

INDIAN SCHOOL AT WAADI KABIL

2025 - 2026

Syllabus for class: IV Month:APRIL Subject:AEROBICS School:PRIMARY

WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials Required
Week-1	Limbering exercise	Children understand the meaning and benefits of limbering exercise	Discuss the meaning of limbering exercise and its benefits to the children.	1	Practice at home	Speaker/music
Week-2	Upper body stretch exercises	Children perform the upper body parts stretching exercises	Demonstrate the upper body stretching exercises with the music	1	Practice at home	Speaker/music
Week-3	Lower body stretch exercises	Children perform the lower body parts stretching exercises	Demonstrate the lower body stretching exercises with the music	1	Practice at home	Speaker/music
Week-4	Full body stretch exercises	Children perform the full body parts stretching exercises	Demonstrate the full body stretching exercises with the music	1	Practice at home	Speaker/music

Syllabus for class: IV Month:MAY Subject:AEROBICS School:PRIMARY

WEEK	Syllabus/Topic	Learning Objectives	Teaching	Periods	Assignments	Teaching materials
Week-1	Conditioning exercise	Children execute the conditioning exercises	Demonstrate the conditioning exercises to the children with music	1	Practice at home	Speaker/music
Week-2	Intro to Taebo Taebo basic skills	Children understand the meaning of Taebo and its benefits Children perform the Taebo basic skills.	Discuss the meaning of Taebo and its the benefits to the children Demonstrate the	1	Practice at home	Speaker/music
Week-3	Taebo exercises routine	Children perform the Taebo exercises routine	Demonstrate the Taebo routine with music	1	Practice at home	Speaker/music
Week-4	Selection trial	Children perform the Taebo routine with confidence	Observe the performance of the children and select the best performer,	1	Practice at home	Speaker/music

Syllabus for class: IV Month:JUNE Subject:PE School:PRIMARY

WEEK	Syllabus/Topic	Learning Objectives	Teaching	Periods	Assignments	Teaching materials
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Week-4						
Coordinator In-charge: Shifas PB						









