

SYLLABUS (2023-2024)
CLASS IV
CONTENTS

S.No. Subject

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

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 the four language skills i.e., listening, speaking, reading and writing.
- to develop interest in and appreciation of literature.

Textbooks:

1. Stellar English- A Multi-skill Course in Language and Literature – 4 (CB)
2. Stellar English Literature Reader – 4 (LR)
3. Grammar Way – 4

General Note:

A thorough reading of the text on a 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 notebooks.

FIRST TERM

Listening Comprehension:

Listen and Learn- Ex A and B (Pg. 19), Ex A (Pg. 40) and Ex A (Pg. 57) (CB)

Reading Comprehension:

1. Passage 1: Penguins: The Cutest Birds (Grammar Way, Pg. 128)
2. Passage 2: The Moon (Grammar Way, Pg. 130)
3. Water is Priceless (LR, L-5)
4. The 'Veggy' Lion (LR, Pg. 12)

Recitation:

1. Wind on the Hill (CB, Pg. 23)
2. Sportsmanship (CB, Pg. 61)

Writing Skills:

1. Paragraph Writing - 2
2. Picture Composition - 2

Grammar:

1. L-1: Nouns
2. L-2: Common and Proper Nouns
3. L-3: Singular and Plural Nouns
4. L-4: Nouns: Gender
5. L-6: Collective Nouns
6. L-7: Countable and Uncountable Nouns
7. L-9: Verbs
8. L-15: Subject and Predicate
9. L-23: The Sentence
10. L-24: Types of Sentences
11. L-25: Negative Sentences
12. L-26: Interrogative Sentences
13. L-29: Punctuation
14. L-30: Using a Dictionary
15. L-31: Word Power (Compound Words)

Literature:

1. Heidi's Love for Nature and All Creatures (CB, L-1)
2. The Naughty Ghost (CB, L-4)
3. Wisdom of Tenali Raman (CB, L-7)
4. I Met a Wise Man (CB, Pg. 135)
5. The Boy Who Ran Away (LR, L-1)
6. The Clever Crab (LR, L-7)
7. Sophie (LR, Pg. 22)
8. The Little Gentleman (LR, Pg.52)

Creative Writing (Expressions):

1. Read the lesson 'Outstanding Sportswomen of Today' (CB, L-3) and write a short biography of Serena Williams/ P.V.Sindhu. Use the details given in the lesson and add more information to it from magazines, newspapers and the Internet.
2. 'The Adventures of Tom Sawyer' is a beautiful novel written by Mark Twain. Read the lesson, 'Tom Sawyer's Toothache' (CB, L-6). The extract describes Tom Sawyer and the interesting happenings involving his friends, Aunt Polly and Sid. Find out what happened when Tom Sawyer had a toothache one morning and write the incident in your own words. Illustrate it beautifully.

SECOND TERM

Listening Comprehension:

Listen and Learn- Ex A (Pg. 77), Ex A (Pg. 94), Ex A (Pg. 113) and Ex A (Pg. 132) (CB)

Reading Comprehension:

1. Comprehension Passage 1 and 2 (CB, Pg. 143-144)
2. Whose Jacket is It? (LR, L-12)
3. See the Kitten on the Wall (LR, Pg. 31)

Recitation:

1. Someone (CB, Pg. 80)
2. I Met a Dragon Face to Face (CB, Pg. 117)

Writing Skills:

1. Paragraph Writing - 2
2. Picture Composition - 2

Grammar:

1. L-5: Possessive Nouns
2. L-8: Pronouns

3. L-10: Simple Present Tense
4. L-11: Present Continuous Tense
5. L-12: Simple Past Tense
6. L-13: Simple Future Tense
7. L-14: Can, Should, May, Must
8. L-16: Subject-Verb Agreement
9. L-17: Articles
10. L-18: Adjectives and Their Types
11. L-19: Degrees of Comparison
12. L-20: Adverbs and Their Types
13. L-21: Prepositions of Place, Movement and Time
14. L-22: Conjunctions
15. L-27: Contractions
16. L-28: Interjections
17. L-31: Word Power (Homophones, One Word Substitution, Prefixes and Suffixes)

Literature:

1. The Little New Year (CB, L-2)
2. Watermelon Island (CB, L-5)
3. Celebrations Around the World (CB, Pg. 44)
4. The Tummy Beast (CB, Pg. 97)
5. Heidi Makes Her Bed (LR, L-2)
6. David and Goliath (LR, L-4)
7. Triple Punishment (LR, L-10)
8. Ali Baba (LR, L-14)
9. How the Little Kite Learned to Fly? (LR, Pg. 45)

Creative Writing (Expressions):

1. Read the story, 'Bear Dancing' (LR, L-9) and write it in your own words. Give the story a new title and make it more interesting by changing its end. Illustrate it beautifully.
2. Our parents are our greatest asset. We must be thankful to them for their unconditional love and care. Refer to the exercise, 'Write Well' (CB, Pg. 115) and write a paragraph based on the pictures given. You may add your own details and make it more interesting.

हिंदी

हिंदी भाषा शिक्षण उद्देश्य

- 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 -4)

2. गुड्डी

3. गरिमा हिंदी व्याकरण तथा रचना (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 पूछे जाएँगे, अतः पाठ को ध्यानपूर्वक पढ़ना और दोहराना आवश्यक है।

प्रथम सत्र

रिमझिम

गद्य पाठ-

1. जैसा सवाल वैसा जवाब (पाठ-2)
2. किरमिच की गेंद (पाठ-3)
3. सुनीता की पहिया कुर्सी (पाठ-12)

पद्य पाठ-

1. मन के भोले-भाले बादल(पाठ-1, कविता)
2. नाव बनाओ नाव बनाओ (पाठ-6, कविता)

पूरक पुस्तक

गुड्डी-

1. गुड्डी और डॉक्टर मैगजीन
2. गुड्डी ने गुड़ चुराया
3. गुड्डी ने दावत दी

गरिमा हिंदी व्याकरण तथा रचना-

1. भाषा और व्याकरण
2. वर्ण विचार
3. शब्द और वाक्य
4. संज्ञा
5. लिंग
6. वचन
7. विलोम शब्द (आकाश से अँधेरा तक)
8. पर्यायवाची शब्द (कमल से राजा तक)
9. अनेक शब्दों के लिए एक शब्द (1से 13तक)
10. मुहावरे (अँगूठा चूमना- से लेकर - दाँत पीसना तक)

रचना कौशल

1. श्रवण मूल्यांकन - गुड्डी का परीक्षा परिणाम (गुड्डी)

2. चित्र - वर्णन - 1 (गरिमा हिंदी व्याकरण तथा रचना, पृष्ठ-87)

3. अपठित गद्यांश - (क) पापा जब बच्चे थे (पाठ-4, रिमझिम)

(ख) गुड्डी और मास्टर जी (गुड्डी)

4. अनुच्छेद-लेखन - (क) नई कक्षा का पहला दिन

(ख) मित्र वही जो मुसीबत में काम आए

5. कविता वाचन - (क) मन के भोले-भाले बादल (पाठ-1, रिमझिम)

(ख) नाव बनाओ नाव बनाओ (पाठ-6, रिमझिम)

गतिविधि कार्य (अभिव्यक्ति में)

‘फल एवं सब्जियों का उपयोग, रखे काया निरोग’ ‘एक साथ तीन सुख’ (पृष्ठ 33, रिमझिम) पाठ के आधार पर गर्मियों और सर्दियों में पाए जाने वाले फल एवं सब्जियों (किन्हीं तीन) के चित्र चिपकाकर बताइए कि हमें मौसम के अनुसार फल एवं सब्जियाँ क्यों खानी चाहिए?

द्वितीय सत्र

रिमझिम

गद्य पाठ-

1. स्वतंत्रता की ओर (पाठ-9)

2. हुदहुद (पाठ-13)

3. मुफ्त ही मुफ्त (पाठ-14)

पद्य पाठ-

1. कौन? (पाठ-8, कविता)

2. पढ़क्कू की सूझ (पाठ-11, कविता)

पूरक पुस्तक

गुड्डी-

1. गुड्डी ने अंडा सेया

2. गुड्डी और चीकू ने पूजा की

3. गुड्डी ने माँ की मदद की

गरिमा हिंदी व्याकरण तथा रचना-

1. सर्वनाम

2. विशेषण

3. क्रिया

4. क्रिया का काल

5. विलोम शब्द (आशा से सुगंध तक)

6. पर्यायवाची शब्द (माँ से सागर तक)

7. अनेक शब्दों के लिए एक शब्द (14 से 26 तक)

8. शब्द और वाक्य की अशुद्धियाँ
9. मुहावरे (दाँतों तले उँगली दबाना - से लेकर - हाथ-पाँव फूलना तक)

रचना कौशल

- 1.श्रवण मूल्यांकन - गुड्डी पेड़ पर चढ़ी(गुड्डी)
- 2.चित्र- वर्णन - 1 (गरिमा हिंदी व्याकरण तथा रचना, पृष्ठ-88)
- 3.अपठित गद्यांश - (क) दोस्त की पोशाक (पाठ- 5, रिमझिम)
(ख) दान का हिसाब (पाठ -7, रिमझिम)
- 4.अनुच्छेद-लेखन - (क) जब मैंने घायल पक्षी की मदद की
(ख) पिकनिक का एक दिन
- 5.कविता वाचन (क) कौन? (पाठ-8, रिमझिम)
(ख) पढ़कू की सूझ (पाठ-11, रिमझिम)

गतिविधि कार्य (अभिव्यक्ति में)

‘खेलो कूदो मौज़ करो, व्यायाम के साथ-साथ स्वस्थ रहो।’ ‘थप्प रोटी थप्प दाल’ (पाठ-10 ,रिमझिम)
पाठ में बच्चों ने रोटी और दाल बनाने का खेल खेला। विभिन्न प्रकार के खेलों के नाम(किन्हीं पाँच)
लिखकर चित्र चिपकाइए और बताइए कि खेल हमारे जीवन में क्यों आवश्यक हैं?

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.

Textbooks:

1. MathsXpress-4
2. MatheMIND-Practice in Mental Maths-4(Revised Edition)

Note: Activities will be marked twice a year.

FIRST TERM

Chapter 1: Large Numbers

Ex 1.1 to 1.4

Chapter 2: Addition and Subtraction

Ex 2.1 to 2.8 (Delete Estimating the Sum and Difference)

Chapter 3: Multiplication

Ex 3.1 to 3.5 (Delete Estimating the Product-Ex 3.6)

Chapter 4: Division

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

Chapter 9: Patterns and Symmetry

Ex 9.1 to 9.3

Chapter 13: Money

Ex 13.1 to 13.3

Chapter 14: Data Handling

Ex 14.1 to 14.2

Mental Maths: Ex. 1 to 7, 9, 10,11, 14 to 24,27,28 55 to 60

Activities:

1. Indian Place Value Chart
2. Decoding a message using 4 basic operations
3. Drawing of Bar graph

SECOND TERM

Chapter 5: Factors and Multiples

Ex 5.1 to 5.5

Chapter 6: Fractions

Ex 6.1 to 6.5

Chapter 7: Decimals

Ex 7.1

Chapter 8: The World of Shapes

Ex 8.1 to 8.4

Chapter 10: Metric Measures

Ex 10.1 to 10.6

Chapter 11: Perimeter and Area

Ex 11.1 to 11.3

Chapter 12: Time

Ex 12.1 to 12.5

Mental Maths: Ex. 29 to 36, 39 to 49, 51(Q1), 52 to 54

Activities:

1. To make designs with circles
2. Tangram designs
3. To find the Perimeter of different shapes

Vedic Mathematics:

- 1.Subtraction (All from 9 and the last 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)

EVS - I

Learning Objectives:

- to provide maximum opportunities to the child to observe, investigate and arrive at logical conclusions.
- to develop scientific attitude and temper.
- to apply theoretical knowledge of science in everyday life.
- to lay stress on physical exercise and hygiene.
- to develop healthy habits and human values.

Text Book: Environmental Science-I (Class 4)

FIRST TERM

1. L-1: Food - Our Basic Need
2. L-2: Digestion and the Role of Microbes

Diagram:

- a) Parts of a Tooth

3. L-4: Solids, Liquids, and Gases

Diagram:

- a) Arrangement of molecules in three states of matter
 - b) Filtration
4. L-5: Soil

Diagram:

- a) Soil Profile

5. L-6: The Green Plants

Diagram:

- a) Parts of a Leaf
- b) Photosynthesis
- c) Food Chain

6. L-7: How Plants Survive

7. L-13: The Solar System

Diagram:

- a) Globe (Pg. 150)

Activity: Making Soil Profile- Take a glass bottle. Dig out some garden soil and fill half of the bottle with the soil. Fill the rest of the bottle with water and shake it well. Leave it undisturbed for a day. Observe the different layers of the soil and label them.

SECOND TERM

1. L-3: Clothes We Wear
2. L-8: Circulatory System and Excretory System

Diagram:

- a) Excretory System

3. L-9: Animals and their Young Ones

Diagram:

- a) Parts of an Egg
 - b) Life Cycle of Butterfly
4. L-10: How Animals Survive
 5. L-11: Force, Work and Energy

Diagram:

- a) Pulley
 - b) Wheel and Axle
 - c) Inclined Plane
6. L-12: Air, Water, and Weather

Diagram:

- a) Land Breeze
 - b) Sea Breeze
 - c) Water Cycle
7. L-14: Keeping Our Earth Green

Activity: Make a postage stamp of an endangered/extinct animal of the size 6/6 inches. Present it beautifully on a coloured A4 size sheet. (Refer to 'Let's Create', Pg. No.104 of your EVS-I Book)

EVS – II

Learning Objectives:

- to equip the students with a sound knowledge of their immediate surroundings and world around them.
- to develop mapping skills of the learners.
- to impart civic sense to the students so that they become aware citizens.
- to inculcate values and develop skills to deal with real life situations.
- to sensitize the students towards the changes in the society.

Textbook: My Big Book of EVS-II - 4

FIRST TERM

1. L-1: I Love My India

Map Work: India (Political)

- (a) Neighbouring countries of India and their capitals (Pakistan, Afghanistan, China, Nepal, Bhutan, Myanmar, Bangladesh, Sri Lanka)
- (b) Water bodies around India

2. L-2: The Northern Mountains

Map Work: India (Political)

- (a) The Northern Mountains, Mount Everest, Mount Godwin Austen (K2), Kanchenjunga
- (b) Water bodies around India

3. L-3: The Northern and Coastal Plains

Map Work: India (Political)

- (a) The Northern Plains, Eastern Coastal Plain, Western Coastal Plain
- (b) Water bodies around India

4. L-8: Our Agriculture

5. L-9: Our Industries

6. L-11: Our Natural Resources

Library Project:

- 1. L-15: Emperor Akbar
 - 2. L-17: Our Rich Culture
- (Dresses, Monuments, Festivals, Languages, Music and Dances of any three states of India)

SECOND TERM

1. L-4: The Western Desert

Map Work: India (Political)

- (a) Thar Desert, Aravalli Hills
- (b) Water bodies around India

2. L-5: The Southern Plateaus and the Islands

Map Work: India (Political)

- (a) The Southern Plateaus, The Eastern Ghats, The Western Ghats, Andaman and Nicobar Islands, Port Blair, Lakshadweep Islands, Kavaratti
- (b) Water bodies around India

3. L-6: Our Climate

4. L-10: Transport and Communication

5. L-12: Our Forests

6. L-18: Our Rights and Duties

7. L-19: Local Self-government in Cities

Library Project:

L-16: The Age of Exploration- Make a project on the following famous personalities-

- (a) Christopher Columbus
- (b) Vasco da Gama
- (c) Shaheed Bhagat Singh
- (d) Rani Lakshmi Bai

COMPUTER SCIENCE

Learning Objectives:

- to familiarize the students with the concept of Computer, Internet and AI.
- to develop basic skills of using various tools of Word and PowerPoint.
- to develop logic for problem solving.

Textbook: IT Planet – Code AI (Class-4)

FIRST TERM

Lesson 1: Computer – Inside the System Unit

- System Unit
- Components Inside the System Unit

Lesson 2: Windows – Customizing and Personalizing

- Windows 10
- Switching between Running Apps
- Multiple Desktops
- Locking your Computer
- Settings App
- Adjusting the Volume

Lesson 4: PowerPoint

- Introduction
- Creating the Title Slide
- Adding a New Slide

- Formatting Presentation
- Saving a Presentation
- Running a Slide Show

Note: Lesson 3: Word - Editing & Formatting (For Practical Sessions only)

SECOND TERM

Lesson 5: Internet - Surfing and Security

- Internet
- Search Engine
- Web Browser
- Microsoft Edge
- Guidelines for Online Safety
- Responsibilities of a Digital Citizen

Lesson 6: Algorithm and Reasoning

- Algorithm
- Branching (If-Then) Statement
- Debugging
- Reasoning

Lesson 8: AI in Smart Homes

- Introduction
- AI in Smart Homes
- AI Lab

Note: Lesson 7: More About Scratch 3 (For Practical Sessions only)

GENERAL KNOWLEDGE

Textbook: GK Planet- A Skill - based General Knowledge Book - 4

FIRST TERM

Testing —

Page No. 5, 6, 7, 10, 11, 27, 28, 29, 30, 41, 50, 56, 58, 59, 60

Reading for Pleasure —

Page No. 12, 13, 14, 18, 26, 33, 34, 51, 52, 53, 54, 64, 65, 68

Life Skills —

Page No. 35,37

SECOND TERM

Testing —

Page No. 8, 9, 19, 22, 23, 25, 32, 40, 44, 45, 47, 48, 49, 55, 63

Reading for Pleasure —

Page No. 15, 16, 17, 20, 21, 31, 42, 43, 46, 61, 62, 66, 67

Life Skills —

Page No. 36, 69, 70

ART

Learning Objectives:

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

Textbook: Art and Craft (Book-4)

Art File

FIRST TERM

Art and Craft: Pages 3 - 20

Art File:

- 1.Scenery
- 2.Birds' Paradise
- 3.Hot Air Balloon
- 4.Vegetable Basket
- 5.Puppet show
- 6.In the Jungle

SECOND TERM

Art and Craft: Pages 21-40

Art File:

- 1.Dussehra Scene
- 2.Festival of Lights
- 3.Pond Scene
- 4.Poster on 'Save Trees'
- 5.New Year Card

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
2. शुद्ध स्वर
3. पाँच अलंकार
4. ताल कहरवा, ताल दादरा
5. आरोह - अवरोह

Practical:

1. पाँच अलंकारों का अभ्यास
2. दादरा और कहरवा ताल का हथेली पर अभ्यास
3. सरगम गीत (राग यमन)

4. प्रार्थना और देशभक्ति गीतों का अभ्यास

5. भजन

(क) हे राम! हे राम !

(ख) अच्युतम केशवम

6. देशभक्ति गीत

(क) चलता रहेगा ये कारवां

(ख) ये है नया हिंदुस्तान

बाल गीत:

1. नन्हा मुन्ना राही हूं

2. दिवाली गीत

3. चरवाहे नाचे झूम के

4. बच्चे मन के सच्चे

5. स्वच्छता गीत

6. स्कूल चलें हम

WESTERN MUSIC

1. This is our world oh oh

2. There's a hole in the bucket

3. She will be coming round the mountains

4. We are so proud of our school

5. We shall overcome

6. It's a beautiful day

7. We were born to make music

8. It's cleaning time

9. Healthy food song

10. Teaching peace song

11. Please and thank you song

12. Save the planet song

13. Green grass grows all around song

14. Peace like a river song

15. I can do it song

Prayers:

1. Count your blessings

2. Joy to the world

3. Give me oil in my lamp

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 artistic sensibilities.
- to develop respect for social values and cultural heritage.

WESTERN DANCE

Practical:

Jazz, Jive, Hip-Hop, Contemporary

- (i) Body Movements
- (ii) 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

CLASSICAL DANCE

शास्त्रीय नृत्य:

1. भूमि प्रणाम
2. सरस्वती वंदना
3. गणेश वंदना
4. हस्त मुद्राएँ
5. ताल (विभाग, खाली, ताली, सम)

लोक नृत्य:

1. गुजरात (डांडिया, गरबा)
2. राजस्थान (घूमर, कालबेलिया)
3. असम (बीहू)
4. महाराष्ट्र (लावणी)

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 and nutrition — Balanced Diet.
- Yogasanas and their benefits

Practical:

1. Athletics
2. Badminton
3. Basketball
4. Cricket
5. Table-Tennis
6. Volleyball
7. Free Hand Exercises
8. Warming-up and Cooling-down Exercises
9. Recreational Games

AEROBICS

Learning Objectives:

- to learn and understand the importance of physical activity and exercise.
- 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 exercises relate to good health eg. 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
 - v. Side Step
 - vi. Modified Jumping Jack
 - vii. Side Jogging
4. Advance steps of Aerobics
 - i. One Step

- ii. Double Steps
- iii. High knee
- iv. 'V' steps
- v. '+' step
- vi. Square Step
- vii. Forward 4 steps + 'V' step
- viii. Double Steps + knee up

5. Fun Steps in Aerobics

6. Coordination of Basic /Advanced Aerobics steps on songs.

- i. Step-up
- ii. Aerobics beat
- iii. Bhangra beat
- iv. Dance again
- v. Kingston
- vi. Champion

7. Cool down Exercises