# **SYLLABUS (2022-2023)**

## CLASS III CONTENTS

## S.No. Subject

- 1. English
- 2. Hindi
- 3. Maths
- 4. EVS
- 5. Computer Science
- 6. General Knowledge
- 7. Art
- 8. Work Experience
- 9. Music
- 10. Dance
- 11. Physical Education & Health Edu.
- 12. Aerobics

#### **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.

#### **Textbooks:**

- 1. New English Ferry, Reader -3 (Reader)
- 2. New English Ferry, Supplementary Reader 3 (SR)
- 3. Essentials of English Grammar and Composition-3

#### **General Note:**

A thorough reading of the text on regular basis is a must as questions from within the lesson will be given in the unit tests. Questions in the tests are likely to be different from those attempted in the note books.

#### CYCLE - I

## **Listening Comprehension:**

Grammar Book: Ex. D and E (Pg. 92)

#### **Recitation:**

- 1. The Swing (SR, Pg 28)
- 2. Twinkle, Twinkle Electric Car (Reader, Pg 71)

## **Reading Comprehension:**

- 1. Grammar Book: Passages A and D (Pgs. 85 and 89)
- 2. Comprehension Worksheet

## **Paragraph Writing:**

- 1. My Friend Is a Wonderful Person
- 2. School A Temple of Learning

## **Picture Composition - 2**

## **Creative Writing (Expressions)**

- 1. Travelling is fun, and beautiful memories are created while travelling with your loved ones.' Refer to the lesson 'A Wonderful Train Journey' (Reader, L-1) and write a paragraph describing a journey you have undertaken and enjoyed with your family.
- 2. Book Review: Read any book of your choice and write its story in your own words.

## UNIT - I

- 1. Reggie Mouse's Shrinking Clothes (Reader, L-2)
- 2. The Swing (SR, Pg 28)
- 3. Grammar Book:
- (i) L-1: Alphabetical Order
- (ii) L-2: The Sentence
- (iii) L-3: Asking Questions
- (iv) L-4: The Comma

(v) L-28: Antonyms (Ex. C)

#### **UNIT - II**

- 1. Twinkle, Twinkle Electric Car (Reader, Pg 71)
- 2. Uncle Owl (Reader, L-5)
- 3. The Sun and The Sea (SR, L-1)
- 4. Grammar Book:
- (i) L-5: Nouns
- (ii) L-6: Nouns: Common and Proper
- (iii) L-7: Nouns: Singular and Plural
- (iv) L-8: Nouns: Gender
- (v) L-9: 's

#### **CYCLE-II**

## **Listening Comprehension:**

Grammar Book: Ex. F and G (Pg. 93)

#### **Recitation:**

- 1. In the Train (Reader, Pg 12)
- 2. The Camel's Hump (SR, Pg 30)

## **Reading Comprehension:**

- 1. Grammar Book: Passages C and E (Pgs. 87 and 90)
- 2. Comprehension Worksheet

## **Paragraph Writing:**

- 1. Games and Sports Make Me a Better Person
- 2. Trees Nature's Greatest Gift to Us

## **Picture Composition - 2**

#### **Creative Writing (Expressions)**

- 1. Happiness is essential for good health. The cat mentioned in the poem 'A View of a Cat' (Reader, Pg 50) leads a happy life. Write about all the things that give you happiness and bring a smile to your face.
- 2. Book Review: Read any book of your choice and write its story in your own words.

#### UNIT - 1

- 1. The Quarrel of the Quails (SR, L-2)
- 2. The Camel's Hump (LR Pg 30)
- 3. Everything Under the Sun (Reader, L-4)
- 4. Grammar Book:
- (i) L-10: Adjectives
- (ii) L-11: Comparisons
- (iii) L-12: A, An, The
- (iv) L-13: Pronouns
- (v) L-28: Compound Words (Ex. D)

#### **UNIT - II**

- 1. The Two Friends (SR, L-3)
- 2. If I Had a Magic Carpet (Reader, Pg 97)
- 3. Unity Is Strength (Reader, Pg 103)
- 4. Grammar Book:
- (i) L-14: Verbs
- (ii) L-15: Is, Are, Am
- (ii) L-16: Was, Were
- (iv) L-17: Have, Has, Had
- (v) L-23: Short Forms
- (vi) L-28: Anagrams (Ex. F)

#### **CYCLE - III**

## **Listening Comprehension:**

Grammar Book: Ex. H and I (Pg. 94)

### **Recitation:**

- 1. Don't Be Afraid of the Dark (SR, Pg 32)
- 2. Cookies for Santa (Reader, Pg 31)

## **Reading Comprehension:**

1. Grammar Book: Passage B (Pg 86)

2. Comprehension Worksheets-2

## **Paragraph Writing:**

- 1. I love to Spend Time with...
- 2. Reading Makes Me Rich...

## **Picture Composition - 2**

## **Creative Writing (Expressions)**

- 1. In Greek mythology 'Hercules and the Golden Apples' (SR, L-5) we saw that Hercules was not only brave and strong but also intelligent. Write about any one Indian mythological character who has similar qualities.
- 2. Book Review: Read any book of your choice and write its story in your own words.

#### UNIT - I

- 1. Tine and the Faraway Mountain (Reader, L-6)
- 2. Birbal and the Washerman (SR, L-6)
- 3. The Ants (SR, Pg 34)
- 4. Grammar Book:
- (i) L-18: Simple Present Tense
- (ii) L-19: Present Continuous Tense
- (iii)L-25: Prepositions
- (iv)L-26: Conjunctions
- (v) L-28: Synonyms (Ex. B)

## **UNIT - II**

- 1. Simon Says (Reader, L-3)
- 2. Humpty Dumpty and the Wise Hen (SR, L-4)
- 3. Cookies for Santa (Reader, Pg 31)
- 4. Grammar Book:
- (i) L-20: Simple Past Tense
- (ii) L-21: Simple Future Tense
- (iii)L-22: Can, Cannot; Should, Should not
- (iv)L-24: Adverbs
- (v) L-27: Interjections
- (vi)L-28: Words Often Confused (Ex. A)

#### **HINDI**

# हिंदी भाषा शिक्षण उददेश्य

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

# पाठ्य पुस्तकें

- 1.रिमझिम (भाग -3)
- 2.चुटरपुटर की छलाँग एवम् अन्य कहानियाँ
- 3.भाषा संजीवनी व्याकरण माला (भाग- 3)
- 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 पूछे जाएँगे , अतः पाठ को ध्यानपूर्वक पढ़ना और दोहराना आवश्यक है।

#### प्रथम सत्र

- 1.श्रवण मूल्यांकन
- 2.चित्र वर्णन -(1)
- 3.गतिविधि कार्य (अभिव्यक्ति में)
- 4. कविता वाचन
- (क) कक्कू (पाठ -1, रिमझिम)
- (ख) हमसे सब कहते (पाठ- 6, रिमझिम)
- 5.रचनात्मक लेखन अक्ल बड़ी या भैंस ( पृष्ठ -75, रिमझिम)
- 6.**प्रयोज्य पाठ-** सूरज और चाँद ऊपर क्यों गए( पृष्ठ- 28, रिमझिम)
- 7.अनुच्छेद लेखन
- (क) मेरा विदयालय
- (ख) पानी बचाइए, जीवन में ख्शहाली लाइए

# पहली इकाई

रिमझिम- 1. कक्कू (पाठ- 1, कविता)

2. शेखीबाज़ मक्खी (पाठ- 2)

# भाषा संजीवनी व्याकरण माला

- 1.हमारी भाषा
- 2.वर्णमाला
- 3.मात्राएँ
- 4.संयुक्त व्यंजन

# दूसरी इकाई

रिमझिम- 1. हमसे सब कहते (पाठ- 6, कविता)

2. चाँद वाली अम्मा (पाठ- 3)

चुटरपुटर की छलाँग- पार्क में खेल ( कहानी)

## भाषा संजीवनी व्याकरण माला

- 1.संज्ञा
- 2.विराम चिह्न
- 3.पर्यायवाची शब्द( प्रभु से चाँद तक)
- 4.वर्तनी की सामान्य अशुद्धियाँ

# द्वितीय सत्र

- 1.श्रवण मूल्यांकन
- 2.चित्र- वर्णन -(1)
- 3.गतिविधि कार्य( अभिव्यक्ति में)
- 4.कविता वाचन
- (क) नाना- नानी के नाम (पृष्ठ-134, रिमझिम)
- (ख) मन करता है (पाठ- 4, रिमझिम)
- 5.**रचनात्मक लेखन** कहानी की कहानी (पृष्ठ-100, रिमझिम)
- 6.**प्रयोज्य पाठ** (क) क्योंजीमल और कैसे कैसलिया (पाठ -10, रिमझिम)

(ख) कब आऊँ (पाठ-9, रिमझिम)

# 7.अनुच्छेद- लेखन

- (क) मेरा प्रिय त्योहार
- (ख) फल एवं सब्ज़ियों का महत्त्व

# पहली इकाई

रिमझिम - 1. नाना -नानी के नाम (पृष्ठ -134, कविता)

2. बहादुर बित्तो (पाठ- 5)

चुटरपुटर की छलाँग- चलना ही ज़िंदगी है (कहानी)

# भाषा संजीवनी व्याकरण माला

- 1.लिंग
- 2.वचन
- 3.अनेकार्थक शब्द (1 से 5 तक)
- 4.विलोम शब्द (अंधकार से आरंभ तक)

# दूसरी इकाई

रिमझिम - 1. बंदर बाँट (पाठ-8)

2. मन करता है (पाठ- 4, कविता)

चुटर-पुटर की छलाँग- चुटरपुटर की छलाँग (कहानी)

# भाषा संजीवनी व्याकरण माला -

- 1.सर्वनाम
- 2.विलोम शब्द (मित्र से स्ख तक)
- 3.पर्यायवाची शब्द (पानी से फूल तक)
- 4.वाक्यांश के लिए एक शब्द (1 9 तक)

# तृतीय सत्र

- 1. श्रवण मूल्यांकन
- 2.अपठित गद्यांश जब मुझे साँप ने काटा (पाठ- 12, रिमझिम)
- 3.गतिविधि कार्य (अभिव्यक्ति में)
- 4.कविता वाचन (क) सर्दी आई (पृष्ठ -92, रिमझिम)

(ख) मिर्च का मज़ा (पाठ-13, रिमझिम)

5.रचनात्मक लेखन-(क) मीरा बहन और बाघ(पाठ -11, रिमझिम)

(ख) मूस की मज़दूरी(पृष्ठ -44, रिमझिम)

6.प्रयोज्य पाठ- (क) पत्तियों का चिड़ियाघर (पृष्ठ -133)

(ख) टिनी और मिनी (चुटरपुटर की छलाँग, कहानी)

# 7.अन्च्छेद-लेखन

- (क) मेरा परिवार
- (ख) मैं रंग बिरंगी तितली हूँ

# पहली इकाई

रिमझिम- 1. टिपटिपवा (पाठ -7)

2.सर्दी आई (पृष्ठ- 92, कविता)

चुटरपुटर की छलाँग - चुनचुन मुनमुन (कहानी)

# भाषा संजीवनी व्याकरण माला

1.विशेषण

- 2.अनेकार्थक शब्द( 6 से 10)
- 3.पर्यायवाची शब्द (धरती से हाथी तक)
- 4. मुहावरे (1 से 6 तक)

# दूसरी इकाई

रिमझिम - 1. सबसे अच्छा पेड (पाठ -14)

2. मिर्च का मज़ा (पाठ-13, कविता)

चुटरपुटर की छलाँग- तन छोटा -मन बड़ा (कहानी)

## भाषा संजीवनी व्याकरण माला

- 1.क्रिया
- 2.म्हावरे (7 से 12 तक)
- 3.विलोम शब्द (सत्य से दिन तक)
- 4.वाक्यांश के लिए एक शब्द (10 से 18 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.
- develop scientific temperament.

#### **Textbooks:**

- 1. Maths Xpress-3
- 2. MatheMIND Practice in Mental Maths-3 (Revised Edition)

Note: Activities will be marked thrice a year.

CYCLE-I

#### UNIT - I

**Chapter 1:** Large Numbers

Ex 1.1 to 1.8

**Chapter 12:** Data Handling Ex. 12.1 (Delete Ex 12.2)

**Mental Maths**: Ex. 1, 2, 3, 4, 6, 8, 9, 10, 53, 54, 55

UNIT - II

**Chapter 2:** Addition

Ex 2.1 to 2.9 (Delete Estimating the sum)

**Chapter 7:** Shapes

Ex 7.1 to 7.4

**Chapter 8:** Patterns and Symmetry

Ex. 8.1 to 8.4

**Mental Maths:** Ex. 5, 7, 13, 14, 48 to 52

**Activities:** 

- 1. Representation of numbers on abacus
- 2.To identify a number as an odd number or an even number by making pairs of beads/stars/flowers
- 3. Paper folding activity for lines of symmetry in different shapes

#### CYCLE - II

#### UNIT - I

**Chapter 3:** Subtraction

Ex. 3.1 to 3.8 (Delete Estimating the difference)

**Chapter 6:** Fractions

Ex. 6.1 to 6.3

**Mental Maths:** Ex. 15, 30 to 34, 35 (Q1, 2, 3), 36

UNIT - II

Chapter 4: Multiplication

Ex 4.1 to 4.6 **Chapter 10:** Time Ex 10.1 to 10.3

Mental Maths: Ex. 19, 21, 22, 23, 44 to 47

**Activities:** 

- 1.To make multiplication tables using sticks
- 2.To show various fractions in different shapes by paper folding
- 3.To make clocks using paper cutouts and show time

#### CYCLE - III

## UNIT – I

**Chapter 5:** Division

Ex 5.1 to 5.11

**Chapter 9:** Metric Measures

Ex 9.4, 9.5

**Mental Maths:** Ex. 11, 12, 24, 25, 26 (Q2), 27, 28

UNIT – II

**Chapter 9:** Metric Measures

Ex 9.1 to 9.3, 9.6, 9.7 **Chapter 11:** Money

Ex 11.1 to 11.5

Mental Maths: Ex. 37, 38, 39, 42, 43

**Activities:** 

- 1.To show division as repeated subtraction
- 2.To experience money transactions using fake notes and coins
- 3. Drawing or pasting items bought in grams and kilograms

#### **EVS**

## **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.

**Textbook:** Millennium's Learning E.V.S -3

### **CYCLE-I**

## UNIT - I

Chapter- 1: Parts of Our Body

Chapter- 7: People and their Workplaces

Chapter- 17: Living and Non-living Things

#### Diagram:

(i) Sense Organs

#### **UNIT - II**

Chapter- 2: Keeping Safe and Healthy

Chapter- 3: The Food We Eat Chapter- 14: Unity in Diversity

## Diagram:

- (i) Energy giving food
- (ii) Body building food
- (iii)Protective food

## **Library Project:**

- (i) Chapter 6: Family
- (ii) Mumbai

#### **CYCLE-II**

#### UNIT - I

Chapter- 12: Cities and Villages

Chapter- 16: Transport and Communication

Chapter- 18: Plants-Our Friends

## Diagram:

(i) Photosynthesis

## UNIT – II

Chapter-11: Early Humans Chapter-15: The Story of Fire Chapter- 20: Clean Water and Air

## Diagram:

- (i) Forms of Water
- (ii)Water Cycle

## Map Work- India (Political)

- (i) Four metropolitan cities- Delhi, Mumbai, Kolkata and Chennai
- (ii) Water bodies around India

## **Library Project:**

- (i) Chapter-8: Our Festivals
- (ii) Chapter-9: Reaching Places
- (iii)Delhi

#### **CYCLE-III**

#### UNIT - I

Chapter- 4: Home Sweet Home Chapter- 21: Weather and Seasons Chapter- 22: Earth and the Sky

## Diagram:

(i) Formation of Day and Night

# Map Work- World (Physical)

- (i) Oceans
- (ii) Continents

#### UNIT - II

Chapter- 5: Clothes We Wear Chapter- 10: Land and Rivers Chapter- 19: Animals and Birds

#### Diagram:

- (i) Food Chains
- (ii) Tailor Bird's Nest
- (iii)Weaver Bird's Nest

## Map Work- India (Political)

- (i) Neighbouring countries of India
- (ii) Water bodies around India
- (iii) Andaman and Nicobar Islands
- (iv) Lakshadweep Islands

## **Library Project:**

- (i) Chapter-13:Our Identity
- (ii) Chennai
- (iii)Kolkata

#### **COMPUTER SCIENCE**

## **Learning Objectives:**

- to develop drawing skills in computer.
- to develop basic skills of using various tools of MS Word.
- to develop logic for problem solving.

**Textbook:** Coding with Computer-3

## **CYCLE I**

## **Chapter 1: Working of Computer System**

- Computer System
- IPO Cycle

## **Chapter 3: Paint 3D-Mixed Reality Art**

- Open Paint 3D
- Create the 2D Canvas
- Inserting and Painting 3D Models
- Creating a Model using Mixed Reality

#### **CYCLE II**

## **Chapter 2: Windows 10 Operating System**

- Introduction to Operating System
- Components of MS Windows 10 Desktop
- Closing, Minimizing and Maximizing a Window

## **Chapter 5: Introduction to Coding with KAREL**

• How are Instructions used to Execute Simple Tasks?

## **Chapter 7: Introduction to MS Word**

- Introduction
- Components of MS Word Window
- Minimize and Maximize the Ribbon
- Open a New Document
- Save the Document
- Print and Close the Document
- Features of MS Word

#### **CYCLE III**

## **Chapter 4: Animating with Stykz**

- Create a New Document
- Create the Animation
- Save the Animation

## Chapter 6: Let's Learn More in ScratchJr

- Parts of the ScratchJr Window
- Block Categories
- Project: Make an Animation

#### **Chapter 8: Internet**

- What is Internet?
- Hardware Required to get Internet Connection
- Basic Terms of Internet
- Uses of Internet

#### **GENERAL KNOWLEDGE**

**Textbook:** GK Whiz - 3

#### CYCLE - I

**Testing** - Page No. 2, 8, 10, 12,19, 41, 44, 45, 50

**Reading for Pleasure** - Page No.4, 11, 15, 27, 52

**Life Skills** - Page No.14, 33

CYCLE - II

**Testing** - Page No. 1, 3, 9,18, 24, 35, 39, 47, 49

**Reading for Pleasure** - Page No.6, 22, 29, 32, 38, 48

Life Skills - Page No.36, 37, 53

CYCLE - III

**Testing** - Page No. 5,13, 20, 21, 23, 28, 34, 40, 46, 51

**Reading for Pleasure** - Page No.7, 30, 31, 43, 54, 55

Life Skills - Page No.16, 17, 42

**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 daily life.

**Textbook**: Aesthetics Art and Activity (Book-3)

**Art File** 

#### **CYCLE I**

## **Aesthetics Art and Activity**: Pages 3 – 16

## **Art File:**

- 1. Steps to draw Birds and Honey Bee
- 2. Landscape
- 3. Tulip Garden
- 4. Rainy Day

#### **CYCLE II**

## **Aesthetics Art and Activity:** Pages 17 - 28

#### Art File:

- 1. Birds and Clouds
- 2. Poster on Go Green
- 3. Dussehra Scene
- 4. Diwali Scene

#### **CYCLE III**

## **Aesthetics Art and Activity:** Pages 29 – 40

#### **Art File:**

- 1. Duck and Ducklings
- 2. Christmas Joys
- 3. New Year Card
- 4. Boat Ride

#### **WORK EXPERIENCE**

- 1. Badge Making
- 2. Rakhi Making/Gift Wrapping
- 3. Diya Decoration
- 4. Finger Puppet (Cartoon Character)
- 5. Card Making
- 6. Cooking without Fire
- 7. Handmade Christmas Craft

#### **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. पाँच अलंकार
- 2. आरोह- अवरोह
- 3. संगीत
- 4. स्वर ( ७ शुद्ध स्वर)
- 5. कहरवा ताल

#### **Practical**

- 1. पाँच अलंकारों का अभ्यास
- 2. कहरवा ताल का अभ्यास
- 3. सरगम गीत (सा गा, सा गा...)
- 4. दो देशभक्ति गीत
  - (क) आओ बच्चो तुम्हे दिखाएं झांकी...
  - (ख) नन्हे मुन्ने बच्चे तेरी मुट्ठी में क्या है...

- 6. प्रार्थना तथा देशभक्ति गीतों का अभ्यास।
- 7. बच्चों के गीत
  - (क) छोटी छोटी बातों से ही आता है बदलाव...
  - (ख) एक चिड़िया अनेक चिड़ियाँ...
  - (ग) बच्चे मन के सच्चे
  - (घ) रे मामा रे
  - (ङ) चक्के पे चक्का...
  - (च) Oh, my friend Ganesha...
- 8. भजन हे राम ! हे राम

#### **WESTERN MUSIC**

#### **Songs:**

- 1. Let's join hands for the rainbow
- 2. Save the Planet
- 3. Let's educate ourselves
- 4. Clean up our world
- 5. Over in the meadow in the sand in the sun
- 6. Happiness Song
- 7. There's a hole in the bucket
- 8. Honesty is true
- 9. The Ants go Marching
- 10. She'll be coming round the mountains
- 11. We are so proud of our school
- 12. We shall Overcome
- 13. Good manners song
- 14. 'O' Mr. Sun, Sun, Mr. Golden Sun
- 15. If all the raindrops were lemondrops ...

## **Prayers:**

- 1. Give me oil in my lamp
- 2. A gift to you
- 3. God's love is so wonderful
- 4. All things bright and beautiful

## **DANCE**

## **Learning Objectives:**

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

## **WESTERN DANCE**

## **Practical**

Body movements of: Jazz, Jive, Hip-Hop

- 1. Exercise- leg movements, hand movements on songs
  - (i) Boogie Woogie
  - (ii) Gummy Bear, Gummy Bear
  - (iii) Put your right hand in

## **CLASSICAL DANCE**

# शास्रीय नृत्य –

- 1. भूमि प्रणाम
- 2. हस्त मुद्राएँ
- 3. ताल

# लोक नृत्य-

- 1.राजस्थान(घूमर)
- 2.पंजाब (भांगड़ा, गिद्दा)
- 3.असम(बीहू)

## PHYSICAL EDUCATION AND HEALTH EDUCATION

## **Learning Objectives:**

- to make the students 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 and good sportsmanship.

## Theory:

- Knowledge of proper hygiene and its effect on our body
- Nutrition Balanced Diet

#### **Practical:**

- 1. Athletics Race, Long Jump and Hurdle Race
- 2. Ball Relay
- 3. Shuttle Run
- 4. Collecting the Hoop Race
- 5. Tunnel Race
- 6. Free Hand Exercises
- 7. Warming-up and Cooling-down Exercises

#### **AEROBICS**

## **Learning Objectives:**

- to learn and understand the importance of physical activity and exercises.
- to improve overall fitness and develop strength and cardiovascular fitness of the body.
- to improve the ability of the body to utilise 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
  - (i) Marching
  - (ii) Knocking
  - (iii) Jumping Jack
  - (iv) Heel toe-heel tap
- 4. Advanced Steps of Aerobics
  - (i) One Step
  - (ii) Double Step
  - (iii) High Knee
  - (iv) 'V' Step
  - (v) Modified Jumping Jack
- 5. Fun Steps in Aerobics
- 6. Co-ordination of Basic /Advanced Aerobic Steps on Songs
  - (i) Step-up
  - (ii) Waka- Waka
  - (iii) Wake up in the morning
  - (iv) Aerobics beats
  - (v) Bhangra beats
- 7. Cool down Exercises