

CLASS IV
ENGLISH

Learning Objectives

- to enable the learner to communicate effectively and appropriately in real-life situations
- to use English effectively for study purpose across the curriculum
- to develop and integrate the use of four language skills i.e. listening, speaking, reading and writing
- to develop interest in and appreciation of literature

TEXT BOOKS

1. New Sparkle Multiskill English Reader-4
2. Essentials of English Grammar and Composition-4

CYCLE - I

1. Listening Comprehension :
 - (a) Grammar Book : Pg. 112, Ex D and E
2. Recitation :
 - (a) L-3 : There Once Was a Man
 - (b) L-15 : The Elephant
3. Reading Comprehension :
 - (a) Grammar Book : Pg. 102-104, Passage 1, 2 and 3
4. Paragraph Writing
 - (a) My Best Friend
 - (b) A Disciplined Child
5. Picture Composition - 2
6. Expressions - (a) Creative Writing
(b) Book Review

UNIT - I

1. L-5 : Who Did Patrick's Homework?
2. L-6 : Afternoon with Grandma
3. L-9 : Lazy Juan
4. Grammar Book :
 - (a) L-1 : Alphabetical Order

- (b) L-2 : The Sentence
- (c) L-3 : Kinds of Sentences
- (d) L-4 : Negative Sentences
- (e) L-29 : Antonyms (Ex. C)

UNIT - II

1. L-1 : The Sack of Diamonds
2. L-7 : The Downhill Crocodile Whizz
3. L-15 : The Elephant
4. Grammar Book :
 - (a) L-5 : Interrogative Sentences
 - (b) L-6 : Subject and Predicate
 - (c) L-7 : Nouns
 - (d) L-8 : Common and Proper Nouns
 - (e) L-9 : Collective Nouns
 - (f) L-29 : Synonyms (Ex. B)

CYCLE - II

1. Listening Comprehension :
 - (a) Grammar Book : Pg. 113, Ex. F and G
2. Recitation :
 - (a) L-8 : The Rumbles
 - (b) L-13 : Valentine for Earth
3. Reading Comprehension :
 - (a) Grammar Book : Pg. 105-107, Passage 4, 5 and 6
4. Paragraph Writing -
 - (a) A fun-filled day with family
 - (b) Time is Precious
5. Expressions - (a) Creative Writing
(b) Book Review

UNIT - I

1. L-13 : Valentine for Earch
2. L-14 : White Mice
3. L-18 : Mr. Smith's Nose
4. Grammar Book :
 - (a) L-10 : Countable and Uncountable Nouns

- (b) L-11 : Nouns : Number
- (c) L-12 : Nouns : Gender
- (d) L-13 : Nouns : Possession
- (e) L-18 : Verbs
- (f) L-29 : Homophones (Ex. A)

UNIT - II

- 1. L-4 : Double Game
- 2. L-16 : A Stone in the Road
- 3. L-19 : Why
- 4. Grammar Book :
 - (a) L-14 : Adjectives
 - (b) L-15 : Degrees of Comparison
 - (c) L-17 : Pronouns
 - (d) L-19 : Present, Past and Future Tense
 - (e) Proverbs

CYCLE - III

- 1. Listening Comprehension :
 - (a) Grammar Book : Pg. 114, Ex H and I
- 2. Recitation :
 - (a) Gorilla (Grammar Book - Pg. 109)
 - (b) The Wind (Grammar Book - Pg. 110)
- 3. Reading Comprehension :
 - (a) Grammar Book : Pg. 108-111, Passage 7, 8, 9 and 10
- 4. Paragraph Writing -
 - (a) Cleanliness brings Happiness
 - (b) My Favourite Festival
- 5. Expressions - (a) Creative Writing
(b) Book Review

UNIT - I

- 1. L-2 : The Boy Who Walked to China
- 2. L-10 : Running Through the Rain
- 3. L-20 : The Big Friendly Giant
- 4. Grammar Book :
 - (a) L-16 : A, An, The

- (b) L-20 : Simple Present Tense
- (c) L-21 : Present Continuous Tense
- (d) L-23 : Can, May, Should, Must
- (e) L-26 : Prepositions

UNIT - II

- 1. L-11 : From Balloon to Aeroplane-1
- 2. L-12 : From Balloon to Aeroplane-2
- 3. L-17 : Things I Love
- 4. Grammar Book :
 - (a) L-22 : Simple Past Tense
 - (b) L-24 : Subject Verb Agreement
 - (c) L-25 : Adverbs
 - (d) L-27 : Conjunctions
 - (e) L-28 : Interjections
 - (f) Idioms

Note : The following will be done in Expressions

Grammar Book :

- (a) L-29 : Understanding Words
- (b) Pg. 122 : Story Writing

HINDI

हिन्दी-भाषा शिक्षण उद्देश्य :-

- भाषा अभिव्यक्ति का सशक्त माध्यम है। प्रस्तुत पाठ्यक्रम का उद्देश्य भाषा सम्बन्धी योग्यता का विस्तार करना है।
- शुद्ध बोलने एवं लिखने की योग्यता प्रदान करना।
- अपने भावों एवं विचारों को प्रभावशाली ढंग से अभिव्यक्त करना।
- वार्तालाप में दक्षता हासिल करना।
- उच्चारण शुद्ध, स्पष्ट एवं भावानुकूल बनाना।
- मानवीय मूल्यों का विकास करना।

पाठ्य पुस्तकें

- 1. रिमडिम (भाग-4)
- 2. गुडडी
- 3. भाषा संजीवनी व्याकरण-माला (भाग-4)

- नोट: 1. प्रत्येक पाठ से शब्दार्थ, नए शब्द, वाक्य-प्रयोग, प्रश्नोत्तर, अतिरिक्त प्रश्न और श्रुतलेख करवाए जाएँगे।
2. परीक्षा में पाठ के मध्य से प्रश्न पठे जाएँगे। अतः पाठ को ध्यानपूर्वक पढ़ना व दोहराना आवश्यक है।

प्रथम सत्र

1. श्रवण मूल्यांकन
2. चित्र वर्णन - 1
3. गतिविधि कार्य - (अभिव्यक्ति में)
4. कविता वाचन - (क) मन के भोले-भाले बादल (पाठ-1) (रिमझिम)
(ख) कोई लाके मुझे दे (पृष्ठ-21) (रिमझिम)
5. रचनात्मक लेखन - दोस्त की पोशाक (पाठ-5)
6. प्रयोज्य पाठ - (क) गुडडी का परीक्षा परिणाम (गुडडी)
(ख) उलझन (पृष्ठ 32. (रिमझिम))
7. अनुच्छेद लेखन -
(क) मेरा विद्यालय, मेरी शान
(ख) यदि मैं सैनिक होता

पहली इकाई

- रिमझिम -** 1. मन के भोले-भाले बादल (कविता) (पाठ-1)
2. जैसा सवाल, वैसा जवाब (पाठ-2)

भाषा संजीवनी व्याकरण-माला

1. भाषा, बोली, लिपि और व्याकरण
2. वर्ण, वर्णमाला और मात्राएँ
3. संयुक्त व्यंजन
4. विराम चिह्न

दूसरी इकाई

- रिमझिम -** 1. कोई लाके मुझे दे (पृष्ठ-21) (कविता)
2. किरमिच की गेंद (पाठ-3)

गडडी - गडडी और मास्टर जी (कहानी)

भाषा संजीवनी व्याकरण-माला

1. संज्ञा
2. वाक्य
3. विलोम शब्द (कठिन से एक तक)
4. समहवाची शब्द (1 से 6 तक)
5. पर्यायवाची शब्द (जल से शरीर तक)
6. मुआवरे (1 से 6 तक)
7. अनेक शब्दों के लिए एक शब्द (1 से 10 तक)

द्वितीय सत्र

1. श्रवण मूल्यांकन
2. चित्र वर्णन - 1
3. गतिविधि कार्य (अभिव्यक्ति में)
4. कविता वाचन : (क) कौन? (पाठ-8) (रिमझिम)
(ख) नाव बनाओ, नाव बनाओ (पाठ-6) (रिमझिम)
5. रचनात्मक लेखन - (क) पापा जब बच्चे थे (पाठ-4) (रिमझिम)
6. प्रयोज्य पाठ - (क) एक साथ तीन सुख (पृष्ठ-33) (रिमझिम)
(ख) गडडी ने गड चराया (गडडी)
7. अनुच्छेद लेखन - 2
(क) मैं और मेरे सहायक (माली, दूधवाला)
(ख) जब मैंने प्रतियोगिता में भाग लिया

पहली इकाई

- रिमझिम -** 1. कौन? (कविता) (पाठ-8)
2. सुनीता की पहिया कर्सी (पाठ-12)

गुडडी - गुडडी पेड़ पर चढ़ी (कहानी)

भाषा संजीवनी व्याकरण-माला

1. लिंग
2. वचन

3. मुहावरे (7 से 13 तक)
4. समूहवाची शब्द (7 से 12 तक)
5. पर्यायवाची शब्द (पेड़ से तीर तक)
6. श्रुतिसम भिन्नार्थक शब्द (1 से 10 तक)

दसरी इकाई

रिमझिम

1. नाव बनाओ. नाव बनाओ (पाठ-6) (कविता)
2. ह्रदह्रद (पाठ-13)

गुड्डी - गुड्डी ने दावत दी (कहानी)

भाषा संजीवनी व्याकरण-माला

1. सर्वनाम
2. मुहावरे (14 से 19 तक)
3. विलोम शब्द (स्वस्थ से आशा तक)
4. पर्यायवाची शब्द (पक्षी से संसार तक)
5. अनेकार्थक शब्द (1 से 12 तक)
7. अनेक शब्दों के लिए एक शब्द (11 से 20 तक)

ततीय सत्र

1. श्रवण मूल्यांकन
2. अपठित गद्यांश - नसीरुद्दीन का निशाना (पृष्ठ-42. रिमझिम)
3. गतिविधि कार्य (अभिव्यक्ति में)
4. कविता वाचन - (क) पढ़क्कू की सृज (कविता) (पाठ-11)
(ख) आँधी (पृष्ठ-128) (कविता)
5. रचनात्मक लेखन - स्वतन्त्रता की ओर (पाठ-9) (रिमझिम)
6. प्रयोज्य पाठ - (क) दान का हिसाब (पाठ-7) (रिमझिम)
(ख) गड्डी और चीक ने पजा की (गड्डी)
7. अनुच्छेद लेखन - 2
(क) जब मैंने घायल व्यक्ति की मदद की
(ख) समय अमल्य है. इसका करें सम्मान

पहली इकाई

रिमझिम

1. पढ़क्कू की सृज (पाठ-11) (कविता)
2. मुफ्त ही मुफ्त (पाठ-14)

गुड्डी - गुड्डी ने दावत दी (कहानी)

भाषा संजीवनी व्याकरण-माला

1. क्रिया
2. वर्तनी की सामान्य अशुद्धियाँ
3. मुहावरे (20 से 24 तक)
4. श्रुतिसम भिन्नार्थक शब्द (11 से 20 तक)
5. पर्यायवाची शब्द (गुरु से दूध तक)
6. विलोम शब्द (पक्का से पाप तक)

दसरी इकाई

रिमझिम

1. आँधी (कविता) (पृष्ठ-128)
2. धप्प रोटी धप्प रोटी (पाठ-10)

गुड्डी - गुड्डी और डॉक्टर मैगजीन (कहानी)

भाषा संजीवनी व्याकरण-माला

1. क्रिया
2. मुहावरे (25 से 29 तक)
3. विलोम शब्द (आस्तिक से नया तक)
4. श्रुतिसम भिन्नार्थक शब्द (21 से 30 तक)
5. अनेक शब्दों के लिए एक शब्द (21 से 30 तक)
6. अनेकार्थक शब्द (13 से 24 तक)

MATHS

Learning Objectives

To enable the students to

- understand basic mathematical concepts and skills needed to tackle real life problems

- use four fundamental operations on numbers with speed and accuracy
- cultivate logical thinking and reasoning skills
- understand various kinds of measurements such as length, mass, capacity, money and time and use these in situations arising in the learner's immediate environment
- understand and appreciate simple geometrical shapes
- develop scientific temperament

Text Book

1. Maths Xpress-4 (Revised Edition)
2. Mathemind - Practice in Mental Maths - 4 (Revised Edition)

Note : Activities will be marked thrice a year.

CYCLE - I

UNIT - I

Chapter 1 : Large Numbers

Ex 1.1 to 1.4

Chapter 2 : Addition and Subtraction

Ex 2.1 to 2.3 (Delete Estimating the Sum)

Mental Maths : Ex. 1 to 7, 11, 27, 28

UNIT - II

Chapter 2 : Addition and Subtraction

Ex 2.4 to 2.8 (Delete Estimating the difference)

Chapter 11 : Time

Ex 11.1 to 11.5

Mental Maths : Ex. 14 to 17, 47, 48, 49, 51 (Q1)

Activities :

1. Indian Place Value Chart
2. Drawing hands of the clock to show a particular time
3. Tangram designs

CYCLE - II

UNIT - I

Chapter 3 : Multiplication

Ex 3.1 to 3.5 (Delete Estimation of Product - Ex 3.6)

Chapter 8 : Patterns and Symmetry

Ex 8.1 to 8.3

Chapter-13 : Data Handling

Ex 13.1 to 13.2

Mental Maths : Ex. 18 to 21, 55 to 60

UNIT - II

Chapter 4 : Division

Ex 4.1 to 4.3 (Delete Estimating the Quotient - Ex 4.4)

Chapter 7 : The World of Shapes

Ex 7.1 to 7.4

Chapter-10 : Perimeter and Area

Ex 10.1 to 10.3

Mental Maths : Ex. 22, 23, 24, 39 to 46

Activities :

1. To make a design in a circle
2. To find the perimeter of different figures having same area
3. Pictorial Representation of data

CYCLE - III

UNIT - I

Chapter 5 : Factors and Multiples

Ex 5.1 to 5.5

Chapter 6 : Fractions

Ex 6.1 to 6.5

Mental Maths : Ex. 29 to 36

UNIT - II

Chapter 9 : Metric Measures

Ex 9.1 to 9.6

Chapter 12 : Money

Ex 12.1 to 12.3

Mental Maths : Ex. 9, 10, 50, 52, 53, 54

Activities :

1. Making patterns in the multiples of 2, 3 and 5

2. To show various fractions by paper folding
3. Decoding a message using 4 basic operations

Vedic Mathematics

1. Subtraction (All from 9 and the first from 10)
2. Multiplication of a one digit number by a one digit number (vertically and crosswise)
3. Multiplication of a two digit number by a two digit number (vertically and crosswise)
4. A quick way to multiply a number ending in 5 by itself (two digit numbers)
5. Multiplication by 11 (a short cut method)

E.V.S.

Learning Objectives

- to create awareness and sensitivity in the child towards his natural environment
- to provide maximum opportunities to the child to observe things independently and participate in group activities
- to lay stress on physical exercise and hygiene
- to develop healthy habits and human values

Text Book : Millennium's My Green World-4

CYCLE - I

UNIT - I

1. Chapter-18 : Plant Life
2. Chapter-22 : Clean Surroundings
3. Chapter-24 : Natural Resources
4. Diagrams : (a) Parts of a Plant
(b) Taproot
(c) Fibrous Root

Mapwork - India (Political)

Jammu & Kashmir, Himachal Pradesh, Punjab, Haryana, Uttarakhand, Uttar Pradesh, Bihar, Jharkhand (and their capitals)

UNIT - II

1. Chapter-3 : Food We Eat
2. Chapter-16 : The Story of Wheel
3. Chapter-19 : Animal Life - Reproduction in Animals
* Mumbai
4. Diagrams : (a) Structure of an Egg
(b) Life Cycle of Butterfly

Mapwork - India (Political)

Rajasthan, Gujarat, Maharashtra, Madhya Pradesh, Chhattisgarh, West Bengal, Goa, Mumbai (and their capitals), Water bodies around India

- Library Project :** (a) Chapter-4 : An Ideal House
(b) Chapter-5 : Our Clothes

CYCLE - II

UNIT - I

1. Chapter-1 : Vital Parts of Our Body
2. Chapter-7 : Community Services
3. Chapter-9 : Map Reading - Locating Places
* Facts of India - the smallest and the largest
4. Diagrams :
(a) The organs of the Digestive system (labelling)

Mapwork - India (Political)

- (a) Sikkim, Arunachal Pradesh, Assam, Nagaland, Manipur, Mizoram, Agartala, Meghalaya (and their capitals)
- (b) Neighbouring countries of India in the north-west and south-Pakistan, Afghanistan, Sri Lanka and Maldives

UNIT - II

1. Chapter-2 : Safety and Health
2. Chapter-10 : Land and People of Northern India
3. Chapter-20 : Air We Breathe
* Agriculture in India
4. Diagrams : Composition of Air

Mapwork - India (Political)

- (a) Northern Mountains
- (b) Northern Plains
- (c) Thar desert

- Library Project :** (a) Chapter-8 : Caring and Sharing
(b) Chapter-12 : Monuments of India

CYCLE - III

UNIT - I

- 1. Chapter-15 : Elections in India
- 2. Chapter-21 : Air, Water and Weather
- 3. Chapter-23 : Environmental Pollution
* Hyderabad
- 4. Diagrams : (a) Sea Breeze
(b) Land Breeze
(c) Water Cycle

Mapwork - India (Political)

- (a) Odisha, Telangana, Andhra Pradesh, Karnataka, Kerala, Tamil Nadu, Hyderabad (and their capitals)
- (b) Neighbouring countries of India in the north and north-east- Nepal, Bhutan, China, Bangladesh, Myanmar

UNIT - II

- 1. Chapter-6 : Our Community
- 2. Chapter-11 : Land and People of Southern India
- 3. Chapter-17 : Transport and Communication
- 4. Chapter-25 : Our Earth
- 5. Diagrams : (a) Formation of Day and Night

Mapwork - India (Political)

- (a) Eastern Ghats and Eastern Coastal Plain
- (b) Western Ghats and Western Coastal Plain
- (c) Deccan Plateau
- (d) Andaman and Nicobar Islands
- (e) Lakshadweep Islands

- Library Project :** (a) Chapter-13 : The Great Rulers of India
(b) Chapter-14 : Famous Travellers to India

COMPUTER SCIENCE

Learning Objectives -

- To familiarize the students with the concept of Computer and Internet
- To develop basic skills of using various tools of MS-Word
- To develop logic for problem solving

Text Book : Tools 16 (Class-4)

CYCLE - I

Lesson 2 : Managing Files and Folders

- Features of Window 10
- Starting Windows
- The Start Button
- This PC Folder
- File Explorer
- Files and Folders
- Creating and Saving a File/Folder
- Opening and Renaming a File/Folder
- Using Context Menu
- What is a Shortcut?

Lesson 7 : Microsoft Powerpoint 2016

- Starting Powerpoint 2016
- Components of Powerpoint 2016
- Creating and Saving a Presentation
- Closing and Exiting a Presentation
- Opening and Running a Presentation

Lesson 8 : Working with Slides

- Adding Slide to a Presentation
- Deleting a Slide
- Formatting Text in a Slide
- Inserting Objects in a Slide

- Rotating a Picture, Shape, Text or Object
- Resizing a Picture, Shape, Text or Object

CYCLE - II

Lesson 3 : More About Tux Paint

- Tux Paint
- More Magic Tools
- Storyboard
- Slide Show
- Deleting a Drawing
- Quit Tool

Lesson 4 : More on Microsoft Word 2016

- Copy Formatting to another Selection
- Finding and Replacing the Text
- Page Formatting
- Setting Page Properties
- Previewing and Printing a Document

Lesson 5 : Working with Styles and Objects

- Applying Built-In-Styles
- Creating a New Style
- Adding a Text Box
- Inserting WordArt
- Working with Shapes
- Inserting Symbols, Special Characters and Pictures
- Adding Screenshot in a Document

CYCLE - III

Lesson 1 : Input, Output and Storage Devices

- Computer System
- Parts of a Computer
- Input/Output/Processing/Storage Devices

Lesson 6 : More About Scratch

- Features of a Scratch
- Components of Scratch

- Adding a New Sprite
- Working with Two Sprites
- Setting the Sprite Position and Rotation Style
- Changing the Pen Shade
- Changing the Backdrop of the Stage
- Playing the Instruments

Lesson 9 : Browsing Internet

- What is Internet?
- Uses of the Internet
- Basic Requirements for an Internet Connection
- Internet Terms
- Using a Web Browser

ART

Learning Objectives

- to develop creative expression through locally available material with the help of the community
- to help the students to use artistic and aesthetic sensibility in day-to-day life

Text Book : Aesthetics Art & Activity (Book-4)

Art File

CYCLE - I

Aesthetics Art & Craft Zone : Pg 1-12

- Art File :** (i) Birds on the tree
(ii) Scenery
(iii) Fruit Basket
(iv) Air Balloon Ride

CYCLE - II

Aesthetics Art & Craft Zone : Pg 16-28

- Art File :** (i) Puppet Show
(ii) Jungle Scene
(iii) Durga Puja
(iv) Diwali Scene

CYCLE - III

Aesthetics Art & Craft Zone : Pg 29-40

- Art File :** (i) Poster on Save Trees
(ii) Pond Scene
(iii) Christmas Scene
(iv) Winter Scene

WORK EXPERIENCE

1. Badge Designing
2. Best out of Waste
3. Rakhi Making/Envelope Making
4. Finger Puppet
5. Cooking without Fire
6. Wall Hanging
7. Card Making

MUSIC

Learning Objectives

- to develop an appreciation for music through knowledge of different notes and rhythm.
- to distinguish different styles and forms of vocal music.
- to enable students to maintain emotional balance and harmony due to enhanced aesthetic values developed in them.

Indian Music

Theory

1. संगीत की परिभाषा
2. संगीत के कुछ विशेष पहलू (aspects)
3. स्वर की परिभाषा - कोमल स्वर, तीव्र स्वर, शब्द स्वर
4. आरोह-अवरोह, स्थायी - अंतरा
5. 8 अलंकार

6. तीनताल, दादरा ताल

Practical

1. अलंकारों का अभ्यास
2. तीन ताल तथा दादरा ताल हथेली पर अभ्यास
3. राग भैरव
4. राग भैरव का सरगम गीत
5. प्रार्थना तथा देशभक्ति गीतों का अभ्यास
6. भजन - हे राम, हे राम

Children Songs -

1. चरवाहें नाचे जम के ...
2. स्वच्छता गीत ...
3. हौंसला जगा ले हौंसला
4. छोटे-छोटे हम, छोटी हमारी दुनिया
5. चल मेरे घोड़े टिक टिक टिक
6. दर एक तारा जा रहा है ...
7. उम्मीद वाली धूप sunshine वाली आशा

Western Music

1. She'll be coming around the mountain ...
2. Gummy Bear Song
3. Teaching Peace Song
4. The Rainbow Song, Peace & Love
5. Green Grass Grew all around
6. Pollution Patrol March
7. It's cleaning time
8. It's a beautiful day
9. We are the world ...
10. Just be Happy
11. This little guiding light of mine
12. Do Re Mi

13. Go Green Song
14. Mother Earth
15. Butterfly Song

Prayers

1. There shall be showers of Blessing
2. He has got the whole world
3. A gift to you
4. Count your Blessings

DANCE

Learning Objectives

- to develop facial expressions and gestures
- to dance in proper synchronization with music
- to develop aesthetic and artistic sensibilities
- to develop respect for social values and cultural heritage

Practical

Jazz, Jive, Hip-Hop, Contemporary

- (i) Body Movements
- (ii) Exercise - leg and hand movements on the song 'I like some moving - moving'
- (iii) Dance on western music with properties and dance on self compositions

- Songs**
- (i) One Love (blue)
 - (ii) I am scatt man
 - (iii) Everybody sing a song doodha-doodha

शास्त्रीय नृत्य तथा लोक नृत्य

शास्त्रीय नृत्य

1. ततकार. भमिप्रणाम. हस्तक
2. गणेश वन्दना
3. सरस्वती वन्दना
4. हस्त मद्राएँ

लोक नृत्य

1. पंजाब (भांगडा. गिददा)
2. गजरात (डाडिया. गरबा)
3. असम (बीहो)
4. राजस्थान (घमर. कालबेलिया)

PHYSICAL EDUCATION AND HEALTH EDUCATION

Learning Objectives

- to make the students physically, mentally and emotionally fit
- to develop their personal and social qualities that will help them to be good human beings
- to develop leadership qualities
- to develop team-spirit
- to develop qualities like co-operation and good sportsmanship

Theory

Knowledge of proper hygiene
Nutrition — Balanced Diet.

Practical

1. Athletics
2. Badminton
3. Basket Ball
4. Cricket
5. Table-Tennis
6. Volley Ball
7. Mass P.T.
8. Recreational Games

AEROBICS

Learning Objectives

- to learn and understand the importance of physical activity and exercise
- to improve overall fitness and develop strength, flexibility and cardio-vascular fitness of the body
- to improve the ability of the body to utilize oxygen efficiently and increase longevity.

1. Warm-up exercises
2. Gentle stretching of the body muscles
3. Basic steps of Aerobics
 - (a) Marching - Open and Close
 - (b) Knocking
 - (c) Side Steps (One Step and Double Steps)
 - (d) Twisting
 - (e) Heel, toe, Heel, tap
4. Advance Steps of Aerobics
 - (a) Side steps with arms
 - (b) Knee up
 - (c) 4 Step
 - (d) 4 Step + 'V' Step
 - (e) □ Step
 - (f) '+' Step
 - (g) Butterfly
5. Fun Steps in Aerobics
6. Co-ordination of basic/advanced aerobics steps on songs
 - (a) Taaki Taaki (b) Tic Tok
 - (c) Aerobics Mashup (d) Wake up in the morning
7. Cool down exercises

