

**SYLLABUS (2023-2024)**  
**CLASS V**  
**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. Work Experience
10. Music
11. Dance
12. Physical Education & Health Education
13. 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 -5 (CB)
2. Stellar English Literature Reader – 5 (LR)
3. Grammar Way – 5

**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 (Pg. 20), Ex A (Pg. 39) and Ex A (Pg. 58) (CB)

**Reading Comprehension:**

1. Tenaliraman and the Two Thieves (LR, L-4)
2. The Monkeys go on a Fast (LR, L-10)
3. Comprehension Passage (CB, Pg. 147)
4. Passage 1: Habits (Grammar Way, Pg. 140)

**Recitation:**

1. Beds (LR, Pg. 12)
2. I Keep Six Honest Men (LR, Pg. 24)

**Writing Skills:**

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

**Grammar:**

1. L-1: Nouns and Their Types
2. L-2: Singular and Plural Nouns
3. L-3: Nouns: Gender
4. L-4: Possessive Nouns
5. L-6: Verbs
6. L-7: Simple Present Tense
7. L-8: Present Continuous Tense
8. L-9: Present Perfect Tense
9. L-16: Subject and Predicate
10. L-18: Articles
11. L-24: Sentence and its Types
12. L-27: Contractions
13. L-28: Punctuation
14. L-29: Using a Dictionary
15. L-30: Word Power (One Word Substitution Pg. 134 & 135 and Collocations Pg. 138)

**Literature:**

1. Joy of Giving (CB, L-1)
2. Grand Pet Show (CB, L-3)
3. Rip Van Winkle (CB, L-4)
4. Try Again (CB, Pg. 43)
5. What do the Animals Really Think (CB, Pg. 62)
6. Tom Whitewashes the Fence (LR, L-1)
7. Miss Rottenmeier has a Hard Day (LR, L-2)
8. Rain in Summer (LR, Pg. 34)

**Creative Writing (Expressions):**

1. Read 'Kabuliwala' (LR, L-14) by Rabindranath Tagore. Also read other stories by Rabindranath Tagore and write any one story in your own words.
2. Read the poem 'Don't be Afraid of the Dark' (LR, Pg. 48). Write in detail what you are afraid of and how you can overcome that fear.

**SECOND TERM****Listening Comprehension:**

Listen and Learn- Ex A (Pg. 81), Ex A (Pg. 98), Ex A (Pg. 119) and Ex A (Pg. 137) (CB)

**Reading Comprehension:**

1. Comprehension Passage 2 (CB, Pg. 148)
2. Birbal Returns Home (CB, L-7)
3. Passage 2: Recycling (Grammar Way, Pg. 142)
4. The Building of the Brooklyn Bridge (LR, L-12)

**Recitation:**

1. A Poem as Lovely as a Tree (LR, Pg. 56)
2. The Brain is Wider than the Sky (CB, Pg. 140)

**Writing Skills:**

1. Paragraph Writing - 2
2. Letter Writing - 2

**Grammar:**

1. L-5: Pronouns and Their Types
2. L-10: Simple Past Tense

3. L-11: Past Continuous Tense
4. L-12: Simple Future Tense
5. L-13: Future Continuous Tense
6. L-14: The 'Going to' Form
7. L-15: Modals
8. L-17: Subject-Verb Agreement
9. L-19: Adjectives and Their Types
10. L-20: Degrees of Comparison
11. L-21: Adverbs and Their Types
12. L-22: Types of Prepositions
13. L-23: Conjunctions
14. L-25: Negative Sentences
15. L-26: Interrogative Sentences
16. L-30: Word Power (Prefixes and Suffixes Pg. 135- 137)

**Active and Passive Voice and Direct and Indirect Speech will be introduced.**

**Literature:**

1. Reaching for the Skies (CB, L-2)
2. The Magic Paintbrush (CB, L-5)
3. The Lady with the Lamp (CB, L-6)
4. Post Card (CB, Pg. 23)
5. How to Fall Asleep (CB, Pg. 84)
6. I am an Artist (CB, Pg. 101)
7. The Thief of Cathay (LR, L-5)
8. The Boy Who Borrowed (LR, L-7)
9. The King and His Hawk (LR, L-9)

**Creative Writing (Expressions):**

1. Read the poem Florence Nightingale (CB, Pg. 122) and write five things Florence did for the sick soldiers during the Crimean War. Also write a short paragraph on how you nursed a family member who was unwell.
2. Read information about Rani Lakshmi Bai (CB, Pg. 41). Write a short biography of your favourite sportsperson or idol whom you admire a lot and who is a source of inspiration to you.

## 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 -5)
2. गड़बड़झाला
3. गरिमा हिंदी व्याकरण तथा रचना (भाग- 5)

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. राख की रस्सी (पाठ-1)
2. एक दिन की बादशाहत (पाठ-10)
3. चावल की रोटियाँ (पाठ-11)

#### पद्य पाठ-

1. खिलौनेवाला (पाठ-3,कविता)
2. बाघ आया उस रात (पाठ-14,कविता)

### पूरक पुस्तक

#### गड़बड़झाला-

1. गड़बड़झाला
2. नया टेलीफोन
3. दलनायक की सूझबूझ
4. नहले पर दहला

#### गरिमा हिंदी व्याकरण तथा रचना-

1. भाषा और व्याकरण
2. वर्ण विचार
3. शब्द-रचना
4. संज्ञा
5. लिंग
6. वचन

7. कारक
8. विलोम शब्द (न्याय से गुरु तक)
9. समानार्थी शब्द (धरती से हाथ तक)
10. अनेक शब्दों के लिए एक शब्द (जिसमें धैर्य न हो - से लेकर- जो पढ़ा-लिखा हो तक)
11. मुहावरे (1-13 तक)

### रचना कौशल

1. श्रवण मूल्यांकन - वे दिन भी क्या दिन थे (पाठ-8, रिमझिम)
2. चित्र-वर्णन - 1 (गरिमा हिंदी व्याकरण तथा रचना, पृष्ठ-132)
3. अपठित गद्यांश - (क) पानी रे पानी (पाठ-16, रिमझिम)  
(ख) तूफानी रात (गड़बड़झाला)
4. अनुच्छेद-लेखन - (क) पुस्तकें - ज्ञान का भंडार  
(ख) मेरा सपना है कि मैं ----- बनूँ
5. कविता वाचन - (क) खिलौनेवाला (पाठ-3, रिमझिम)  
(ख) बाघ आया उस रात (पाठ-14, रिमझिम)
6. पाठ - पठन - (क) ठंगी का अंत (गड़बड़झाला)  
(ख) मेरी ललक-उसकी चमक (गड़बड़झाला)

### गतिविधि कार्य (अभिव्यक्ति में)

'चुनौती हिमालय की' (पाठ-18, रिमझिम) में पर्वतीय क्षेत्र में पाई जाने वाली चुनौतियों के विषय में बताया गया है। भारत के किन्हीं तीन पर्वतीय क्षेत्रों के लोगों की वेशभूषा, संस्कृति, खान-पान इत्यादि की जानकारी प्राप्त करके चित्र सहित अनुच्छेद रूप में लिखिए।

### द्वितीय सत्र

#### रिमझिम

#### गद्य पाठ-

1. नन्हा फ़नकार (पाठ-4)
2. जहाँ चाह वहाँ राह (पाठ-5)
3. बिशन की दिलेरी (पाठ-15)

#### पद्य पाठ-

1. एक माँ की बेबसी (पाठ-9, कविता)
2. गुरु और चेला (पाठ-12, कविता)
3. छोटी-सी हमारी नदी (पाठ-17, कविता)

## पूरक पुस्तक

### गड़बड़झाला-

1. निरर्थक जोखिम
2. मेरा कमरा कहाँ है?
3. अपनी जूती अपने सिर
4. सच्ची ईद

### गरिमा हिंदी व्याकरण तथा रचना-

1. सर्वनाम
2. विशेषण
3. क्रिया
4. काल
5. अविकारी शब्द
6. विराम चिह्न
7. वाक्य
8. सामान्य अशुद्धियाँ
9. विलोम शब्द (अगला से मधुर तक)
10. समानार्थी शब्द (सागर से हाथी तक)
11. अनेक शब्दों के लिए एक शब्द (जो याद रखने योग्य हो -से लेकर - हिंसा करने वाला तक)
12. मुहावरे (14-26 तक)

### रचना कौशल

1. श्रवण मूल्यांकन - चिट्ठी का सफ़र (पाठ-6, रिमझिम)
2. चित्र-वर्णन - 1 (गरिमा हिंदी व्याकरण तथा रचना, पृष्ठ-134)
3. अपठित गद्यांश - (क) डाकिए की कहानी, कँवरसिंह की जुबानी (पाठ-7, रिमझिम)  
(ख) स्वामी की दादी (पाठ-13, रिमझिम)
4. अनुच्छेद-लेखन - (क) मेरा देश, मेरी शान  
(ख) स्वच्छता अपनाओ, स्वस्थ सुखी जीवन पाओ
5. कविता वाचन - (क) एक माँ की बेबसी (पाठ-9, कविता)  
(ख) गुरु और चेला (पाठ-12, कविता)  
(ग) छोटी-सी हमारी नदी (पाठ-17, कविता)
6. पाठ - पठन - खूबसूरत (गड़बड़झाला)

## गतिविधि कार्य (अभिव्यक्ति में)

'फसलों के त्योहार' (पाठ-2, रिमझिम) में भारत के विभिन्न हिस्सों में मनाए जाने वाले फसलों के त्योहारों के विषय में बताया गया है। उनमें से किन्हीं तीन त्योहारों के विषय में चित्र सहित लिखिए।

## 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, time and use these in situations arising in the learner's immediate environment.
- understand and appreciate simple geometrical shapes.
- develop scientific temperament.

### Textbooks:

1. Maths Xpress-5
2. MatheMIND - Practice in Mental Maths - 5 (Revised Edition)

**Note:** Activities will be marked twice a year.

## FIRST TERM

### Chapter 1: More on Large Numbers

Ex 1.1 to 1.4, Roman Numerals upto 100 (Delete Ex 1.5, 1.6)

### Chapter 2: Operations on Large Numbers

Ex 2.1 to 2.3 (Delete Ex 2.4)

### Chapter 3: Factors and Multiples

Ex 3.1 to 3.4

### Chapter 4: Fractions

Ex 4.1 to 4.4 (Delete Ex. 4.5, 4.6)

### Chapter 12: Life Mathematics

Ex. 12.1 to 12.4

### Chapter 13: Mapping Skills

Ex. 13.1

### Chapter 14: Data Handling

Ex. 14.1, 14.2 (Delete Ex. 14.3)

**Mental Maths:** Ex. 1 to 10, 12 to 19, 20(Q1,2), 21(Q1), 23 (Q1,2,3), 39 to 41, 56 to 59

### Activities:

1. Indian Place Value Chart
2. Magic Square
3. Representation of Roman numerals using toothpicks/earbuds

## SECOND TERM

### **Chapter 5:** Decimals

Ex 5.1 to 5.4 (Delete Ex. 5.5, 5.6)

### **Chapter 6:** Basic Geometry

Ex. 6.1 to 6.4

### **Chapter 7:** Patterns and Symmetry

Ex. 7.1 to 7.4

### **Chapter 8:** Metric Measures

Ex 8.1 to 8.4

### **Chapter 9:** Perimeter and Area

Ex. 9.1 to 9.4

### **Chapter 10:** Volume and Nets

Ex. 10.1 to 10.3

### **Chapter 11:** Time and Temperature

Ex 11.1 to 11.3 (Delete Ex 11.4)

**Mental Maths:** Ex. 11, 25 to 28, 30, 31 (Q1,2,3), 34 to 37, 44 to 46, 51 to 54

### **Activities:**

1. Pictorial Representation of Decimal Numbers
2. Making angles by paper folding
3. Drawing nets of cube and cuboid

### **Vedic Mathematics**

#### 1. Multiplication of

(i) two digit number by a two digit number (vertically and crosswise)

(ii) three digit number by a three digit number (vertically and crosswise)

#### 2. Multiplication of a three digit number by 11

#### 3. Division of a two digit number by 9

#### 4. Multiplication of a number ending with 5 by itself

## EVS – I

### **Learning Objectives:**

- to provide maximum opportunities to the child to observe, investigate and arrive at logical conclusions.
- to develop a 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.

**Textbook:** Environmental Science-I (Class 5)

## FIRST TERM

### 1. L-1: Growing Plants

#### **Diagram:**

- a) Structure of Seed



2. L-2: Food and Health
3. L-3: Safety and First Aid
4. L-4: Solids, Liquids and Gases

**Diagram:**

- a) Arrangement of Molecules in Three States of Matter

5. L-6: Animals - Habitat and Adaptation

6. L-9: Force and Energy

**Diagram:**

- a) Lever
- b) Wheel and Axle
- c) Pulley
- d) Inclined Plane
- e) Wedge
- f) Screw

**Activity:** Making a Brochure (about five animals found in any one habitat)

## **SECOND TERM**

1. L-5: Rocks and Minerals
2. L-7: Skeletal System and Nervous System

**Diagram:**

- a) Parts of Brain

3. L-8: Measurement

4. L-10: Air and Water

**Diagram:**

- a) Composition of Air

- b) Sedimentation and Decantation

- c) Filtration

5. L-11: Earth, Sun and Moon

**Diagram:**

- a) Phases of Moon

6. L-12: Light and Shadow

7. L-14: Our Environment

**Activity:** Make a model of three layers of the earth using clay of different colours or wheat flour dough with food colours added to it.

## **EVS - II**

**Learning Objectives:**

- to equip the students with a sound knowledge of their immediate surroundings and the 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 – 5

## FIRST TERM

1. L-1: Know Your Planet

**Map Work:** World (Physical)

a) Oceans

b) Continents

2. L-2: Parallels and Meridians

**Map Work:** World (Physical)

a) Tropic of Cancer

b) Tropic of Capricorn

c) Arctic Circle

d) Antarctic Circle

e) Equator

f) Prime Meridian

3. L-4: Major Landforms

4. L-5: Weather and Climate

**Diagram-**

a) Heat Zones of the Earth

5. L-7: The Land of Snow

**Map Work:** World (Physical)

a) Greenland

b) Baffin Bay

c) Davis Strait

6. L-11: E for Environment

7. L-14: The World from 1914 to 1945

**Map Work:** World (Political)

a) Britain

b) France

c) Russia

d) U.S.A.

e) Germany

f) Italy

g) Japan

**Library Project:**

1. L-13: Let Us Meet

2. L-17: Transport and Communication

## SECOND TERM

1. L-8: The Land of Sand

**Map Work:** World (Physical)

Hot Deserts of the World

a) Arabian Desert

b) Thar Desert

c) Sahara Desert

d) Kalahari Desert

e) Atacama Desert

- f) California Desert
- g) West Australian Desert
- 2. L-9: The Treeless Grasslands

**Map Work:** World (Physical)

Major Grasslands of the World

- a) Prairies
- b) Pampas
- c) Velds
- d) Steppes
- e) Downs

3. L-12: Natural Disasters

4. L-15: Towards Freedom

**Map Work:** India (Political)

Five Centres of the First War of Independence

- a) Delhi
- b) Lucknow
- c) Meerut
- d) Barrackpore
- e) Vellore

5. L-16: India Wins Freedom

6. L-18: Governing Ourselves

7. L-19: The United Nations

**Library Project:**

L-6: The Land of Dense Forests

## COMPUTER SCIENCE

**Learning Objectives:**

- to develop basic skills of using various tools of Word, Excel, PowerPoint.
- to develop logic for problem solving using Scratch Programming.
- to familiarize the students with the concept of AI.

**Textbook:** Code AI-IT Planet (Class 5)

### FIRST TERM

**Lesson 1 : Computer-History and Generations**

- Concept of Counting
- Early Calculating Devices
- The First Electro-Mechanical Computer
- The First Electronic Computer
- Personal Computer
- Generation
- Generations of Computer

**Lesson 2 : Windows-File Management**

- File Management
- File Explorer
- Viewing Files and Folders
- Selecting Files and Folders

- Creating a New File/Folder
- Deleting a File/Folder

#### **Lesson 4 : PowerPoint-Creating Presentation**

- Introduction
- Using Themes and Templates
- Changing PowerPoint Views
- Project: Presentation on Data Handling
- Creating a Presentation
- Changing Slide Layout
- Adding Slide Transition
- Adding Animation Effects
- Running a Presentation
- Saving a Presentation
- Printing a Presentation

**Note: Lesson 3 : Word-Table and Mail Merge (For Practical Sessions only)**

### **SECOND TERM**

#### **Lesson 5 : Excel-Introduction**

- Introduction to Microsoft Excel
- Creating and Saving Worksheet
- Worksheet
- Generating a Series

#### **Lesson 6 : Internet-Electronic Mail (E-Mail)**

- E- mail or Electronic Mail
- E-mail Programs
- Parts of E-mail Message
- Common E-mail Terms
- Creating an E-mail Account
- E-mail Etiquettes

#### **Lesson 9 : Domains of Artificial Intelligence**

- Introduction
- Advantages and Disadvantages of AI
- Domains of Artificial Intelligence
- AI Lab

**Note : Lesson 8 : Scratch 3 Programming (For Practical Sessions only)**

### **GENERAL KNOWLEDGE**

**Textbook: GK Planet – A Skill – based General Knowledge Book-5**

#### **FIRST TERM**

**Testing –**

Page No. 5, 6, 15, 16, 17, 24, 27, 28, 39, 44, 45, 50, 51, 54, 61

**Reading for Pleasure –**

Page No. 7, 10, 12, 13, 19, 21, 22, 23, 31, 32, 42, 43, 65

**Life Skills-**

Page No. 35, 36

**SECOND TERM**

**Testing –**

Page No. 8, 9, 11, 20, 29, 30, 40, 41, 46, 47, 48, 52, 53, 57, 63

**Reading for Pleasure –**

Page No. 14, 18, 26, 33, 34, 49, 55, 56, 59, 60, 62, 64, 66, 67, 68

**Life Skills-**

Page No. 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-5)**

**ART File**

**FIRST TERM**

**Art and Craft:** Pages 3 - 21

**Art File:**

1. Landscape
2. Water World
3. In the Garden
4. My Favourite Cartoon
5. Warli Art
6. At the Beach

**SECOND TERM**

**Art and Craft:** Pages 22-40

**Art File:**

1. Dussehra Scene
2. Diwali Scene
3. Poster on Save Water, Save Life
4. Poster on Deforestation
5. Christmas Scene
6. New Year Card

**WORK EXPERIENCE**

1. Badge Designing
2. Thali Decoration/Gift Wrapping
3. Pop-up Card
4. Cooking without Fire
5. Wall Hanging

6. Christmas Decoration
7. Best Out of Waste

## MUSIC

### Learning Objectives:

- to develop an appreciation for music through knowledge of different notes and rhythm.
- to distinguish different styles/forms of vocal and instrumental music.
- to enable the students maintain emotional balance and harmony due to enhanced aesthetic values developed in them.

### Theory

1. संगीत
2. स्वर (शुद्ध, कोमल, तीव्र )
3. स्थायी -अंतरा
4. आरोह -अवरोह , पकड़
5. 5 अलंकार
6. ताल दादरा, ताल कहरवा, तीनताल

### Practical

1. 5अलंकार का अभ्यास
2. सभी उपलिखित ताल का अभ्यास
3. सरगम गीत (राग भूपाली )
4. भजन - श्री राम जानकी
5. सरस्वती वन्दना (हे शारदे मां)
6. लोकगीत - पहाड़ी गीत
7. प्रार्थना तथा देशभक्ति गीतों का अभ्यास
8. देशभक्ति गीत - i) इन्साफ की डगर पे  
ii) हम सब भारतीय है

### English Songs:

1. We're born to make music
2. It's a beautiful day
3. Start your day with a song
4. Teaching peace all the world around
5. Sing high Sing low
6. Chocolate I hear you say
7. Do, Re, Me ... Sound of Music
8. We see a peaceful world
9. Hark the herald angel sing
- 10 Green grass grows all around

### Prayers:

1. Joy to the world, the Lord has come
2. Make me a channel of your peace
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 sensibilities.
- to develop respect for social values and cultural heritage.

### WESTERN DANCE

#### Practical:

Jazz, Jive, Hip-Hop, Contemporary

#### Exercises:

- (i) Body Movements
- (ii) Leg and hand movements on Western music beats

#### Songs:

- (i) Hey mother
- (ii) Turn up the music

### CLASSICAL DANCE

#### शास्त्रीय नृत्य:

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

#### लोक नृत्य:

1. गरबा (गुजरात)
2. भांगड़ा, गिद्दा (पंजाब)
3. कालबेलिया (राजस्थान)
4. लावणी (महाराष्ट्र)

## 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 Nutrition — Balanced Diet.
- Pranayam and its benefits
- Components of Physical Fitness

**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 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 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. Revision of Basic steps of Aerobics
  - i. Marching (open / close)
  - ii. Knocking
  - iii. Jumping jack
  - iv. Heel toe-heel tap
  - v. Side steps
  - vi. Modified jumping jack
  - vii. Side Jogging
  - viii. Side steps with hand



#### 4. Advanced steps of Aerobics

- i. One step + Double step
- ii. 'L' step
- iii. 'i' step
- iv. High knee
- v. 'v' steps
- vi. '+' step
- vii. Square step
- viii. Forward 4 steps + 'V' step
- ix. Double steps + knee up
- x. Butterfly
- xi. Diamond step
- xii. Forward/sideward Zig-zag
- xiii. Grapevine with side /forward step
- xiv. Grapevine with 'L', 'V', 'i'

#### 5. Fun steps

#### 6. Coordination of basic /advanced aerobics steps on songs.

- i. Shape of you
- ii. King of my castle
- iii. Zumba
- iv. Aerobics beats
- v. Bhangra beats
- vi. Dance again
- vii. Kingston
- viii. Taki-taki
- ix. Fire burning

#### 7. Cooling down Exercises