

		Class 1		Yoga		
Month	Period	Lesson	Skill	Teaching Methodology	Teaching Aid	Assessment
April	4	Introduction and benefits of yoga	Motivation for Yoga.	By Group discussion	Black board and chart	Communication with students
		Tadasana	increases the height.	By Part and countinue	Yoga mat and whistle	Performed by students
May	4	Vrikshana	improves the balance.	By part and countinue	Yoga mat and whistle	Performed by students
		Padamasana	Increases the strength of legs.	By part and countinue	Yoga mat and whistle	Performed by students
June		Vacation				
July	4	Omkar Pranayam	Improves the concentration.	By part and countinue	Yoga mat and whistle	Performed by students
		Butterfly	Improves the strength of legs.	By part and countinue	Yoga mat and whistle	Performed by students
Aug	4	Vajrasana	Improves the digestion.	By part and countinue	Yoga mat and whistle	Performed by students
		Clapping	Curing the heart and lungs problems.	By part and countinue	Yoga mat and whistle	Performed by students
Sep	4	Bhunaman asana	improves the stretching of legs.	By part and countinue	Yoga mat and whistle	Performed by students

Oct.	4	Paschimottanasana	Stretch the Spine.	By part and countinue	Yoga mat and whistle	Performed by students
Nov.	4	Bhujangasana	Increase the flexibilty.	By part and countinue	Yoga mat and whistle	Performed by students
Dec.	4	Setubandh asana	Improves blood circulation.	By part and countinue	Yoga mat and whistle	Performed by students
Jan.	4	Cat pose	Remove lower backpain.	By part and countinue	Yoga mat and whistle	Performed by students

Learning Outcome
know about Yoga.
Increase the height.
Improves the balance.
Strength of legs.
Improves the concentration.
Improves the strength of legs.
Improves the digestion.
Curing the heart and lungs problems.
improves the stretches of legs.

Stretch the Spine.
Increase the flexibility.
Improves blood circulation.
Remove lower backpain.