

Class 2 Yoga Syllabus								
Month	Period	Lesson	Skill	Teaching Methodology	Activity/ project	Teaching aid	Assessment	Learning Outcome
April	4	Introduction and benefits of yoga	Motivation of yoga.	By communicate with students		Chart, Communicate with students		Motivation of yoga.
		Suryanamaskar	Reduce moods swings and bring more motional stability .	By part and countinue	Chart	Yoga mat & Demostration	Perform by Students	
May	4	Padmasana	Helps keep joints and ligaments flexible.	By part and countinue	Chart	Yoga mat & Demostration	Perform by Students	Helps keep joints and ligaments flexible.
		Vajrasana	Helps in digestion.	By part and countinue	Chart	Yoga mat & Demostration	Perform by Students	Helps in digestion.
June		Summer vacation						
July	4	Tadasana	Increases the height.	By part and countinue	Chart	Yoga mat & Demostration	Perform by Students	Increases the height.
		Trikonasana	strengthens the thighs, knees the ankles.	By part and countinue	Chart	Yoga mat & Demostration	Perform by Students	sternngthens thevthighs, knees, ankles.
Aug	4	Anulom-vilom pranayam	Excellent for respiratory issue like asthma.	By part and countinue	Chart	Yoga mat & Demostration	Perform by Students	Excellent for respiratory issue like asthma.

Feb		Final Practical					Perform by Students	
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