

**INDIAN SCHOOLAL WADI AL KABIR****ANNUAL YEAR PLAN: 2026 - 2027****SUBJECT: AEROBICS**

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	*Intro to Aerobics * Basic Aerobics Exercises *Steps Aerobics Terminology (Arm movement) * Basic Aerobics Arms and footsteps	*Limbering exercises *Upper body stretch exercises *Lower body stretch exercises *Full body stretch exercises *Selection trial	SUMMER VACATION	SUMMER VACATION*Aerobic s warm up * Aerobics routine	*Aerobics warm up *Aerobics routine * Final selection * Aerobics interhouse competition	*MIDTERM practical exam & Grades	*Aerobics sports drill rehearsal	*Aerobics sports drill rehearsal	WINTER VACATION	*Aerobics sports drill rehearsal *Sports day *Intro to Zumba * Zumba basic steps *Zumba dance- upper stretches	*Zumba dance- lower stretches *Zumba dance-full body stretches Zumba dance fitness warm- up *Zumba dance fitness routine	FINAL PRACTICAL EXAM
CLASS IV	*Limbering exercises *Upper low	* Conditioning exercises *Intro to Taebo *Taebo basic steps *Taebo exercises routine *Taebo selection trial	SUMMER VACATION	SUMMER VACATION *Taebo exercises routine	*Taebo exercises routine * Taebo final selections * Aerobics interhouse competition	*MIDTERM practical exam & Grades	* Aerobics sports drill rehearsal	* Aerobics sports drill rehearsal	WINTER VACATION	* Aerobics sports drill rehearsal *Sports day *Zumba fitness warm up *Zumba dance exercise I	*Zumba dance exercise II *Zumba fitness dance routine *Zumba fitness dance routine *Zumba dance cool down	FINAL PRACTICAL EXAM
CLASS V	*Limbering exercises *Upper low stretch exercise *Lower body stretch exercises *Full body stretch exercises	*Conditioning exercises *Steppers aerobic basic steps *Steppers aerobics routine *Steppers aerobics selection trial	SUMMER VACATION	SUMMER VACATION * Steppers Aerobics routine	* Steppers aerobics routine *Steppers aerobics final selection trial *Aerobics interhouse competition	*MIDTERM practical exam & Grades	* Aerobics sports drill rehearsal	* Aerobics sports drill rehearsal	WINTER VACATION	* Aerobics sports drill rehearsal * Sports day *Zumba fitness warm up *Zumba dance exercise I	*Zumba dance exercise II *Zumba fitness dance routine *Zumba fitness dance routine *Zumba dance cool down	FINAL PRACTICAL EXAM