

Indian School At Wadi At Kadiri

2025 - 2026

Syllabus for class: IV Month:APRIL Subject: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 benefits to the children.	1	Practice at home	Speaker/music
Week-2	Upper body stretch exercises	Children perform the upper body parts stretching exercises	Demonstrate the 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	Demonstrate the 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 with the music	1	Practice at home	Speaker/music

Syllabus for class: IV Month:MAY Subject:AEROBICS School:PRIMARY

WEEK	Syllabus/Topic	Learning Objectives	Teaching	Periods	Assignments	Teaching materials
Week-1	Conditioning exercise	Children execute the conditioning exercises	Demonstrate the conditioning exercises to the children with music	1	Practice at home	Speaker/music
Week-2	Intro to Taebo Taebo basic skills	Children understand the meaning of Taebo and its benefits Children perform the Taebo basic skills.	Discuss the meaning of Taebo and its the benefits to the children Demonstrate the	1	Practice at home	Speaker/music
Week-3	Taebo exercises routine	Children perform the Taebo exercises routine	Demonstrate the Taebo routine with music	1	Practice at home	Speaker/music
Week-4	Selection trial	Children perform the Taebo routine with confidence	Observe the performance of the children and select the best performer,	1	Practice at home	Speaker/music

Syllabus for class: IV Month:JUNE Subject:PE School:PRIMARY

WEEK	Syllabus/Topic	Learning Objectives	Teaching	Periods	Assignments	Teaching materials
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Week-1						
Week-2						
Week-3						
Week-4						

	Syllabus for class: IV		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	Subject: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
Week-2	Taebo final selection	Children perform the Taebo routine by houses	Observe and select the best performer in each	1	Practice at home	Speaker/music

Week-2		Routine by houses	house	1		
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:SEPTEMBER	Subject:AEROBICS		School:PRIMARY
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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	Observe and give 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	Observe and give marks to the performance of the children,	1	Practice at home	Speaker/music

Syllabus for class: IV			Month:OCTOBER	Subject:AEROBICS		School:PRIMARY
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WEEK	Syllabus/Topic	Learning Objectives	Teaching	Periods	Assignments	Teaching materials
Week-1	Introduction of Sports drill	Children understand the theme of the sports drill and its objectives	Discuss the theme of the sports drill and its objectives to the children	1	Practice at home	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:	Subject:AEROBICS		School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching	Periods	Assignments	Teaching materials
Week-1	Sports drill rehearsal	Children perform the sports drill	Discuss the formations and the spots assigned to the children in the ground.	1	Practice at home	Speaker/music
Week-2	Sports drill rehearsal	Children perform the sports drill	Demonstrate the exercise in each formations with music	1	Practice at home	Speaker/music
Week-3	Sports drill rehearsal	Children perform the sports drill	exercises in each formations with music	1	Practice at home	Speaker/music
Week-4		Children perform the sports drill	Demonstrate the exercises in each formation with music	1	Practice at home	
Syllabus for class: IV			Month:	Subject: 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 drill ground rehearsal	Children perform with choreography and formations.	Guide the children to their directions when changing the formation.	1	Practice at home	Speaker/music
Week-3	CHRISTMAS BREAK					
Week-4	CHRISTMAS BREAK					
Syllabus for class: IV			Month: JANUARY	Subject: AEROBICS		School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching	Periods	Assignments	Teaching materials
Week-1	Sports drill recap	Children review the exercise of the drill	review the exercises with the accompaniment of the music	1	Practice at home	Speaker/music

Week-1			music	1		
Week-2	Sports drill rehearsal in the ground	Children identify their spots and choreography of the drill.	their spots and formations	1	Practice at home	Speaker/music
Week-3	Sports drill rehearsal in the ground	Children perform with confidence and ease	Children perform without the guidance of the teacher	1	Practice at home	Speaker/music
Week-4	Sports day					

Syllabus for class: IV			Month:	Subject: AEROBICS		School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching	Periods	Assignments	Teaching materials
Week-1	Zumba fitness dance routine	Children execute the fitness routine	Demonstrate the exercises in order with music	1	Practice at home	Speaker and music
Week-2	Zumba dance -cool down	Children perform the zumba cool down dance with music	Demonstrate the cool down exercises with music	1	Practice at home	Speaker and music
Week-3	Final-practical exam	Children perform the zumba dance routine/cool down	Observe and give marks to the performance of the children.	1	Practice at home	Speaker and music
Week-4	Final-practical exam	Children perform the zumba routine/cool down	Observe/grading	1	Practice at home	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						
Week-2						
Week-3						

Week-4						
Coordinator In-charge: Shifas PB						