

9	PT	Runner's posture/wall touch handstand	Shavasana, vajrasana, gomukhasana, trikonasana	running drill							
		Introduction about running/gymnastics/football, Running Stance/both leg Hand Stand, Runner's posture/wall touch handstand, Race practice/side handstand walk with help of table, football basic rules	Athletic: Zig Zag drill Gymnastics: Strength & flexibility training. Football : Dribbling	Athletic: Fitness Drill. Gymnastics: Baby cartwheel. Football : Long Dribbling	Athletic: Agility Drill. Gymnastic: All Basic Jump on floor & up to down. Football : Dribbling & Shoot	Athletics: Fitness Workout. Gym: front roll , pencil roll. Football : Zig zag Dribble	Football : Dribbling with Partner. Gymnastic: Trampoline. Athletics: Previous Skill Practice	Football : Ball pass. Gymnastic: Cartwheel. Athletics: Shuttle Run	Football : Goal shoots & Defend. Gymnastic: Running cartwheel & Trampoline. Athletics: 60mtr Run	Football : Long Pass. Gymnastics: T Hold, Y Hold, Trampoline. Athletics: Baton Race	Football : Throw in, Trap, Pass. Gymnastic: All strength training, cartwheel round off. Athletics: Run with partner
10	LIBRARY	CH 1 Say Hello!	CH.4 Doing our best	CH.7 How do you feel?	CH.10 Let us play	CH.13 A funny joker	CH.16 Accidental touches	CH.19 The secret cave	CH.22 Are you scared?	CH.25 Sana's puppy	CH.28 Pokso & the Train
		CH.2 First day in the class	CH.5 With love from your lunch box	CH.8 Your body is yours	CH.11 Save water	CH.14 Safe touches	CH.17 Sana is brave	CH.20 Can you keep a secret	CH.23 It is not your fault	CH.26 Granny reads the newspaper	CH.29 A message from Santa
		CH.3 You are special	CH.6 A letter from grandma	CH.9 Doctor auntie tells	CH.12 Gnomes, the tiny monsters	CH.15 Unsafe touches	CH.18 Loudly & brave	CH.21 Going to school is fun	CH.24 A nasty fight	CH.27 The 5 steps safety rule	CH.30 The nest on the tree
11	MORAL VALUES	1. SWEET VOICE 2. A DEVICE FOR SUCCESS	3. RIGHT GESTURE 4. RIGHT POSTURE	5. RIGHT BREATHING	6. KAYOTSARG (RELAXATION OF THE BODY)	7. SEE YOUR FACE 8. KNOW YOUR BODY	9. FOOD 10. BREATHE AND AIR	11. CLEANLINESS 12. RESPECT AND AFFECTION	13. FROM DARKNESS TO LIGHT 14. EMOTIONAL HEALTH	15. VICTORY OF FRIENDSHIP AND UNITY 16. THREE SCULPTURE'S UNITY	17. ANUVRAT-SONG 18. CO-OPERATION AND LABOUR