

Indian School Al Wadi Al Kabir						
2025 - 2026						
Syllabus for class: III			Month:APRIL	Subject:PE		School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials Required
Week-1	Introduction to Yoga	"Warm up exercise to loosen up all the muscles "	"Demonstration "	1	"Repeat Practice at home"	PPT AND CHART
	Benefits of doing regular exercise					
Week-2	"*Back Bending Asanas " Bhujangasana	"Basic back bending asanas to open up the back "	"Demonstration		"Repeat Practice at home"	PPT AND CHART
Week-3	Dhanoorasana	"Basic back bending asanas to open up the back "	Demonstration			PPT AND CHART
Week-4	"Selection Trial for Inter house Yoga competition"	Selection and Trial	Demonstration		"Repeat Practice at home"	PPT AND CHART

2025 - 2026						
Syllabus for class: III			Month:MAY	Subject:PE		School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials prepared
Week-1	Warm up exercises	Bringing flexibility to the body.	Demonstration	1	Repeat Practice athome	PPT AND CHART
Week-2	ushtrasana	Bringing flexibility to back muscules	Demonstration	1	Repeat Practice athome	PPT AND CHART
Week-3	Shashankasana -Rabbit pose	Forward bend as well as a relaxing asana	Demonstration	1	Repeat Practice athome	PPT AND CHART
Week-4	Forward bending Asanas Paschimotanasan	Basic stretches to open up the body parts	Demonstration	1	Repeat Practice athome	PPT AND CHART
Syllabus for class: III			Month:JUNE	Subject:PE		School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials prepared
Week-1	Warm up exercises	Bringing flexibility to the body.	Demonstration	1	Repeat Practice athome	PPT AND CHART

Week-2	ushtrasana	Bringing flexibility to back muscles	Demonstration	1	Repeat Practice athome	PPT AND CHART
Week-3	Shashankasana -Rabbit pose	Forward bend as well as a relaxing asana	Demonstration	1	Repeat Practice athome	PPT AND CHART
Week-4	Forward bending Asanas Paschimotanasan	Basic stretches to open up the body parts	Demonstration	1	Repeat Practice athome	PPT AND CHART

	<b>Syllabus for class: III</b>		<b>Month:JULY</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 Required</b>
Week-1	Holidays					
Week-2	Holidays					
Week-3						
Week-4						

	<b>Syllabus for class: III</b>		<b>Month: AUGUST</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	Balancing asana Tadasana Palm Tree pose	Develop Balance through balancing asanas	Demonstration Video Presentation	1	Repeat Practice athome	PPT and Charts
Week-2	Tree Pose	Develop Balance through balancing asanas	Demonstration	1	Repeat Practice athome	PPT and Charts
Week-3	Assesment Test	Assesment for students, Develop Balance, Practice for Inter House Yoga Competition	Demonstration	1		
	Health status (height and weight)is taken and assessment (test)					
Week-4	Inter House Yoga competition	Gain flexibilty and Steps of asanas Inter House Yoga Competition	Demonstration	1	Practice at home and Prepare for the competition	PPT AND CHART
	competition on the 22nd of August					

Syllabus for class: III			Month:SEPTEMBER	Subject:PE		School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials prepared
Week-1	Revise all poses	Practcing and revision of all poses and doing corections	Demonstration	1	Repeat Practice athome	PPT AND CHART
Week-2	Term 1 health status and assessment	Evaluating the students, Grading as per performance of the asana	Evaluation and Grading	1	Repeat Practice athome	Postrue performance
Week-3	Mid Term Exams	Mid Term Exams	NA	1	Repeat Practice athome	Exams
Week-4	Mid Term Exams	Mid Term Exams	NA	1	Repeat Practice athome	Exams
<b>2025 - 2026</b>						
Syllabus for class: III			Month:OCTOBER	Subject:PE		School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials prepared
Week-1	Breathing Excercise	To develop concentration and calm the mind	Demonstration	1	Repeat Practice athome	PPT AND CHART
Week-2	MeditationPractice	To develop concentration and calm the mind	Demonstration	1	Repeat Practice athome	PPT AND CHART
Week-3	Abodomina breathing,	To develop concentration and calm the mind	Demonstration	1	Repeat Practice athome	PPT AND CHART
Week-4	Deep Breathing with the counts, Inverted Asanas Ushtra	To develop concentration and calm the mind	Demonstration	1	Repeat Practice athome	PPT AND CHART
Syllabus for class: III			Month: NOVEMBER	Subject:PE		School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials prepared
Week-1	CharakasanaThe drill Excercise	Develop concetration and flexibility in the back muscles, Preparation for the sports day	Demonstration	1	Repeat Practice athome	PPT AND CHART
Week-2	Chakrasanawith variations The drill excercises	Develop concetration and flexibility in the muscles, Preparation for the sports day	Demonstration	1	Repeat Practice athome	PPT AND CHART
Week-3	SetubandhasanThe drill Excercise	Develop concetration and flexibility in the muscles, Preparation for the sports day	Speaker , Mic and Music	1	Repeat Practice athome	PPT AND CHART

Week-4	SetubandhasanaThe drill Exercise	Develop concentration and flexibility in the muscles, Preparation for the sports day	Speaker , Mic and Music	1	Repeat Practice at home	PPT AND CHART
<b>Syllabus for class: III</b>			<b>Month: DECEMBER</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	The exercise of Drill	Preparation for the sports day	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-2	The exercise 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: III</b>			<b>Month: JANUARY</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	roduction to Surya NamaskarAll 12 steps the exercise of Drill	Develop Flexibility and Strength, Preparation for annual sports day.	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-2	Veeerbhadrasana - 1, the exercise of Drill	Develop Flexibility and Strength, Preparation for annual sports day	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-3	Padmasana, the exercise of Drill	Develop Strength and flexibility in the legs	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-4	Pracitce surya NamaskarAll 12 steps	Develop Strength and flexibility in the legs	Demonstration	1	Repeat Practice at home	PPT AND CHART
<b>Syllabus for class: III</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 challenging asanas. Develop Flexibility and Strength - Pair Yoga poses to bring better Co ordination among learners	Demonstration	1	Repeat Practice at home	PPT AND CHART
Week-2	Yoga Quizz	Enchancing knowledge	Demonstration, MC Questions	1	Repeat Practice at home	PPT AND CHART
Week-3	term II assessment	Evaluating the students, Grading as per performance of the asana	Demonstration	1	Repeat Practice at home	Posture performance
Week-4	term II assessment	Evaluation	Demonstration	1	Repeat Practice at home	Posture performance
<b>Syllabus for class: III</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 Alloted</b>	<b>Assignments</b>	<b>Teaching materials Required</b>
Week-1	FINAL EXAM					

<b>Week-2</b>						
<b>Week-3</b>						
<b>Week-4</b>						