	indian School Al Wadi Al Kabir					
	2025 - 2026					
	Syllabus for class: IV		Month:APRIL	Sub	ject:AEROBICS	School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials Required
Week-1	Limbering exercise	Children understand the meaning and benefits of limbering exercise	Discuss the meaning of limbering exercise and its benifits to the children.	1	Practice at home	Speaker/music
Week-2	Upper body stretch exercises	Children perform the upper body parts stretching exercises	upper body stretching exercises with the music	1	Practice at home	Speaker/music
Week-3	Lower body stretch exercises	Children perform the lower body parts stretching exercises	lower body stretching exercises with the music	1	Practice at home	Speaker/music
Week-4	Full body stretch exercises	Children perform the full body parts stretching exercises	Demonstrate the full body stretching exercises	1	Practice at home	Speaker/music
			with the music			
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/WEEK	Syllabus for class: IV	Learning Objectives	Month:MAY		ject:AEROBICS	School:PRIMARY Teaching materials
WEEK Week-1	Syllabus for class: IV Syllabus/Topic Conditioning exercise	Learning Objectives Children execute the condtioning exercises		Sub Periods 1	ject:AEROBICS Assignments Practice at home	
	Syllabus/Topic	Children execute the condtioning	Month:MAY Teaching Demonstrate the conditioning exercises to the children with music Discuss the meaning of Taebo and its the benifits to the children .	Periods	Assignments	Teaching materials
Week-1	Syllabus/Topic Conditioning exercise Intro to Taebo	Children execute the condtioning exercises Children understand the meaning of Taebo and its benefits	Month:MAY Teaching Demonstrate the conditioning exercises to the children with music Discuss the meaning of Taebo and its the	Periods 1	Assignments Practice at home	Teaching materials Speaker/music
Week-1 Week-2	Syllabus/Topic Conditioning exercise Intro to Taebo Taebo basic skills	Children execute the condtioning exercises Children understand the meaning of Taebo and its benefits Children perform the Taebo basic skills.	Month:MAY Teaching Demonstrate the conditioning exercises to the children with music Discuss the meaning of Taebo and its the benifits to the children Demonstrate the Demonstrate the Taebo	Periods 1	Assignments Practice at home Practice at home	Speaker/music Speaker/music
Week-1 Week-2 Week-3	Syllabus/Topic Conditioning exercise Intro to Taebo Taebo basic skills Taebo exercises routine	Children execute the condtioning exercises Children understand the meaning of Taebo and its benefits Children perform the Taebo basic skills. Children perform the Taebo exercises routine Children perform the Taebo	Month:MAY Teaching Demonstrate the conditioning exercises to the children with music Discuss the meaning of Taebo and its the benifits to the children . Demonstrate the Demonstrate the Taebo routine with music	1 1	Assignments Practice at home Practice at home Practice at home	Speaker/music Speaker/music Speaker/music

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Week-1						
Week-2						
Week-3						
Week-4						
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MEEK	Syllabus for class: IV	The second secon	Month:JULY		Subject:PE	School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching	Periods	Assignments	Teaching materials
Week-1						
Week-2						
Week-3						
Week-4						
	Syllabus for class: IV		Month: AUGUST		ject:AEROBICS	School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching	Periods	Assignments	Teaching materials
Week-1	Taebo exercise routine	Children execute the Taebo routine exercises	Review and Demonstrate the Taebo exercises routine to the children with music	1	Practice at home	Speaker/music
Mook-?	Taebo final selection	Children perform the Taebo	Observe and select the best performer in each	1	Practice at home	Speaker/music

VV CCR-2		Toucine by Houses	house			
Week-3	Taebo rehearsal	Children perform the Taebo basic steps	Rehearsal of the Taebo routine in each house with music	1	Practice at home	Speaker/music
Week-4	Interhouse competition	Children perform the Taebo routine	Final competition	1	Practice at home	Speaker/music
	Syllabus for class: IV		Month:SEPTEMBE		ject:AEROBICS	School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching	Periods	Assignments	Teaching materials
Week-1	Taebo exercise routine	Children execute the Taebo routine exercises	Review and demonstrate the taebo routine to the children with music	1	Practice at home	Speaker/music
Week-2	Midterm practical exam	Children perform the Taebo routine by houses	marks to the performance of the children.	1	Practice at home	Speaker/music
Week-3	Midterm practical exam	Children perform the taebo routine	Observe and give marks to the performance of the children.	1	Practice at home	Speaker/music
Week-4	Midterm practical exam	Children perform the taebo routine	marks to the performance of the children,	1	Practice at home	Speaker/music
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MEEN	Syllabus for class: IV	Learning Objectives	Month:OCTOBER		ject:AEROBICS	School:PRIMARY
WEEK Week-1	Syllabus/Topic Introduction of Sports drill	Children understand the theme of the sports drill and its objectives	Teaching Discuss the theme of the sports drill and its objectives to the children	Periods 1	Assignments Practice at home	Teaching materials Speaker/music
Week-2	Sports drill practice	Children execute the sports drill	Demonstrate the exercises in order with music	1	Practice at home	Speaker/music
Week-3	Sports drill practice	Children execute the sports drill	Demonstrate the exercises in order with music	1	Practice at home	Speaker/music
			Demonstrate the			

Week-4	Sports drill practice	Children execute the sports drill	exercies in order with music	1	Practice at home	Speaker/music
	Syllabus for class: IV		Month:	Sub	oject:AEROBICS	School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives		Periods	Assignments	Teaching materials
Week-1	Sports drill rehearsal	Children perfom the sports drill	Teaching Discuss the formations and the spots assigned to the children in the ground.	1	Practice at home	Speaker/music
Week-2	Sports ann renearsai	Chilaren periom the sports arill	exercise in each formations with music	1	Р гасцсе ат поте	speaker/music
Week-3	Sports drill rehearsal	Children perfom the sports drill	exercises in each formations with music	1	Practice at home	Speaker/music
Week-4		Chilaren periom the sports arill	Demonstrate the exercises in each formation with music	1	Practice at nome	
	Syllabus for class: IV		Month:	Sub	ject: AEROBICS	School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching	Periods	Assignments	Teaching materials
Week-1	Sports drill ground rehearsal	Children identify their spots and distances in the ground.	places and spots in the ground	1	Practice at home	Speaker/music
Week-2	sports arm ground renearsal	Children perform with choreography and formations.	their directions when changing the formation.	1	Practice at nome	эреакег/music
Week-3	CHRISTMAS BREAK					
Week-4	CHRISTIVIAS BREAK					
	Syllabus for class: IV		Month: JANUARY	Sub	ject: AEROBICS	School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives		Periods	Assignments	Teaching materials
Maak-1	Sports drill recap	Children review the exercise of the drill	Teaching Review the exercises with the accompaniment of the	1	Practice at home	Speaker/music

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		Children identify their spots and			Practice at nome	Speaker/music
	Sports drill rehearsal in the ground	choreogrphy of the drill.	their spots and		Tractice at nome	Speaker/ masic
Week-2			formations	1		
	Sports drill rehearsal in the ground	ease	Children perform		Practice at nome	Speaker/music
3441.0	Sports drill renearsal in the ground	Case	without the guidance	_		
Week-3			of the teacher	1		
	Sports day					
Week-4						
	Syllabus for class: IV		Month:	Sub	ject: AEROBICS	School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching	Periods	Assignments	Teaching materials
	Zumba fitness dance routine	Children execute the fitness	Demonstrate the exercises in order with		Practice at home	Speaker and music
Week-1		routine	music	1	i ractice at nome	Speaker and masic
	Zumba dance -cool down	Children perfom the zumba cool down	Demonstrate the cool down exercises with		Practice at home	Speaker and music
Week-2		dance with music	music	1	Tractice at nome	Speaker and music
			Observe and give			
Week-3	Final-practical exam	Children perform the zumba dance routine/cool down	marks to the performance of the	1	Practice at home	Speaker and music
Week-3		dance routine, coor down	children.	•		
		Children perform the zumba			Practice at home	Ι
Week-4	Final-practical exam	routine/cool down	Observe/grading	1		Speaker and music
	Syllabus for class: IV		Month:MARCH		Subject:PE	School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching	Periods	Assignments	Teaching materials
Week-1						
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Week-2						
Week-3						
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Week-4							
Coordinator In-charge:	coordinator In-charge: Shifas PB						