push and footwork movement in match condition Students will demonstrate the appropriate techn for grip of bat serving, forehand and backhand with push and footwork movement in match condition Students will demonstrate the appropriate techn for grip of bat serving, forehand and backhand with push and footwork movement in match condition 	niques shot 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						



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

Class: VI	acher: MR. JAI SETH						
Month	No. of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art			
I April	17	 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. 	 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	 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. 	 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 equipements and court.			
1	SUMMER VACATION : 27 MAY 2024 TO 30 JUNE 2024						
		SCHOOL REOPEN:	1 JULY 2024				



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		1					
			Gymnastic: Coordination, Flexibility, Balance and	• Students will able to learn	Incorporate elements like		
			Strengthening	the things under the	ribbon, hoops, and ball		
			Badminton: Students will demonstrate the	guidance of teacher			
			appropriate techniques for smash, drop, clear, and				
			serve.				
III	July	22	Students will develop a basic understanding of				
111	July		single and double team strategies.				
			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.				
			Athletics & Tennis:	• Students will able to perform the	Fun races.		
			Warm up & cool down exercise of specific sports	drill/activities under the			
			• Calisthenics exercise on counts, marching on the spot	guidance of teacher.			
IV	August		and turning	Students will perform serve,			
			• Tennis – Jump Tapping, service, rules, forehand &	walking, running, sliding and			
			backhand, practice match.	jumping through a variety of			
			Recreation Game: Standing Kho & Chain Game.	activities			
			Syllabus Completion : 3	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						
				• Students will able to learn the			
			Exam Scheduled	things under the guidance of			
	Octobe		Football: Students will understand the basic rules and	teacher	Shooting with different size		
VI	r	18	history of the game. Students will demonstrate progress	• Traditional food habits and	of football.		
	-		towards the appropriate techniques for dribbling, shooting,	health.	or rootour.		
			Passing, heading and throw-in.	 Key Concepts & food value. 			
		1		- Key Concepts & 1000 value.			



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VII	Novem ber	19	 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. 	 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 equipements and court.
VIII	Decem ber	19	• 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),	 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 20	· ·	
			School Reopens: 8 Ja	nnuary 2025	
IX	January	18	 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. 	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 kho-kho field.



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X	Februar y	10	 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. 	 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 			
	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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Class:	: VII	No. of	Subject: PHYSICAL EDUCATION	Name	of the Teacher: MR. JAI SETH
Month		Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
I	April	17	 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. 	i.e. functional anatomy and physiology, skeleton, muscular, respiratory, circulatory, digestive, excretory	Concept of physics with different size of ball.
II	May	17	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.	 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 equipements and court.
			SUMMER VACATION: 27 N	MAY 2024 TO 30 JUNE 2024	1
			SCHOOL REOPE		



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

			ACADEMIC MODULE (SESS)	1011. April – October 2024-23	<u>2)</u>
			Gymnastic: Coordination, Flexibility, Balance and Strengthening	_	
III	July	22	Badminton: Students will demonstrate the appropriate techniques for smash, drop, clear, and serve. Students will develop a basic understanding of single and double team strategies. 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.	 Students will able to learn the things under the guidance of teacher 	Incorporate elements like ribbon, hoops, and ball
IV	August	19	 Athletics & Tennis: Warm up & cool down exercise of specific sports Calisthenics exercise on counts, marching on the spot and turning Tennis – Jump Tapping, service, rules, forehand &backhand, practice match. Recreation Game: Standing Kho & Chain Game. 	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	Fun races.
			Syllabus Completio	n : 30 August 2024	
			Revision – Half Yearly Examinations : 0	2 September 2024 to 09 September 202	4
			Half Yearly Examinations: 10 Sep	tember 2024 to 27 September 2024	
			Second Term Resume	: 30 September 2024	
VI	October	18	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.	 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.



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	ACADEMIC MODULE (SESSION: April – October 2024-23)						
VII	Novemb er	19	 VII – 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. 	 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 equipements and court.			
VIII	Decemb er	19	• 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),	 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	· ·			
			School Reopens :	8 January 2025			
IX	January	18	 Warm up exercise, callisthenic exercise, marching in file, turning. Athletics – 50 m, 100 m, 200 m, relay race, standing broad jump, discuss 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. 	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 kho-kho field.			



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X	February	10	 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. 	 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 Feb	ruary 2025 to 12 March 2025			



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Class	: VIII	No. of	Subject: PHYSICAL EDUCATION	N	Name of the Teacher: MR. JAI SETH
Month		Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
Ι	April	17	 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. 	 Understanding of systems i.e. functions and physiology, muscular, respiratory, digestive, excretory Correct Postures: Sittin lifting objects running, 	al anatomy skeleton, circulatory, Concept of physics with different size of ball.
II	May	17	• VIII –	 Students will performal walking, running, struction in the structure in the st	liding and variety of Draw basketball equipements and court.



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			ACADEMIC MODULE (SESSIO	_				
	SCHOOL REOPEN : 1 JULY 2024							
III July 22		22	 VIII- Gymnastic: Coordination, Flexibility, Balance and Strengthening Badminton: Students will demonstrate the appropriate techniques for smash, drop, clear, and serve. Students will develop a basic understanding of single and double team strategies. 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. 		Incorporate elements like ribbon , hoops, and ball			
IV	August	19	 VIII – Athletics & Tennis: Warm up & cool down exercise of specific sports Calisthenics exercise on counts, marching on the spot and turning Tennis – Jump Tapping, service, rules, forehand & backhand, practice match. Recreation Game: Standing Kho & Chain Game. 	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	Fun races.			
			Syllabus Completion :	C				
			Revision – Half Yearly Examinations : 02 S		24			
			Half Yearly Examinations: 10 Septem					
		<u> </u>	Second Term Resume : 3	-	Chapting with different in C			
VI	October	18	• 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.	 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.			



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			ACADEMIC MODULE (SESSIO	111 I DIII Octobel 2021 207			
VII	November	19	 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. 	 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 equipements and court.			
VIII	 VIII – Fitness: Running, Skipping Rope, Chin ups, 		• 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),	Self-image Managing relations			
	Winter Break : 30 December 2024 to 07 January 2025						
	1		School Reopens: 8.	January 2025			
IX	January	18	 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. 	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			



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X	February	10	 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. 	 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						



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

Class: IX	No. of	Subject: PHYSICAL EDUCATIO	Name of the Teacher: MR. N	AVNEET TYAGI
Month	Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
April	17 Days	• 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 defence. Be able to rebound a basketball and understand the concept of box out.	Draw a diagram of the Basketball court with its all measurements on a chart paper.
		• 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.	
May	20 Days	• Cricket	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.	Make a PPT presentation of various cricket stadiums of India.
		• Badminton	Students will demonstrate the appropriate techniques for smash, drop, clear, and serve. Students will develop a basic understanding of single and double team strategies.	
		SUMMER	VACATION: 27 MAY 2024 TO 30 JUNE 2024	



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	ACADEMIC MODULE (SESSION: April – October 2024-25)					
	SCHOOL REOPEN: 1 JULY 2024					
		• 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.	Draw a free hand drawing of		
July	22 Days		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	equipment used by a football player.		
		• 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.			
Augu	19	• Cricket	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.	Draw a diagram of all fielding position in the ground with its names on a chart paper.		
st	Days	• Table Tennis	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.			
l .	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					



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2	ACADEMIC MODELE (SESSION: April - October 2024-23)					
Octob er	18 Days	Basketball Marching Drills/Calisthenics Exercises	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. Students will be able to perform various calisthenics exercises on drum beat and command and marching in file with drum beat and voice command.	Draw a stick diagram on chart paper of some P.T drills and calisthenics exercises.		
Nove mber	19 Days	• <u>Kabaddi</u>	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. Students will understand the basic rules and history of the	Make a list of the teams participating in Premiere Kabaddi League and paste their team's logos on chart paper.		
		• Athletics	game. Students will demonstrate warm up exercise and sprinting and jumping skills.			
Dece mber	19 Days	• Basketball	Students will demonstrate both layups and jump shots using correct basic form and effectively pass a ball to teammates in a game situation. 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.	Make a model of the Kho-Kho court with all its specifications.		
		• 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.			



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	Winter Break : 30 December 2024 to 07 January 2025					
			School Reopens : 8 January 2025			
Janua ry	18 Days	• Athletics	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	Make a 3D model of Track with all its specifications.		
		• Football	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.			
	Syllabus Completion: 14 February 2025					
	Revision -Annual Examinations: 17 February 2025 to 21 February 2025					
	Annual Examinations : 24 February 2025 to 12 March 2025					



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

Class: X		No. of	Subject: PHYSICAL EDUCATION	ubject: PHYSICAL EDUCATION Name of the Teacher: MR. NAVNEET TYAGI		
Mont	Month		Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art	
	March	12 Days	• 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 defence. Be able to rebound a basketball and understand the concept of box out.	Draw a diagram of the Basketball court with its all measurements on a chart paper.	
			Badminton	Students will demonstrate the appropriate techniques for smash, drop, clear, and serve. Students will develop a basic understanding of single and double team strategies.		
		19	• 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.	Draw a free hand drawing of equipment used by a football	
I	April	Days	• 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.	player.	
II	May	20 Days	• Cricket	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.		



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	ACADEMIC MODELE (SESSION: April - October 2024-23)						
			• 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.		
	<u> </u>	1	SUMMER	VACATION: 30 MAY 2024 TO 30 JUNE 2024			
				SCHOOL REOPEN: 1 JULY 2024			
III	July	22 Days	• Athletics	Students will understand the basic rules and history of the game. Students will demonstrate warm up exercise and sprinting and jumping skills. Students will demonstrate to strike a backhand shot and forehand shot with a partner at least 10 times in a row.	Make a 3D model of Track with all its specifications.		
			• Table Tennis	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.			
IV	IV August		• Basketball	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.			
			• 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.	Make a model of the Kho- Kho court with all its specifications.		



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

	ACADEMIC MODULE (SESSION, April – October 2024-23)						
	Syllabus Completion : 30 August 2024 Revision – Half Vearly Examinations : 02 September 2024 to 09 September 2024						
	Revision – Half Yearly Examinations : 02 September 2024 to 09 September 2024						
			· ·	inations: 10 September 2024 to 27 September 2024			
	1		Secor	nd Term Resume : 30 September 2024			
				Students will understand the basic rules and history of the -			
			• <u>Kabaddi</u>	game. Students will demonstrate the appropriate			
				techniques for hand touch, back kick, toe touch, running			
				hand touch, ankle hold, thigh hold and block tackle.			
VI	Octobe	18		Students will demonstrate bowling technique with the			
V 1	r	Days		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 &			
			• Cricket	infringements related to bowling deliveries.			
				Students will demonstrate both layups and jump shots			
				using correct basic form and effectively pass a ball to			
		9 Days		teammates in a game situation.			
			 Basketball 	Demonstrate both zone and man defences and be able to			
	Marrama			use both in a game situation. Use various offensive			
VII	Novem			teamwork strategies to score on an opposing team			
	ber	Days		.Understand and apply the basic rules of the game of			
				basketball in order to play a full court basketball game.			
			• Marching	Students will be able to perform various calisthenics			
			Drills/Calisthenics Exercises	exercises on drum beat and command and marching in file			
				with drum beat and voice command.			
	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 Breal	k : 30 December 2024 to 7 January 2025			
			Sch	nool Reopens : 8 January 2025			
			Pre Board	d 3 : Resume Up-to 20 January 2025			



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

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

YOGA

Class	3 0 1		Name of the Teacher: Dr. Bhawna		
Mont	h	Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
I	April	14	 Meaning of Yoga Origin of Yoga through Yogic Stories Selected Yogic Practices introduction letter wise A-M Yoga Games (Injandaud, Jangha shakti vikasak, etc) 	 To understand the term Yoga and its necessity/importance. To relate other subjects with Yoga. 	 Story telling Engaging yoga games Mantra chants in respect to Save Earth
II	May	13	 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 	 Students should know the basic Yoga regime. To relate other subjects with Yoga Yogic warm ups. 	 Chanting, Instructions and demonstration Yoga practices with family to celebrate International family Day
				ON: 20 MAY 2024 TO 30 JUNE 2024	
	•			REOPEN: 1 JULY 2024	
Ш	July	22	 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 	 Warm up To enjoy Forest Journey with Yoga Postures. 	 Demonstration Tree & Nature Yoga postures Demonstration with light music
IV	Augu st	19	 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 	 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. 	 Asanas holding activities while Giving them target to achieve up till a certain level Rhythmic Yoga flow on patriotic song



(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 Assessr	nent : 02 September 2024 to 13 September 2024
Mid Term Assessment:	17 September 2024 to 27 September 2024
Second Term	n Resume : 30 September 2024
VI Octob er 18 • Introduction to Pragya Yoga Series • Pragya yoga Series	 To learn the steps. Gayatri mantra chants with Pragya Yoga (for Mental Health) Gayatri mantra chants with Pragya Yoga
VII Nove mber 19 Introduction to animal and Prono postures- Lion, Cow's face, Cobra & Shalabhasana	\bullet Relating animal's behaviour X_{i} animals and comparative stick
VIII Dece mber 19 • Healthy Yoga habits for daily life • Rhythmic Yoga on peaceful mantras	 To implement and inculcate in daily life. Enjoy the Yogasanas on universal chant music. 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
	December 2024 to 07 January 2025
School	Reopens: 8 January 2025
 anuar y Asanas to increase flexibility Chakrasana and Sarvangasana 	 To gain flexibility. To enjoy advanced postures. Use of props Yoga art paper work with New year wishes and resolutions Variations in the postures
X Febru ary 15 Revision of all the asanas	
· · · · · · · · · · · · · · · · · · ·	ompletion : 21 February 2025
	nt : 24 February 2025 to 28 February 2025
Term End Assessm	nent : 3 March 2025 to 12 March 2025



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

Class	s: LKG	No. of	Subject: Yoga (2024-2025)	Name of the Teacher: Dr. Bhawna Bh	atia
Month Days		Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
Ι	April	14	 Meaning of Yoga Origin of Yoga through Yogic Stories Selected Yogic Practices introduction letter wise A-M Yoga Games (Injandaud, Jangha shakti vikasak, etc) 	 To understand the term Yoga and its necessity/importance. To relate other subjects with Yoga. 	 Story telling Engaging yoga games Mantra chants in respect to Save Earth
II	May	13	 Yoga class regime- Prayer pose, (A+U+M) OM chants, Tadasana, Vajrasana, Dandasana, Sukhasana, Padmasana, Shavasana Gross Practices for the whole bodyshula and sukhma vyayama sequence wise Selected Yogic Practices Introduction letter wise N-Z 	 Students should know the basic Yoga regime. To relate other subjects with Yoga Yogic warm ups. 	 Chanting, Instructions and demonstration Yoga practices with family to celebrate International family Day
			SUMMER VACATI	ON: 20 MAY 2024 TO 30 JUNE 2024	1
			SCHOO	L REOPEN: 1 JULY 2024	
III	July	22	 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 	 Warm up To enjoy Forest Journey with Yoga Postures. 	 Demonstration Tree & Nature Yoga postures Demonstration with light music



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IV	Augu st	19	 Interesting Yoga practices for healthy face, eyes and oral health- Sheetkari pranayama, kapolshakti vikasak kriya Simple Standing & Balancing AsanasSimple Standing, Tadasana, Vrikshasana (Tree Pose), Ardha Chakrasana (Half Wheel), Triyaktadasana(Side Bending), Virabhadrasana and its variation Eagle Pose Pre- practices 	 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. Completion: 30 August 2024	 Asanas holding activities while Giving them target to achieve up till a certain level Rhythmic Yoga flow on patriotic song
				nent: 02 September 2024 to 13 Septem	aber 2024
				17 September 2024 to 27 September 2	
				n Resume : 30 September 2024	
VI	Octob er	18	 Introduction to Pragya Yoga Series Pragya yoga Series 	• To learn the steps.	 Gayatri mantra chants with Pragya Yoga (for Mental Health) Gayatri mantra chants with Pragya Yoga
VII	Nove mber	19	 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 comparative stick diagrams Yoga practices to improve Mental Health
VIII	Dece mber	19	 Healthy Yoga habits for daily life Rhythmic Yoga on peaceful mantras 	 To implement and inculcate in daily life. Enjoy the Yogasanas on universal chant music. 	 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



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

	Winter Break : 30 December 2024 to 07 January 2025						
			School	Reopens: 8 January 2025			
IX	Janua ry	18	 Asanas to increase flexibility Chakrasana and Sarvangasana 	 To gain flexibility. To enjoy advanced Yogic postures. 	 Use of props Yoga art paper work with New year wishes and resolutions Variations in the postures 		
X	Febru ary	15	Revision of all the asanas	-	-		
	Syllabus Completion : 21 February 2025						
	Revision – Term End Assessment : 24 February 2025 to 28 February 2025						
			Term End Assessn	nent : 3 March 2025 to 12 March 2025			



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

Class	: UKG	No. of	Subject: Yoga (2024-2025)	Name of the Teacher: Dr. Bhawna	Bhatia
Mont	h	Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
Ι	April	14	 Meaning of Yoga Origin of Yoga through Yogic Stories Selected Yogic Practices introduction letter wise A-M Yoga Games (Injandaud, Jangha shakti vikasak, etc) 	 To understand the term Yoga and its necessity/importance. To relate other subjects with Yoga. 	 Story telling Engaging yoga games Mantra chants in respect to Save Earth
П	May	13	 Yoga class regime- Prayer pose, (A+U+M) OM chants, Tadasana, Vajrasana, Dandasana, Sukhasana, Padmasana, Shavasana Gross Practices for the whole bodyshula and sukhma vyayama sequence wise Selected Yogic Practices Introduction letter wise N-Z 	 Students should know the basic Yoga regime. To relate other subjects with Yoga Yogic warm ups. 	 Chanting, Instructions and demonstration Yoga practices with family to celebrate International family Day
			SUMMER VACATIO	N: 20 MAY 2024 TO 30 JUNE 2024	4
	1	_		REOPEN: 1 JULY 2024	
III	July	22	 Loosening & Subtle Practices for Lower body Introduction to Yoga props- Yoga blocks & Chakrasana bench 	3 3	DemonstrationTree & Nature Yoga postures
			 Subtle & Gross Practices for the Arms Forest Journey with Yoga Postures 	Yoga Postures.	Demonstration with light music



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

			ACADEMIC MODULE	DEDDIOI (111pm October	2021201
IV	August	19	 Interesting Yoga practices for healthy face, eyes and oral health-Sheetkari pranayama, kapolshakti vikasak kriya Simple Standing & Balancing AsanasSimple Standing, Tadasana, Vrikshasana (Tree Pose), Ardha Chakrasana (Half Wheel), Triyak- tadasana(Side Bending), Virabhadrasana and its variation Eagle Pose Pre- practices 	 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. 	 Asanas holding activities while Giving them target to achieve up till a certain level Rhythmic Yoga flow on patriotic song
				ompletion: 30 August 2024	
			v	ent: 02 September 2024 to 13 S	mber 2024
				7 September 2024 to 27 September 2	
				Resume: 30 September 2024	2024
VI	October	18	 Introduction to Pragya Yoga Series Pragya yoga Series 	To learn the steps.	 Gayatri mantra chants with Pragya Yoga (for Mental Health) Gayatri mantra chants with Pragya Yoga
VII	November	19	• 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 comparative stick diagrams
VIII	December	19	 Healthy Yoga habits for daily life Rhythmic Yoga on peaceful mantras 	 To implement and inculcate in daily life. Enjoy the Yogasanas on universal chant music. 	food and study



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	Winter Break : 30 December 2024 to 07 January 2025						
			School Re	eopens : 8 January 2025			
IX	January	18	Asanas to increase flexibilityChakrasana and Sarvangasana	 To gain flexibility. To enjoy advanced Yogic postures. 	•	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	-	Ť	-	
	Syllabus Completion: 21 February 2025						
	Revision – Term End Assessment : 24 February 2025 to 28 February 2025						
			Term End Assessmer	nt: 3 March 2025 to 12 March 2025	;		



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

Clas	s: I	No. of	Subject: Yoga (2024-2025)	Name of the Teacher: Dr. Bhawna l	Bhatia
Mon	ıth	Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
I	April	15	 Meaning of Yoga Origin of Yoga through Yogic Stories Selected Yogic Practices introduction letter wise A-M Yoga Games (Injandaud, Jangha shakti vikasak, etc) 	 To understand the term Yoga and its necessity/importance. To relate other subjects with Yoga. 	 Story telling Engaging yoga games Mantra chants in respect to Save Earth
II	May	13	 Yoga class regime- Prayer pose, (A+U+M) OM chants, Tadasana, Vajrasana, Dandasana, Sukhasana, Padmasana, Shavasana Gross Practices for the whole bodyshula and sukhma vyayama sequence wise Selected Yogic Practices Introduction letter wise N-Z 	 Students should know the basic Yoga regime. To relate other subjects with Yoga Yogic warm ups. 	 Chantings, Instructions and demonstration Yoga practices with family to celebrate International family Day
				ON: 20 MAY 2024 TO 30 JUNE 2024	4
			SCHOOL	REOPEN: 1 JULY 2024	
III	July	22	 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 	 Warm up To enjoy Forest Journey with Yoga Postures. 	 Demonstration Tree & Nature Yoga postures Demonstration with light music



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

			ACADEMIC MODULE (BEBBION, April - October	<u> </u>			
IV	August	19	 Interesting Yoga practices for healthy face, eyes and oral health-Sheetkari pranayama, kapolshakti vikasak kriya Simple Standing & Balancing AsanasSimple Standing, Tadasana, Vrikshasana (Tree Pose), Ardha Chakrasana (Half Wheel), Triyak- tadasana(Side Bending), Virabhadrasana and its variation Eagle Pose Pre- practices 	 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. 	 Asanas holding activities while Giving them target to achieve up till a certain level Rhythmic Yoga flow on patriotic song 			
				mpletion · 30 August 2024				
	Syllabus Completion : 30 August 2024 Revision – Mid Term Assessment : 02 September 2024 to 13 September 2024							
				7 September 2024 to 13 September 2				
				Resume: 30 September 2024	2024			
			Second Term	Resume: 30 September 2024	• Cavatri mantra abanta with Dragge			
VI	October	18	Introduction to Pragya Yoga SeriesPragya yoga Series	• To learn the steps.	 Gayatri mantra chants with Pragya Yoga (for Mental Health) Gayatri mantra chants with Pragya Yoga 			
VII	November	19	• 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 comparative stick diagrams Yoga practices to improve Mental Health 			
VIII	December	19	 Healthy Yoga habits for daily life Rhythmic Yoga on peaceful mantras 	 To implement and inculcate in daily life. Enjoy the Yogasanas on universal chant music. 	 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 			



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	Winter Break: 30 December 2024 to 07 January 2025								
			School I	Reopens : 8 January 2025					
IX	January	18	Asanas to increase flexibilityChakrasana and Sarvangasana	 To gain flexibility. To Enjoy advanced Yogio postures. 	•	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 Co	mpletion : 21 February 2025					
	Revision – Term End Assessment : 24 February 2025 to 28 February 2025								
			Term End Assessme	ent: 3 March 2025 to 12 March 202	5				



Class: II

DELHI PUBLIC SCHOOL R. N. EXTENSION

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

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

Name of the Teacher: **Dr. Bhawna Bhatia**

Subject: **Yoga** (2024-2025)

Class: II		No. of Subject: 1 oga (2024-2025)		Name of the Teacher. Dr. Dhawna Dhana		
Month		Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art	
I	April	15	 Meaning of Yoga Origin of Yoga through Yogic Stories Selected Yogic Practices introduction letter wise A-M Yoga Games (Injandaud, Jangha shakti vikasak, etc) 	 To understand the term Yoga and its necessity/importance. To relate other subjects with Yoga. 	 Story telling Engaging yoga games Mantra chants in respect to Save Earth 	
II	May	13	 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 	 Students should know the basic Yoga regime. To relate other subjects with Yoga Yogic warm ups. 	 Chantings, Instructions and demonstration Yoga practices with family to celebrate International family Day 	
			SUMMER VACATION: 20 MA	1		
			SCHOOL REOPEN			
III	July	22	 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 	 Warm up To enjoy Forest Journey with Yoga Postures. 	 Demonstration Tree & Nature Yoga postures Demonstration with light music 	
IV	August	19	 Interesting Yoga practices for healthy face, eyes and oral health- Sheetkari pranayama, kapolshakti vikasak kriya Simple Standing & Balancing AsanasSimple Standing, Tadasana, Vrikshasana (Tree Pose), Ardha Chakrasana (Half Wheel), Triyaktadasana(Side Bending), Virabhadrasana and its variation Eagle Pose Pre- practices 	 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. 	 Asanas holding activities while Giving them target to achieve up till a certain level Rhythmic Yoga flow on patriotic song 	



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

			Syllabus Completion:	=	
			Revision – Mid Term Assessment : 02 Sep	Ü	024
			Mid Term Assessment : 17 Septemb		
			Second Term Resume: 3	0 September 2024	
VI	October	18	Introduction to Pragya Yoga SeriesPragya yoga Series	To learn the steps.	 Gayatri mantra chants with Pragya Yoga (for Mental Health) Gayatri mantra chants with Pragya Yoga
VII	November	19	• 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 comparative stick diagrams Yoga practices to improve Mental Health
VIII	December	19	 Healthy Yoga habits for daily life Rhythmic Yoga on peaceful mantras 	 To implement and inculcate in daily life. Enjoy the Yogasanas on universal chant music. 	 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 2	v	
	1		School Reopens: 8	January 2025	
IX	January		Asanas to increase flexibilityChakrasana and Sarvangasana	To gain flexibility.To enjoy advanced Yogic postures.	 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 : 2	· ·	
			Revision – Term End Assessment : 24 Febru	· · ·	
			Term End Assessment: 3 Marc	h 2025 to 12 March 2025	



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

Class	Class: III		Subject: YOGA		Name of the Teacher: MS. VEENU SONI
Mon	Month No. of Days		Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
I	April	17	 Definition of Yoga & its practical importance. Origin \$ Evolution of Yoga through Yogic Stories 	To know the origin of Yoga	Story telling
II	May	13	 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
				N: 20 MAY 2024 TO 30 JUNE 2024	4
				REOPEN: 1 JULY 2024	
III	July	22	• Subtle & Gross Practices for the Arms	Warm up	Demonstration
IV	August	19	 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.
				ompletion: 30 August 2024	
			•	ions: 02 September 2024 to 09 Sept	
			•	: 10 September 2024 to 27 Septembe	r 2024
				Resume : 30 September 2024	
VI	October	18	 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



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VII	November	19	& Shalabhasana	postures and elaborating the impacts on the body	Interaction on the behaviour of animals and art work on paper			
VIII	December	19	Introduction to Pragya Yoga Series	To learn the steps	Gayatri mantra chants with Pragya Yoga			
			Winter Break : 30 I	December 2024 to 07 January 2025				
			School R	eopens : 8 January 2025				
IX	January	18	Pragya yoga SeriesHealthy Yoga habits for daily life	To learn the steps To implement and inculcate in daily life	Gayatri mantra chants with Pragya Yoga. Demonstrating with Daily life activities- how to bend while tying shoe laces: standing straight and postures for food and study			
X	February	10	 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						



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

Clas	s: IV		Subject: YOGA		Name of the Teacher: MS. VEENU SONI
Mon	Month No. of Days		Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
Ι	April	17	 Definition of Yoga & its practical importance. Origin \$ Evolution of Yoga through Yogic Stories 	To know the origin of Yoga	Story telling
II	May	13	 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
				ON: 20 MAY 2024 TO 30 JUNE 2024	4
				REOPEN: 1 JULY 2024	,
III	July	22	• Subtle & Gross Practices for the Arms	Warm up	Demonstration
IV	August	19	 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 Co	ompletion: 30 August 2024	
			· · · · · · · · · · · · · · · · · · ·	ions: 02 September 2024 to 09 Sept	
			· · · · · · · · · · · · · · · · · · ·	: 10 September 2024 to 27 September	er 2024
		1		Resume: 30 September 2024	
VI	October	18	 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



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

VII	November	19	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	Introduction to Pragya Yoga Series	To learn the steps	Gayatri mantra chants with Pragya Yoga		
			Winter Break : 30 I	December 2024 to 07 January 2025			
			School R	eopens : 8 January 2025			
IX	January	18	Pragya yoga SeriesHealthy Yoga habits for daily life	To learn the steps To implement and inculcate in daily life	Gayatri mantra chants with Pragya Yoga. Demonstrating with Daily life activities- how to bend while tying shoe laces: standing straight and postures for food and study		
X	February	10	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						



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

Class	s: V		Subject: YOGA		Name of the Teacher: MS. VEENU SONI
Mon	Month No. of Days		Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
I	April	17	 Definition of Yoga & its practical importance. Origin \$ Evolution of Yoga through Yogic Stories 	To know the origin of Yoga	Story telling
II	May	13	 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 VACATIO	ON: 20 MAY 2024 TO 30 JUNE 2024	4
				REOPEN: 1 JULY 2024	
III	July	22	• Subtle & Gross Practices for the Arms	Warm up	Demonstration
IV	August	19	 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 Co	ompletion: 30 August 2024	
			•	ions: 02 September 2024 to 09 Sept	
			· ·	: 10 September 2024 to 27 Septembe	er 2024
	T	ı		Resume: 30 September 2024	
VI	October	18	 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



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	TICHEDINIC MODELL (BLOSIO WILDIN OCCORD 2021 20)						
VII	November	19	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	Introduction to Pragya Yoga Series	To learn the steps	Gayatri mantra chants with Pragya Yoga		
			Winter Break : 30 I	December 2024 to 07 January 2025			
			School R	eopens : 8 January 2025			
IX	January	18	Pragya yoga SeriesHealthy Yoga habits for daily life	To learn the steps To implement and inculcate in daily life	Gayatri mantra chants with Pragya Yoga. Demonstrating with Daily life activities- how to bend while tying shoe laces: standing straight and postures for food and study		
X	February	10	 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						



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Clas	s: VI		Subject: YOGA	-	Name of the Teacher: MS. VEENU SONI
Mon	th	No. of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
I	April	17	 Definition of Yoga and its practical importance. Origin \$ Evolution of Yoga through Yogic Stories How is Yoga different from Exercises? 	To know the origin of Yoga and its relevance for healthy living	 Definition of Yoga and its practical importance. Origin \$ Evolution of Yoga through Yogic Stories How is Yoga different from Exercises?
II	May	17	 A Prayer to begin Yoga practice Loosening \$ Subtle Practices for the Limbs 	To know the Importance of Yoga and learn the peaceful chants and way of gratitude	 A Prayer to begin Yoga practice Loosening \$ Subtle Practices for the Limbs
				N: 27 MAY 2024 TO 30 JUNE 202	4
TIT	Testes			REOPEN: 1 JULY 2024	
III	July	22	Gross Practices for the whole body	• Warm up and Strength	• Gross Practices for the whole body
IV	August	19	 Yoga practices and pranayama to sharpen intellect and memory Simple Standing \$ Balancing AsanasSimple 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 	 To generate interest in Yogic practices and improve performance in studies To bring focus, awareness, balancing with the standing asanas 	 Yoga practices and pranayama to sharpen intellect and memory Simple Standing \$ Balancing Asanas-Simple Standing, Tadasana, Vrikshasana (Tree Pose), Ardha Chakrasana (Half Wheel), Triyaktadasana(Side Bending), Virabhadrasana \$ variations, Natrajasana, Utthita Hasta Padangusthasana, Samakonasana, Dwikonasana, Dolasana, Parivritt Trikonasana, Parshavkonasana
			Eagle Pose Pre- practices		Eagle Pose Pre- practices
			· · · · · · · · · · · · · · · · · · ·	impletion: 30 August 2024	
			Kevision – Half Yearly Examinat	ions: 02 September 2024 to 09 Sept	tember 2024



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

	Half Yearly Examinations: 10 September 2024 to 27 September 2024					
			Second Term	Resume: 30 September 2024		
			Arm balancing postures- Bakasana, dwi hasta bhujasana, Ek hasta bhujasana,	 Arm balancing postures- Bakasana, dwi hasta bhujasana, Ek hasta bhujasana, 	Arm balancing postures- Bakasana, dwi hasta bhujasana, Ek hasta bhujasana,	
VI	October		 Introduction to supine postures- Halasana levels, udrakarshana, Pawanmuktasana and Naukasana Sitting Asanas- Dandasana, 	 Introduction to supine postures- Halasana levels, udrakarshana, Pawanmuktasana and Naukasana 	• Introduction to supine postures- Halasana levels, udrakarshana, Pawanmuktasana and Naukasana	
VI	October	18	Vajrasana, Shashankasana, Vakrasana, Mandukasana, Cow's face pose	 Sitting Asanas- Dandasana, Vajrasana, Shashankasana, Vakrasana, Mandukasana, Cow's face pose 	Sitting Asanas- Dandasana, Vajrasana, Shashankasana, Vakrasana, Mandukasana, Cow's face pose	
			 Janu Shirshasana, Paschimottanasana, Chakrasana, Purvottanasana, Vasisthasana, Pada Angusthasana & Aakarnadhanurasna 	 Janu Shirshasana, Paschimottanasana, Chakrasana, Purvottanasana, Vasisthasana, Pada Angusthasana & Aakarnadhanurasna 	 Janu Shirshasana, Paschimottanasana, Chakrasana, Purvottanasana, Vasisthasana, Pada Angusthasana & Aakarnadhanurasna 	
VII	November	19	Holistic Healthy Yoga habits for quality life	To implement and inculcate in daily life	Demonstrating with Daily life activities- how to bend while tying shoe laces: standing straight and postures for food and study	
			Rhythmic Yoga on peaceful mantras	• Enjoy the Yogasanas on universal chants music	• Student may be asked to perform their favourite postures in a rhythm while enjoying the music	
					Use of props	



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			ACADEMIC MODULE (SESSI	<u>ON: April – October</u>	<u> 2024-25)</u>			
VIII	December	19	Introduction to Prone postures Introduction to Sun Salutation Yog	ating animal's behaviour \$ ga postures and elaborating impacts on the body and	 Interaction on the behaviour of animals and research work Fit India celebration with Surya Namaskar 			
			Winter Break : 30 Decembe	r 2024 to 07 January 2025	1 (uniushur			
			School Reopens:	· ·				
IX	January	18	Sun Salutation as a series of Asanas I	learn and perform the steps in sequence	Learning steps with mantra music			
X	February	10	 Advance asanas - Standing Chakrasana, Sarvangasana and Titibasana Asanas to increase flexibility, Introduction to Hanumanasana and To 		 Variations in the postures and different levels Digital Yoga presentations with New Year wishes 			
			Syllabus Completion	· ·				
			Revision – Annual Examinations: 17 Feb					
	Annual Examinations : 24 February 2025 to 12 March 2025							



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Clas	s: 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	 Definition of Yoga and its practical importance. Origin \$ Evolution of Yoga through Yogic Stories How is Yoga different from Exercises? 	To know the origin of Yoga and its relevance for healthy living	 Definition of Yoga and its practical importance. Origin \$ Evolution of Yoga through Yogic Stories How is Yoga different from Exercises? 	
II	May	17	 A Prayer to begin Yoga practice Loosening \$ Subtle Practices for the Limbs 	To know the Importance of Yoga and learn the peaceful chants and way of gratitude		
	•	•	SUMMER VACATIO	ON: 27 MAY 2024 TO 30 JUNE 202	4	
				REOPEN: 1 JULY 2024		
III	July	22	Gross Practices for the whole body	Warm up and Strength	Gross Practices for the whole body	
IV	August	19	 Yoga practices and pranayama to sharpen intellect and memory Simple Standing \$ Balancing AsanasSimple 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 	 To generate interest in Yogic practices and improve performance in studies To bring focus, awareness, balancing with the standing asanas 	Natrajasana, Utthita Hasta Padangusthasana, Samakonasana, Dwikonasana, Dolasana, Parivritt Trikonasana, Parshavkonasana	
			Eagle Pose Pre- practices		Eagle Pose Pre- practices	
			Syllabus Co	ompletion: 30 August 2024		



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	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	 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 	 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 	 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	 Holistic Healthy Yoga habits for quality life Rhythmic Yoga on peaceful mantras 	 To implement and inculcate in daily life Enjoy the Yogasanas on universal chants music 	 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 			



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

			ACADEMIC MODULE (S	EDDIOM: April - October A	2027-25)
VIII	December	19	 Introduction to Prone postures Introduction to Sun Salutation Mantras and Asanas 	• Relating animal's behaviour \$ Yoga postures and elaborating the impacts on the body and mind	 Interaction on the behaviour of animals and research work Fit India celebration with Surya Namaskar
			Winter Break : 30 I	December 2024 to 07 January 2025	
			School Re	eopens : 8 January 2025	
IX	January	18	Sun Salutation as a series of Asanas	• To learn and perform the steps in the sequence	Learning steps with mantra music
X	February	10	 Advance asanas - Standing Chakrasana, Sarvangasana and Titibasana Asanas to increase flexibility, Introduction to Hanumanasana and 180 degrees split (Bhunamanasana) Ashtanga Asanas depending upon the annual practice during the session. 	 To Enjoy advance Yogic postures 	 Variations in the postures and different levels Digital Yoga presentations with New Year wishes
			Syllabus Con	pletion: 14 February 2025	
			Revision –Annual Examinations	: 17 February 2025 to 21 February 2	2025
			Annual Examinations	: 24 February 2025 to 12 March 2025	5



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

Class	s: VIII		Subject: YOGA		Name of the Teacher: MS. VEENU SONI
Mont	th	No. of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
I	April	17	 Definition of Yoga and its practical importance. Origin \$ Evolution of Yoga through Yogic Stories How is Yoga different from Exercises? 	To know the origin of Yoga and its relevance for healthy living	 Definition of Yoga and its practical importance. Origin \$ Evolution of Yoga through Yogic Stories How is Yoga different from Exercises?
II	May	17	 A Prayer to begin Yoga practice Loosening \$ Subtle Practices for the Limbs 	To know the Importance of Yoga and learn the peaceful chants and way of gratitude	= = =
			SUMMER VACATIO	ON: 27 MAY 2024 TO 30 JUNE 2024	4
			SCHOOL	REOPEN: 1 JULY 2024	
III	July	22	Gross Practices for the whole body	Warm up and Strength	Gross Practices for the whole body
IV	August	19	 Yoga practices and pranayama to sharpen intellect and memory Simple Standing \$ Balancing AsanasSimple 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 	 To generate interest in Yogic practices and improve performance in studies To bring focus , awareness, balancing with the standing asanas 	 Yoga practices and pranayama to sharpen intellect and memory Simple Standing \$ Balancing Asanas-Simple Standing, Tadasana, Vrikshasana (Tree Pose), Ardha Chakrasana (Half Wheel), Triyaktadasana(Side Bending), Virabhadrasana \$ variations, Natrajasana, Utthita Hasta Padangusthasana, Samakonasana, Dwikonasana, Dolasana, Parivritt Trikonasana, Parshavkonasana Eagle Pose Pre- practices
	1		1	ompletion: 30 August 2024	- Lugie i ose i ie piaenees
			· · · · · · · · · · · · · · · · · · ·	tions: 02 September 2024 to 09 Sept	tember 2024
			· ·	: 10 September 2024 to 27 September	



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	ACADEMIC MODULE (SESSION: April – October 2024-25)							
	,			Resume : 30 September 2024				
			 Arm balancing postures- Bakasana, dwi hasta bhujasana, Ek hasta bhujasana, Introduction to supine postures- 	 Arm balancing postures- Bakasana, dwi hasta bhujasana, Ek hasta bhujasana, Introduction to supine postures- Halasana levels, udrakarshana, Arm balancing postures- dwi hasta bhujasana, I bhujasana,	Bakasana, Ek hasta			
			Halasana levels, udrakarshana, Pawanmuktasana and Naukasana	Pawanmuktasana and Naukasana and Naukasana and Naukasana levels, udra Pawanmuktasana and Nauka	akarshana,			
VI	October	18	• Sitting Asanas- Dandasana, Vajrasana, Shashankasana, Vakrasana, Mandukasana, Cow's face pose	 Sitting Asanas- Dandasana, Vajrasana, Shashankasana, Vakrasana, Mandukasana, Cow's face pose Sitting Asanas- Dandasana, Shashankasana, Mandukasana, Cow's face pose 	Vakrasana,			
			 Janu Shirshasana, Paschimottanasana, Chakrasana, Purvottanasana, Vasisthasana, Pada Angusthasana & Aakarnadhanurasna 	 Janu Shirshasana, Paschimot Paschimottanasana, Chakrasana, Purvottanasana, Vasisthasana, Pada Angusthasana & Aakarnadhanurasna Janu Shirshasana, Paschimot Chakrasana, Purvot Vasisthasana, Pada Angusthasana & Aakarnadhanurasna 	ottanasana,			
VII	November	19	 Holistic Healthy Yoga habits for quality life Rhythmic Yoga on peaceful mantras 	 To implement and inculcate in daily life Enjoy the Yogasanas universal chants music Demonstrating with Data activities how to bend with shoe laces: standing strate postures for food and study Student may be asked to perfavourite postures in a rhythen enjoying the music Use of props 	aight and form their			
VIII	December	19	 Introduction to Prone postures Introduction to Sun Salutation Mantras and Asanas 	 Relating animal's behaviour \$ Yoga postures and elaborating the impacts on the body and mind Interaction on the behaviour and research work Fit India celebration with Namaskar 				
			Winter Break : 30 I	December 2024 to 07 January 2025				



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

			School R	eopens : 8 January 2025	
IX	January	18	Sun Salutation as a series of Asanas	• To learn and perform the steps in the sequence	Learning steps with mantra music
X	February	10	 Advance asanas - Standing Chakrasana, Sarvangasana and Titibasana Asanas to increase flexibility, Introduction to Hanumanasana and 180 degrees split (Bhunamanasana) Ashtanga Asanas depending upon the annual practice during the session. 	To Enjoy advance Yogic postures	Variations in the postures and different levels Digital Yoga presentations with New Year wishes
			Syllabus Cor	npletion: 14 February 2025	
			Revision – Annual Examinations	: 17 February 2025 to 21 February 202	25
	•		Annual Examinations	: 24 February 2025 to 12 March 2025	



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

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



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



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Clas	s: UKG	No. of	Subject: SWIMMING (2024-2025)	Name of the Teacher: MR. AJAY KUMAR	
Mon	nth	Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
				1. Understand basic water safety rules and their	
т	A	1.5	Interestination to Western Confidence	importance.	
1	April	15	Introduction to Water Confidence	2. Develop trust in the water environment.	-
				3. Learn basic water entry and exit techniques.	
				1. Practice breath control techniques while in the water.	
			Breath Control and Submerging	2. Gain confidence in submerging face and blowing	
II	May	13		bubbles.	-
	_			3. Develop the ability to submerge independently for short	
				durations.	
			SUMMER VACATION	ON: 20 MAY 2024 TO 30 JUNE 2024	
			SCHOOL	REOPEN: 1 JULY 2024	
				1. Introduce basic floating positions (front).	
III	July	22		2. Develop confidence in maintaining a floating position.	-
			Introduction to Floating	3. Practice controlled floating with minimal support.	
				1. Learn freestyle kick technique with kickboards.	
				2. Practice arm movements for freestyle stroke with	
IV	August	19	Freestyle Kick and Arm Movements	floating board	-
				3. Combine kick and arm movements for basic freestyle	
				coordination.	
			· ·	ompletion: 30 August 2024	
				ent: 02 September 2024 to 13 September 2024	
				17 September 2024 to 27 September 2024	
			Second Term	Resume: 30 September 2024	
		18		1. Introduce basic back float technique with floating board	
VI	October		Back Float and Backstroke	2. Develop confidence in maintaining a back float position.	-
			Introduction	3. Begin introduction to backstroke without board	



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Class:	: I	Subject: Swimming		Name of the Te	eacher: Anupa Nishad
Module/l Module	Duration From	Chapters and Topics to be taught	Learning Objectives		Activity Planned/Integration of Art
APRIL	15	Water confidence Submerging Locomotion Breathing/Bubbling	 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	• Jumping & Floating	 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		Y 2024 TO 30 JUNE 2024	
	T		SCHOOL REOPEN		
July	22	• Kicking • Push & Glide	movements duriTo learn basic kStudent would water.	icking & introduce gliding be able to Push & glide in the form push & glide in a horizontal	_



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Class	s: I	Subject: Swimming	Name o	of the Teacher: Anu	ıpa Nishad
Module	ule/Duration From	Chapters and Topics to be taught	Learning Objectives		Activity Planned/ Integration of Art
August	19	• Arm & Hands • Leg & Feet • Breathing • Coordination/Timing	the water. Student able to style body pos. Student will le proper arm & for freestyle st. Student will le proper leg & for freestyle strok. Student will le & breathe-out stroke. Student would the freestyle st assistance.	earn & develop the hand movements troke. earn & develop the contmovements for the dearn the breathe-in techniques of the decent be able to swim trokewithout a basic free style	-
September	2 to 27 Sep	 Revision – Mid Term Assessment Mid Term Assessment 			



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Class	: II	Subject: Swimming		Name of the Te	eacher: Anupa Nishad	
Module/Dur Module	ration From	Chapters and Topics to be taught	Learning Objectives		Activity Planned/Integration of Art	
April	15	 Water confidence Submerging Locomotion Breathing/Bubbling 	safely. • Move on and be confidence & er • Move around & aids (as required breath control use) • Student will bloom breath control use)	w the bubbles into the water, &	-	
May	13	• Jumping & Floating	independently, aStudent will floor noodles.	be able to go into/underwater and safely slide into the pool. at in the water with and without & stomach with & without	-	
		SUMMER	R VACATION : 20 MA	Y 2024 TO 30 JUNE 2024		
		,	SCHOOL REOPEN			
July	22	• Kicking • Push & Glide	movements duriTo learn basic kStudent would water.	icking & introduce gliding be able to Push & glide in the form push & glide in a horizontal	-	



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Class: II	I	Subject: Swimming	Name of the Teacher: Anupa Nis	had
,	/Duration rom	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
	19	• Arm & Hands • Leg & Feet • Breathing • Coordination/Timing	 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 & footmovements for freestyle stroke. Student will learn the breathe-in & breathe-outtechniques of the stroke. Student would be able to swim the freestyle stroke without assistance. To introduce a basic free style timing pattern. 	-
		· ·	Completion: 30 August 2024	24
			nent : 02 September 2024 to 13 September 20 17 September 2024 to 27 September 2024	24
			Resume : 30 September 2024	



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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
		• Water confidence	 Student will be able to enter & exit the pool safely. Move on and below the surface showing confidence & enjoyment in the water 	
April	17	• Submerging	 Move around & across the pool with swimming aids (as required) 	-
ľ		• Locomotion	 Student will blow the bubbles into the water, &breath control underwater. 	
		• Breathing/Bubbling	• Student will learn the technique of bubbling which help the swimmer to breathe properly.	
			Student would be able to go into/underwater independently, and safely slide into the pool.	
		• Jumping & Floating	 Student will float in the water with and without noodles. Float on back & stomach with & without 	
May	13	• Kicking	assistance. • To learn basic kicking & introduce gliding	_
		• Push & Glide	 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 VACA	ATION: 20 MAY 2024 TO 30 JUNE 2024	
		SCH	OOL REOPEN: 1 JULY 2024	



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

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	• Body position • Arm & Hands	 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	• Leg & Feet • Breathing	 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. 	_



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

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 Examina	ations: 02 September 2024 to 09 September 2024	
		Half Yearly Examinations	s : 10 September 2024 to 27 September 2024	
		Second Term	n Resume : 30 September 2024	
October	18	• Coordination/Timing • Start & Turn	 Student will learn the freestyle divingtechnique. Students able learn basic start and turn To introduce a basic free style timing pattern. 	-



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

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		Student will be able to enter & exit the pool safely.	
_		• Water confidence	 Move on and below the surface showing confidence & enjoyment in the water 	
		• Submerging	Move around & across the pool with swimming aids (as required)	-
		• Locomotion	• Student will blow the bubbles into the water, & breath control underwater.	
		Breathing/Bubbling	• Student will learn the technique of bubbling which help the swimmer to breathe properly.	
May	13		Student would be able to go into/underwater	
			independently, and safely slide into the pool.	
		Jumping & Floating	• Student will float in the water with and without noodles.	
			 Float on back & stomach with & without 	
		 Kicking 	assistance.	-
			 To learn basic kicking & introduce gliding 	
		Push & Glide	• Student would be able to Push & glide in the water.	
			Student will perform push & glide in a	
			horizontal position to or from a wall.	
			ATION: 20 MAY 2024 TO 30 JUNE 2024	
		SCH	OOL REOPEN : 1 JULY 2024	



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

Class: IV		Subject: Swimming	Name of the Teacher: Anupa Nishad & Aja	y Kumar
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
July	22	• Body position • Arm & Hands	 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	Freestyle • Leg & Feet • Breathing	 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. 	_



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

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 Examir	nations: 02 September 2024 to 09 September 2024				
		Half Yearly Examination	ns: 10 September 2024 to 27 September 2024				
		Second Ter	rm Resume : 30 September 2024				
October	18	 Coordination/Timing Start & Turn 	 Student will learn the freestyle divingtechnique. Students able learn basic start and turn To introduce a basic free style timing pattern. 	-			



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

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	Water confidenceSubmergingLocomotionBreathing/Bubbling	 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	Jumping & FloatingKickingPush & Glide	 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. 	-
			CATION: 20 MAY 2024 TO 30 JUNE 2024 HOOL REOPEN: 1 JULY 2024	



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

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	• Body position • Arm & Hands	 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	Freestyle • Leg & Feet • Breathing	 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. 		



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

Class: V	Class: V Subject: Swimming Name of the Teacher: Anupa Nishad & Ajay		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 Examin	nations: 02 September 2024 to 09 September 2024	
		Half Yearly Examination	s: 10 September 2024 to 27 September 2024	
		Second Ter	m Resume : 30 September 2024	
October	18	• Coordination/Timing • Start & Turn	 Student will learn the freestyle divingtechnique. Students able learn basic start and turn To introduce a basic free style timing pattern. 	-



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

Module No of Days	Chapters and Topics to be		
	taught	Learning Objectives	Activity Planned/ Integration of Art
pril 17	 Water confidence Submerging Locomotion Breathing/Bubbling 	 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 	-
Iay 17	Jumping & FloatingKickingPush & Glide	 to breathe properly. 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. 	-
	SUMME	R VACATION: 27 MAY 2024 TO 30 JUNE 2024 SCHOOL REOPEN: 1 JULY 2024	



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

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	• Start & Turn	 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. 	



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

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	• Body position • Arm & Hands • Leg & Feet	 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. 	



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Class: VI		Subject: Swimming	Name of the Teacher: Anupa Nish	nad
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
September	2 Sep to 27 Sep	 Revision – Mid Term Assessme Mid Term Assessment 	ent	
October	18	• Breathing • Coordination & Timing • Start & Turn	 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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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	 Water confidence Submerging Locomotion Breathing/Bubbling 	 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	Jumping & FloatingKickingPush & Glide	 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. 	-
		SUMME	R VACATION: 27 MAY 2024 TO 30 JUNE 2024 SCHOOL REOPEN: 1 JULY 2024	



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

Class: VII		Subject: Swimming	Name of the Teacher: Anupa Nishad	
	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
July 2	22	• Breathing • Coordination/Timing • Start & Turn	 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. 	



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Class: VII		Subject: Swimming	Name of the Teacher: Anupa Nishad	
Module	No of Days	Chapters and Topics to be taught	-	Activity Planned/ Integration of Art
August	19	Backstroke Body position Arm & Hands Leg & Feet	 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. 	



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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	 Revision – Mid Term Assessme Mid Term Assessment 	ent	
October	18	• Breathing • Coordination & Timing • Start & Turn	 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. 	_



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

Class: VII	I	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	 Water confidence Submerging Locomotion Breathing/Bubbling 	 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	Jumping & FloatingKickingPush & Glide	 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. 	-
		SUMM	ER VACATION: 27 MAY 2024 TO 30 JUNE 2024	
			SCHOOL REOPEN: 1 JULY 2024	



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

Class: VIII Subject: Swimming		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	• Start & Turn	 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. 	



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

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

Class: VIII		Subject: Swimming	Name of the Teacher: Anupa	a Nishad
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
August	19	Backstroke Body position Arm & Hands Leg & Feet	 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. 	



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

Class: VIII		Subject: Swimming	Name of the Teacher: Anupa N	ishad
Module	No of Days	Chapters and Topics to be taught	Learning Objectives	Activity Planned/ Integration of Art
September	2 Sep to 27 Sep	 Revision – Mid Term Assessm Mid Term Assessment 	ent	
October	18	• Coordination & Timing • Start & Turn	 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. 	