

<b>CLASS:</b>	<b>1</b>	<b>SUBJECT:</b>	<b>YOGA</b>
<b>BOOK:</b>			

**FIRST TERM**

<b>MONTH</b>	<b>TOPIC</b>
Apr	Introduction Standing and sitting posture
May	Preparation for RABINDRA JAYANTI
Jun	Brambhasana and Padmasana
July	Action with music
Aug	Action with music
Sep	Revision for first term examination

**SECOND TERM**

<b>MONTH</b>	<b>TOPIC</b>
Oct	Aerobics
Nov	Preparation for RECTOR PARENTS DAY
Dec	Preparation for R.P.DAY Preparation for CHRISTMAS DAY
Jan	Zumba and Prayer Dance
Feb	Revision for Final Term Exam

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