

BAL BHARATI PUBLIC SCHOOL NAVI MUMBAI

SYLLABUS (2021-22)

CLASS: II

SUBJECT: PE

First Term: April 2021 to September 2021

Second Term: October 2021 to February 2022

Term	Month	Chapters/Topics
1 st Term	APRIL	One leg Hop
	JUNE	Fun Drills
	JULY	Zumba (Fun activities)
	AUGUST	Yoga (Padmasana)
	SEPTEMBER	Jumping Drills
2 nd Term	OCTOBER	Yoga (Janusirshasana)
	NOVEMBER	Fun Drills (Ball making)
	DECEMBER	Yoga (Vrikshasana)
	JANUARY	Basic fitness Drills, Mass PT
	FEBRUARY	Yoga (Uttanpadasana, Tadasana)