



**INDIAN SCHOOL WADI AL KABIR**  
**ANNUAL YEAR PLAN: 2026 - 2027**  
**SUBJECT: PHYSICAL EDUCATION**

CLASS	APRIL 2026	MAY 2026	JUNE 2026	JULY 2026	AUGUST 2026	SEPTEMBER 2026	OCTOBER 2026	NOVEMBER 2026	DECEMBER 2026	JANUARY 2026	FEBRUARY 2026	MARCH 2026
CLASS III	*Introduction to Yoga , * warm up exercise *Back Bending Asanas Bhujangasana, Dhanoorasana	Forward bending Asanas Paschimotanasan, Badhakoneasana	SUMMER VACATION	SUMMER VACATION	Balancing asana Tadasana	AMS * HEALTH STATUS *ASSESSMENT	Meditation and Pranayam Abodomina breathing, Deep Breathing with the counts	Inverted Asanas Ushtrasana	WINTER VACATION	ening Adhomukhswan asana, Nau	anced Asanas Poorna Bhujanga	FINAL EXAMS
CLASS IV	Recap of last Year,* warm up ex	Forward bending Asanas Pada	TERM EXAMS & SUMMER VAC	SUMMER VACATION	Balancing asana Vriksha	AMS * HEALTH STATUS *ASSESSMENT	Meditation and PranayamAnu	Inverted Asanas Chakrasana	D TERM EXAM & WINTER VA	rengthening Dandasana, Tolasana	Advanced Asanas Poorna Dhar	FINAL EXAMS
CLASS V	Recap of last Year,** warm up excercise *Back Bending Asanas Ek pada Kapotasana	Forward bending Kurmasana Forward Asanas 12 Steps of Suryanamaskar with breathing	SUMMER VACATION	SUMMER VACATION	Balancing asana Natrajasana Hastapadangushtana sana	AMS * HEALTH STATUS *ASSESSMENT	Meditation and Pranayam Anuloma Viloma Bhramari	Inverted Asanas Sarvangasana, Halasana	WINTER VACATION	Strengthening Virbhadrasana I and II	Advanced Asanas Kakasana, Titibhasana	FINAL EXAMS