

# Indian School Al Wadi Al Kabir

2025 - 2026

	Syllabus for class: IV					
	Month:APRIL					
	Subject:PE					
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials prepared
Week-1	Recap of last year Stretching exercise to open up the body	Warm up exercise to loosen up all the muscles	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-2	* warm up excercise	Warm up exercise to loosen up all the muscles	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-3	*Back Bending Asanas bhujangasana	Basic back bending asanas to open up the back	Demonstration	1	Repeat Practice at home	PPT AND CHART
		Bhujangasana, Dhanoorasana				
Week-4	Selection Trial for inter house Yoga competition	Selection and Trial	Demonstration	1	Repeat Practice at home	PPT AND CHART
	Syllabus for class: IV					
	Month:MAY					
	Subject:PE					
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials prepared
Week-1	Forward bending Asanas	Forward Bending asana to bring flexibility	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-2	Padahastasana	forward bend	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-3	Shashankasana - Rabbit pose	Forward bend as well as a relaxing asana	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-4	Recap of 12 Steps of Suryanamaskar	sitting asanas for flexibility	Demonstration	1	Repeat Practice at home	PPT AND CHART
	Syllabus for class: IV					
	Month:JUNE					
	Subject:PE					
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials prepared
Week-1	Pre-mid term exam				Pre-mid term exam	
Week-2	Holidays				Continue the practice at home	
Week-3	Holidays				Continue the practice at home	
Week-4	Holidays				Continue the practice at home	
	Syllabus for class: IV					
	Month:JULY					
	Subject:PE					
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods	Assignments	Teaching materials
Week-1						
Week-2	Holidays					
Week-3						
Week-4						
	Syllabus for class: IV					
	Month: AUGUST					
	Subject:PE					
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials prepared
Week-1	Balancing asana Tadasana Palm	Develop Balance through balancing asana	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-2	warrior Pose -II	Rehersal for the Inter House Yoga competition	Demonstration	1	Repeat Practice at home	PPT AND CHART

	Health status (height and weight) is taken and assessment (test)					
Week-3	assessment (test)	Assesment for students, Rehersal for the competition	Demonstration	1	Repeat Practice at home	PPT AND CHART
	Health status (height and weight) is taken and assessment (test)					
Week-4	Vrikshasana -Tree pose	sitting asanas for flexiblity	Demonstration	1	Repeat Practice at home	PPT AND CHART
	Inter House Yoga competition					
	<b>Syllabus for class: IV</b>		<b>Month:SEPTEMBER</b>	<b>Subject:PE</b>	<b>School:PRIMARY</b>	
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Allotted	Assignments	Teaching materials prepared
Week-1	Revise all the poses	Practcing and revision of all poses and doing corections	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-2	Term 1 health status and assessment	Evaluating the students, Grading as per performance of the asana	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-3	Mid Term Exams	Mid Term Exams	NA	1	Repeat Practice at home	Exams
Week-4	Mid Term Exams	Mid Term Exams	NA	1	Repeat Practice at home	Mid Term Exams
	<b>Syllabus for class: IV</b>		<b>Month:OCTOBER</b>	<b>Subject:PE</b>	<b>School:PRIMARY</b>	
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Allotted	Assignments	Teaching materials prepared
Week-1	Meditation Practice	To develop concentration and calm the mind	Instruction with music	1	Repeat Practice at home	PPT AND CHART
Week-2	Practice	To develop concentration and calm the mind	Instruction with music	1	Repeat Practice at home	PPT AND CHART
Week-3	Abdominal breathing	To develop concentration and calm the mind	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-4	Pranayam Anuloma Viloma	Pranayam for claming the mind	Demonstration	1	Repeat Practice at home	PPT AND CHART
	<b>Syllabus for class: IV</b>		<b>Month: NOVEMBER</b>	<b>Subject:PE</b>	<b>School:PRIMARY</b>	
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Allotted	Assignments	Teaching materials prepared
Week-1	" Chakrasana,The drill excercises"	Develop concetration and flexibility in the asanas	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-2	"Chakrasana with variations Setubandhasana The drill excercises"	Develop concetration and flexibilityin the asanas	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-3	Inverted Asanas Ushtrasana The excercises of Drill	Develop concetration and flexibility in the asanas	Speaker , Mic and Music	1	Repeat Practice at home	Speaker , Mic and Music
Week-4	" The drill excercises	Develop concetration and flexibilityin the asanas	Demonstration	1	Repeat Practice at home	PPT AND CHART
	<b>Syllabus for class: IV</b>		<b>Month: DECEMBER</b>	<b>Subject:PE</b>	<b>School:PRIMARY</b>	
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Allotted	Assignments	Teaching materials prepared
Week-1	The excercise of Drill	Preparation for annual sports day	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-2	The excercise of Drill	Preparation for the sports day	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-3	Holidays	Holidays	NA	1	Repeat Practice at home	PPT AND CHART
Week-4	Holidays	Holidays	NA	1	Repeat Practice at home	PPT AND CHART
	<b>Syllabus for class: IV</b>		<b>Month: JANUARY</b>	<b>Subject:PE</b>	<b>School:PRIMARY</b>	
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Allotted	Assignments	Teaching materials prepared
Week-1	Natrajasan The excercise of Drill	Develop Flexibility and Strength, Preparation for annual sports day	Demonstration	1	Repeat Practice at home	PPT AND CHART

Week-2	Veerbhrasana - 2	Develop Flexibility and Strength, Prepare for partner poses	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-3	Padmasan / Lolasana	Develop concentration and strength in legs	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-4	Garudasana	Balance and concentration	Demonstration	1	Repeat Practice at home	PPT AND CHART
<b>Syllabus for class: IV</b>		<b>Month: FEBRAURY</b>		<b>Subject:PE</b>		<b>School:PRIMARY</b>
<b>WEEK</b>	<b>Syllabus/Topic</b>	<b>Learning Objectives</b>	<b>Teaching Strategies</b>	<b>Periods Alloted</b>	<b>Assignments</b>	<b>Teaching materials prepared</b>
Week-1	Pair Yoga Poses	Develop Flexibility and Strength - Pair Yoga Poses	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-2	Yoga quizz	Enhancing knowledge	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-3	term II assessment	Evaluating the students, Grading as per	NA			PPT AND CHART
Week-4	term II assessment	NA	NA			PPT AND CHART
<b>Syllabus for class: IV</b>		<b>Month:MARCH</b>		<b>Subject:PE</b>		<b>School:PRIMARY</b>
<b>WEEK</b>	<b>Syllabus/Topic</b>	<b>Learning Objectives</b>	<b>Teaching Strategies</b>	<b>Periods</b>	<b>Assignments</b>	<b>Teaching materials</b>
Week-1	FINAL					
Week-2	FINAL					
Week-3	FINAL					
Week-4						