

Class V
ENGLISH

Learning Objectives

- to enable the learner communicate effectively and appropriately in real-life situations
- to use English effectively for study purposes 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

Textbooks :

1. New Sparkle Multiskill English Reader-5
2. Essentials of English Grammar and Composition-5

CYCLE - I

1. Listening Comprehension :
 - (a) Grammar Book : Pg. 158, Ex. D and E
2. Recitation :
 - (a) L-8 : Superior
 - (b) L-19 : I Had a Dove
3. Reading Comprehension :
 - (a) Grammar Book : Pg. 146-148, Passage 1, 2 and 3
4. Paragraph Writing - (a) My Resolution for Class V
(b) I am a good son/daughter
5. Picture Composition - 2
6. Expressions - (a) Creative Writing
(b) Book Review

UNIT - I

1. L-1 : The Magic Slipper
2. L-4 : The Story of Windows
3. L-19 : I Had a Dove
4. Grammar Book :
 - (a) L-1 : Looking Up a Dictionary
 - (b) L-2 : The Sentence

- (c) L-3 : Subject and Predicate
- (d) L-4 : Parts of Speech
- (e) L-11 : Articles (A, An, The)

UNIT - II

1. L-5 : Heaven on Earth
2. L-7 : Orpheus and Eurydice
3. L-8 : Superior
4. Grammar Book :
 - (a) L-5 : Nouns
 - (b) L-6 : Nouns : Singular and Plural
 - (c) L-8 : Nouns : Possession
 - (d) L-13 : Verbs
 - (e) L-14 : The Tense
 - (f) Proverbs

CYCLE - II

1. Listening Comprehension :
 - (a) Grammar Book : Pg. 159, Ex. F and G
2. Recitation :
 - (a) L-6 : Under Ground
 - (b) L-14 : Mrs. Spider's Parlour
3. Reading Comprehension :
 - (a) Grammar Book : Pg. 149-152, Passage 4, 5 and 6
4. Paragraph Writing - (a) My Hobby
(b) Taking Care of Environment
5. Expressions - (a) Creative Writing
(b) Book Review

UNIT - I

1. L-2 : The Statue of Liberty
2. L-9 : Plants Can Be Fun
3. L-10 : A Secret Well Told
4. Grammar Book :
 - (a) L-7 : Nouns : Gender
 - (b) L-15 : Simple Present Tense

- (c) L-16 : Present Continuous Tense
- (d) L-17 : Present Perfect Tense
- (e) L-31 : Punctuation and Capital Letters
- (f) L-34 : Synonyms

UNIT - II

- 1. L-12 : A Tale of Two Bags
- 2. L-14 : Mrs. Spider's Parlour
- 3. L-20 : Ends and Means
- 4. Grammar Book :
 - (a) L-9 : Adjectives
 - (b) L-10 : Adjectives : Degrees of Comparison
 - (c) L-18 : Simple Past Tense
 - (d) L-19 : Past Continuous Tense
 - (e) L-23 : Can, May, Should, Must
 - (f) L-34 : Antonyms

CYCLE - III

- 1. Listening Comprehension :
 - (a) Grammar Book : Pg. 159-160, Ex. H and I
- 2. Recitation :
 - (a) L-3 : How Doth the Little Busy Bee
 - (b) L-11 : Silver
- 3. Reading Comprehension :
 - (a) Grammar Book : Pg. 153-156, Passage 7, 8, 9 and 10
- 4. Paragraph Writing - (a) I Had a Wonderful Time that Day
 - (b) Time and Tide Wait for None
- 5. Letter Writing
- 6. Expressions - (a) Creative Writing
 - (b) Book Review

UNIT - I

- 1. L-15 : The Girl Who Was Always Late
- 2. L-16 : All About My Walkabouts
- 3. L-17 : Godfrey Gordon Gustavus Gore

- 4. Grammar Book :
 - (a) L-12 : Pronouns
 - (b) L-20 : Simple Future Tense
 - (c) L-21 : The 'Going to' Form
 - (d) L-22 : Future Continuous Tense
 - (e) L-29 : Prepositions
 - (f) Idioms

UNIT - II

- 1. L-3 : How Doth the Little Busy Bee
- 2. L-13 : The Wise Judge
- 3. L-18 : Father's Vision Son's Determination
- 4. Grammar Book :
 - (a) L-24 : Negative Sentences
 - (b) L-25 : Interrogative Sentences
 - (c) L-27 : Subject-Verb Agreement
 - (d) L-28 : Adverbs
 - (e) L-30 : Conjunctions
 - (f) L-33 : Words that May Often Be Confused

Note : L-26 : Active and Passive Voice
L-32 : Direct and Indirect Speech
will be introduced.

HINDI

हिन्दी-भाषा शिक्षण उद्देश्य :-

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

पाठ्य पुस्तकें

1. रिमझिम (भाग-5)
2. गडबडझाला
3. भाषा संजीवनी व्याकरण-माला (भाग-5)

- नोट: 1. प्रत्येक पाठ से शब्दार्थ, नए शब्द, वाक्य-प्रयोग, लघु प्रश्न, 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) खिलौनेवाला (पाठ-3)
(ख) बाघ आया उस रात (पाठ-14)
5. रचनात्मक लेखन - (क) फसलों के त्योहार (पाठ-2, रिमझिम)
6. प्रयोज्य पाठ - (क) पानी रे पानी (पाठ-16, रिमझिम)
(ख) मेरा कमरा कहाँ है? (गडबडझाला)
7. अनच्छेद लेखन -
(क) पशु-पक्षियों से करो प्यार, तभी बनेगा सुंदर संसार
(ख) मेरी इच्छा है कि मैं अध्यापक/डॉक्टर/पक्षी बनूँ

पहली इकाई

- रिमझिम - 1. राख की रस्सी (पाठ-1)
2. खिलौनेवाला (कविता) (पाठ-3)

गडबडझाला - गडबडझाला (कहानी-2)

भाषा संजीवनी व्याकरण-माला

1. भाषा, बोली, लिपि और व्याकरण
2. वर्ण एवम शब्द, संयुक्त व्यंजन

3. समहवाची शब्द (1 से 8 तक)
4. वर्तनी की अशुद्धियाँ (पाठ-108)
5. वाक्यांश के लिए एक शब्द (1 से 12 तक)

दूसरी इकाई

- रिमझिम - 1. चावल की रोटियाँ (पाठ-11)
2. बाघ आया उस रात (कविता) (पाठ-14)

गडबडझाला - नया टेलीफोन (कहानी)

भाषा संजीवनी व्याकरण-माला

1. संज्ञा
2. लिंग
3. विराम चिह्न
4. विलोम शब्द (उत्तर से आय तक)
5. पर्यायवाची शब्द (आँख से इंद्र तक)
6. महावरे (1 से 8 तक) (अंगूठा दिखाना से दंग रह जाना)

द्वितीय सत्र

1. श्रवण मूल्यांकन
2. चित्र वर्णन - 1
3. गतिविधि कार्य (अभिव्यक्ति में)
4. कविता वाचन : (क) छोटी-सी हमारी नदी (पाठ-17)
(ख) गुरु और चेला (पाठ-12)
5. रचनात्मक लेखन - (क) चिट्ठी का सफर (पाठ-6, रिमझिम)
(ख) डाकिए की कहानी, कँवरसिंह की जबानी
6. प्रयोज्य पाठ - (क) स्वामी की दादी (पाठ-13, रिमझिम)
(ख) दलनायक की सज्जबज (गडबडझाला)
7. अनच्छेद लेखन -
(क) जब मैं मेला देखने गया
(ख) विद्यालय में मध्यावकाश का समय

पहली इकाई

- रिमझिम** - 1. एक दिन की बादशाहत (पाठ-10)
2. छोटी-सी हमारी नदी (कविता) (पाठ-17)

गड़बड़झाला - सच्ची ईद (कहानी)

भाषा संजीवनी व्याकरण-माला

1. वचन
2. कारक
3. समहवाची शब्द (9 से 16 तक)
4. समरूपी भिन्नार्थक शब्द (दिशा से नीड तक)
5. पर्यायवाची शब्द (शत्रु से मुख तक)
6. वाक्यांश के लिए एक शब्द (13 से 23 तक)

दूसरी इकाई

- रिमझिम** - 1. जहाँ चाह, वहाँ राह (पाठ-5)
2. गुरु और चेला (कविता) (पाठ-12)

गड़बड़झाला - निरर्थक जोखिम

भाषा संजीवनी व्याकरण-माला

1. सर्वनाम
2. विशेषण
3. विलोम शब्द (सौभाग्य से उचित तक)
4. वाक्यांश के लिए एक शब्द (24 से 34 तक)
5. अनेकार्थक शब्द (1 से 12 तक)

ततीय सत्र

1. श्रवण मूल्यांकन
2. अपठित गद्यांश - 1 (बिना जड़ का पेड़) (पष्ठ-101. रिमझिम)
3. गतिविधि कार्य (अभिव्यक्ति में)
4. कविता वाचन - (क) एक माँ की बेबसी (पाठ-9)
(ख) हम क्या उगाते हैं (पष्ठ-147)

5. रचनात्मक लेखन - (क) चनौती हिमालय की (पाठ-18)
(ख) ईदगाह (पष्ठ-24)
6. प्रयोज्य पाठ - (क) वे दिन भी क्या दिन थे (पाठ-8)
(ख) नहले पर दहला (गड़बड़झाला)
7. अनच्छेद लेखन - (क) खेलकूद और व्यायाम का महत्त्व
(ख) मेरी प्रिय ऋतु

पहली इकाई

- रिमझिम** - 1. नन्हा फनकार (पाठ-4)
2. एक माँ की बेबसी (कविता) (पाठ-9)

गड़बड़झाला - अपनी जूती अपने सिर (कहानी)

भाषा संजीवनी व्याकरण-माला

1. क्रिया
2. महावरे (9 से 17 तक) (मैंह में पानी आना से पानी-पानी होना)
3. विलोम शब्द (कठोर से कोमल तक)
4. समरूपी-भिन्नार्थक शब्द (ओर से कोश तक)
5. अनेकार्थक शब्द (13 से 24 तक)

दूसरी इकाई

- रिमझिम** - 1. विशन की दिलेरी (पाठ-15)
2. हम क्या उगाते हैं (कविता) (पष्ठ-147)

गड़बड़झाला - तूफानी रात (कहानी)

भाषा संजीवनी व्याकरण-माला

1. अविकारी शब्द (क्रिया-विशेषण)
2. वाक्य रचना
3. लोकोक्तियाँ (1 से 8 तक) (पष्ठ-70)
4. पर्यायवाची शब्द (सागर से पंडित तक)
5. समरूपी भिन्नार्थक शब्द (ग्रह से मल्य 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, time and use these in situations arising in the learner's immediate environment
- Understand and appreciate simple geometrical shapes
- Develop scientific temperament

Text Books :

1. Maths Xpress-5 (Revised Edition)
2. Mathemind - Practice in Mental Maths - 5 (Revised Edition)

Note : Activities will be marked thrice a year.

CYCLE - I

UNIT - I

Chapter 1 : More on Large Numbers

Ex 1.1, 1.2, 1.3, 1.4, Roman Numbers upto 100 (Delete Ex 1.5, 1.6)

Chapter 2 : Operations on Large Numbers (Addition and Subtraction)

Ex 2.1

Mental Maths : Ex. 1, 2, 6, 7, 8, 9, 10

UNIT - II

Chapter 2 : Operations on Large Numbers (Multiplication and Division)

Ex 2.2, 2.3 (Delete Ex 2.4)

Chapter 11 : Time and Temperature

Ex. 11.1, 11.2, 11.3 (Delete Ex 11.4)

Mental Maths : Ex. 3, 4, 5, 36, 37

Activities :

1. Indian Place Value Chart
2. Magic Square
3. Writing a number in 8 different ways (e.g. 1000 is (i) the predecessor of 1001 (ii) Successor of 999 (iii) product of 10 and 100 etc.)

CYCLE - II

UNIT - I

Chapter 3 : Factors and Multiples

Ex 3.1, 3.2, 3.3, 3.4

Chapter 6 : Basic Geometry

Ex 6.1, 6.2, 6.3, 6.4

Mental Maths : Ex. 12 to 16, 44 to 46

UNIT - II

Chapter 4 : Fractions

Ex 4.1, 4.2, 4.3, 4.4 (Delete Ex. 4.5, 4.6)

Chapter 12 : Life Mathematics

Ex 12.1, 12.2, 12.3, 12.4

Mental Maths : Ex. 17 to 19, 20 (Q1, 2), 21 (Q1), 23 (Q1, 2, 3), 39 to 41

Activities :

1. Sieve of Eratosthenes
2. Making angles by paper folding
3. Decoding a message using fractions

CYCLE - III

UNIT - I

Chapter 5 : Decimals

Ex 5.1, 5.2, 5.3, 5.4 (Delete Ex. 5.5, 5.6)

Chapter 9 : Perimeter and Area

Ex. 9.1, 9.2, 9.4 (Delete Ex. 9.3)

Chapter 13 : Mapping Skills

Ex. 13.1

Mental Maths : Ex. 25 to 28, 30, 31 (Q1, 2, 3), 51, 52

UNIT - II

Chapter 7 : Patterns and Symmetry

Ex. 7.1, 7.2, 7.3, 7.4

Chapter 8 : Metric Measures

Ex 8.1, 8.2, 8.3, 8.4

Chapter 10 : Volume and Nets

Ex. 10.1, 10.2, 10.3

Chapter 14 : Data Handling

Ex. 14.1, 14.2 (Delete Ex. 14.3)

Mental Maths : Ex. 11, 34, 35, 53, 54, 56 to 59

Activities :

1. On finding area
2. Making Nets of Cube and Cuboid by paper folding
3. Drawing a bar graph to represent a data

Vedic Mathematics

1. Multiplication of
 - (a) one digit number by a one digit number (vertically and crosswise)
 - (b) two digit number by a two digit number
2. Multiplication of a two digit number by 11
3. Division of a two digit number by 9
4. Multiplication of a number ending with 5 by itself.

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-5

CYCLE - I

UNIT - I

Chapter-1 : How Does Our Body Work?

Chapter-5 : Eating Right

Chapter-6 : Mapping the World

Explore Space - Important Facts

Diagram - (a) Human Respiratory System
(b) Human Excretory System

Mapwork - Equator, Tropic of Cancer, Tropic of Capricorn, Arctic Circle, Antarctic Circle, Prime Meridian

UNIT - II

Chapter-2 : Bones and Muscles

Chapter-8 : The Northern Mountains

Chapter-20 : Force, Work and Energy

* Chennai

Diagram - (a) Internal Structure of Bone
(b) Different Types of Muscles

Mapwork (India - Political)

- (a) Himalayan Range
- (b) Mt. Everest, Mt. Godwin Austin (K_2), Kanchenjunga
- (c) Water Bodies Around India
- (d) Chennai

Library Project -

- (a) Chapter-7 : Our Country
- (b) Chapter-25 : Protecting Plants and Animals

CYCLE - II

UNIT - I

Chapter-9 : The Northern Plains

Chapter-10 : The Southern Plateaus

Chapter-13 : British Rule in India

Factors Affecting Climate and Heat Zones

Diagram - Heat Zones of the Earth

Mapwork (India - Political)

- (a) Northern Plains
- (b) Southern Plateaus
- (c) Water Bodies around India

UNIT - II

Chapter-11 : The Coastal Plains and the Islands

Chapter-14 : Indian National Movement

Chapter-23 : Study of Plants

* Mysore

Diagram -

- (a) Parts of a Leaf
- (b) Photosynthesis
- (c) Germination of a Seed
- (d) Structure of a Flower (labelling)

Mapwork (India - Political)

- (a) Coastal Plains
- (b) Lakshadweep Islands, Kavaratti
- (c) Andaman and Nicobar Islands, Port Blair
- (d) Water Bodies Around India
- (e) Mysore

Library Project -

- (a) Chapter-3 : Cleanliness and Prevention of Diseases
- (b) Chapter-18 : The Shrinking World

CYCLE - III

UNIT - I

Chapter-12 : The Great Indian Desert

Chapter-15 : Towards Independence

Chapter-21 : Materials and their Properties

Chapter-26 : Natural Calamities

UNIT - II

Chapter-16 : Birth of a Nation

Chapter-17 : A New Dawn

Chapter-19 : Simple Machines

Chapter-22 : Seeing a Believing

Diagram -

Lever, Wheel and Axle, Pulley, Inclined Plane, Wedge, Screw

Mapwork (India - Political)

- (a) States of India and their capitals
- (b) Union Territories of India and their capitals

Library Project -

- (a) Chapter-4 : Living Safely
- (b) Chapter-24 : Help I Can't Breathe!

COMPUTER SCIENCE

Learning Objectives :

- to develop basic skills of using various tools of MS-Word
- to develop presentation skills using MS-PowerPoint
- to develop logic for problem solving

Textbook : Tools 16 (Class-5)

CYCLE - I

Lesson 1 : Evolution of Computers

- History of Computers
- Calculating Devices
- Early IT Inventors
- ENIAC
- UNIVAC 1
- Generations of Computers
- Types of Computers

Lesson 5 : More on Powerpoint 2016

- Creating Photo Album
- Ink Equations
- Screen Recording
- Changing Office Theme
- Comments
- Smart Lookup
- Ink Annotation
- Viewing a Presentation

- Rearranging Slides
- Working with Slide Outline

Lesson 6 : Formatting a Presentation

- Working with Slide Master
- Creating a New Custom Layout
- Changing Colour Scheme
- Changing Background Colour
- Inserting a SmartArt Graphic
- Inserting a Table/Chart

CYCLE - II

Lesson 8 : OneNote

- Features
- Parts of OneNote window
- Working with OneNote
- Templates of OneNote
- Taking Notes in OneNote
- Creating Quick Notes in OneNote
- Record Audio & Video Notes in OneNote
- Adding and Attaching a File
- Adding Links
- Sharing your Notebook

Lesson 9 : Microsoft Excel 2016

- Features of Excel
- Starting Excel 2016
- Basic Worksheet and Workbook Concepts
- Components of a Worksheet
- Moving Around the Spreadsheet
- Entering Data
- Types of Data
- Performing Calculations
- Working with Worksheet
- Saving a Workbook

Lesson 10 : Internet and E-mail

- Uses of Internet
- Requirements for Connecting to the Internet
- Browsing the Internet and Using Links
- Search Engines
- E-mail

CYCLE - III

Lesson 2 : Understanding Windows 10

- Features of Windows 10
- Using Desktop
- Start Menu
- Live Tiles
- Universal Apps of Windows 10
- Customizing the Desktop
- Displaying Multiple Windows at a time
- Exploring Pictures

Lesson 3 : Working with Tables

- Creating a Table
- Entering Data
- Modifying a Table
- Formatting a Table
- Changing Column Width
- Splitting Cells
- Merging Cells
- Applying Borders and Shading
- Converting Text to a Table
- Inserting Picture in a Table
- Calculations in a Table
- Updating Calculations in a Table

Lesson 7 : Programming in Scratch

- Sensing Input and its Execution
- Using Mathematical Operators in Scratch

- Comparing Values
- Generating Random Numbers
- Changing Location Randomly
- Bouncing the Ball Up and Down
- Counting Length of a Word
- Making a Variable
- Applying Reasoning to Make Decisions
- Applying Condition in Programming

For Practical Sessions only

Lesson-4 : Using Mail Merge

ART

Learning Objectives

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

Art Book - Aesthetics Art & Activity (Book-5)

Art File

CYCLE - I

Aesthetics Art & Activity - Pg. 3-15

Art File -

1. Beauty of Nature
2. My Favourite Cartoon
3. Visit to a Monument
4. Under Water Scene

CYCLE - II

Aesthetics Art & Activity - Pg. 16-28

Art File -

1. Warli Art
2. Paper Collage
3. Dussehra Scene
4. Diwali Scene

CYCLE - III

Aesthetics Art & Activity - Pg. 29-40

Art File -

1. Christmas Fun
2. New Year Card
3. Save Water
4. Village Scene

WORK EXPERIENCE

1. Badge Designing
2. Thali Decoration/Gift Wrapping
3. Pop-up Card
4. Cooking without Fire
5. Wall Hanging
6. Christmas Decoration
7. Best out of Waste

MUSIC

Learning Objectives

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

Theory

1. संगीत
2. स्वर. स्वरों के नाम
3. आरोह-अवरोह की परिभाषा
4. ताल और राग की परिभाषा
5. स्थायी और अंतरे का अन्तर
6. ताल - तीनताल, कहरवा ताल
7. दस अलंकार

Practical

1. दस अलंकारों का अभ्यास
2. सरगम गीत (राग यमन)
3. राग यमन (छोटा ख्याल)
4. गणेश भजन (घर में पधारो गजानन जी)
5. अच्युतम केशवम कृष्ण दामोदरम
6. गीत (मैंने कहा फलों से)
7. सरस्वती वन्दना
8. प्रार्थना तथा देशभक्ति गीतों का अभ्यास

English Songs :

1. We are the world
2. Life is a breath of fresh air
3. Cleanup Song
4. There shall be showers of blessing
5. A gift to you
6. That's mathematics
7. It's a beautiful day
8. Do Re Me
9. Raindrop Song
10. Teaching peace song

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 Western music beats

- Songs**
- (i) Hey mother
 - (ii) Turn up the music

शास्त्रीय नृत्य तथा लोक नृत्य

शास्त्रीय नृत्य

कथक

- | | |
|-------------------|----------------|
| 1. ततकार के पलटें | 2. झपताल |
| 3. हस्त मद्राएँ | 4. पडन्त |
| 5. ताली | 6. खाली |
| 5. विभाग | 8. गणेश वन्दना |
| 9. सरस्वती वन्दना | |

लोक नृत्य

- | | |
|-----------------------|-------------------------|
| 1. लावणी (महाराष्ट्र) | 2. कालबेलिया (राजस्थान) |
|-----------------------|-------------------------|

PHYSICAL EDUCATION AND HEALTH EDUCATION

Learning Objectives

- to make the pupils physically, mentally and emotionally fit and 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, good sportsmanship etc.

Theory:

- Rules and Regulations of all major games
- Personal and environmental hygiene

Practical

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

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.
 - to learn how exercise relates to good health e.g. decreased stress, better heart rate and mental health.
1. Warm-up exercises
 2. Gentle stretching of the body muscles
 3. Basic Steps of aerobics
 - (a) Marching (Open / Close)
 - (b) Knocking
 - (c) Jumping Jack
 - (d) Twisting with Side steps
 - (e) Heel toe, heel top with high knee
 4. Advanced steps of Aerobics
 - (a) 'L' Step
 - (b) '□' Step
 - (c) '+' Step
 - (d) 'V' Step
 - (e) Grapevine with jump 'V', 'L', i
 - (f) 4 Steps with high knee
 - (g) Mirror Steps
 - (h) Zig-Zag Steps
 - (i) '◇' with letter 'i'
 - (j) 'T' Step
 5. Fun steps in Aerobics
 6. Co-ordination of basic / advanced aerobics steps on songs
 - (a) Dance again
 - (b) Dady Yankee taki-taki
 - (c) Shaky-Shaky
 - (d) Bhangra Mix
 - (e) Zumba
 - (f) Bollywood Mix
 - (g) Fire Burning
 - (h) Kingston
 - (i) King of My Castle
 7. Cool down Exercises

