

CAMBRIAN PUBLIC SCHOOL, KANKE ROAD ,RANCHI

SYLLABUS 2021-22

SUB- PHE/GAMES

CLASS -4

TERM -1

APRIL TO SEPTEMBER (HALF YEARLY EXAMINATION)

1. SKILL PRACTICE -(STRETCHING EXERCISE)

(WARMING EXERCISE)

(BREATHING EXERCISE)

(MEDITATION)

2. YOGA- (DIFFERENT TYPES OF ASANAS)

(PRANAYAM)

(ANULOM-VILOM)

(KAPALBHATI)

(SURYA –NAMSKAR)

(RHYTHMIC YOGA)

3. AEROBICS

TERM -2

OCTOBER TO FEBRUARY (ANNUL EXAMINATION)

1. AEROBICS

2. YOGA-DIFFERENT TYPES OF ASANAS

3. MEDITATION
4. HEALTHY OR BALANCED DIETS(PASTING PICTURES OR DRAW)
5. COLLECTION OF PICTURES OF JUNK FOOD
6. WARMING OR STRETCHING EXERCISE
7. QUIZ FOR YOGA & ABOUT SPORTS
8. MAKE A HEALTH CARD (HEIGHT,WEIGHT,BLOOD GROUP)ETC