

Army Public School Wellington

Split-Up Syllabus (2025-26)

YOGA

CLASSES 4 TO 8

Prescribed book : NCERT - YOGA A HEALTHY WAY OF LIVING

MONTH	YOGIC PRACTICES	LEARNING OUTCOMES
JUNE	<ul style="list-style-type: none">● INTRODUCTION - WHAT IS YOGA● IMPORTANCE OF YOGA● GENERAL GUIDELINES FOR YOGIC PRACTICES	<ul style="list-style-type: none">● Develop physical, mental, and spiritual awareness, reduce stress, and improve overall well-being through regular yoga practice.
JULY	<ul style="list-style-type: none">● SURYA NAMASKAR● MEDITATION	<ul style="list-style-type: none">● Master Surya Namaskar sequence and develop meditation skills to reduce stress, improve focus, and enhance overall physical and mental well-being.
AUGUST	<ul style="list-style-type: none">● PASCHIMOTTANASANA● DHANURASANA● VAKRASANA● VRIKSHASANA	<ul style="list-style-type: none">● Improved flexibility, balance, strength, posture, reduced stress, and enhanced overall physical and mental well-being through regular practice.
SEPTEMBER	<ul style="list-style-type: none">● YOGA - REVISION TEST● COMPETITIVE ASANAS● CHAKRASANA● SHALABHASANA	<ul style="list-style-type: none">● Chakrasana and Shalabhasana improve flexibility, strength, posture, and balance, reducing stress, and enhancing overall physical and mental well-being together.
OCTOBER	<ul style="list-style-type: none">● KAPALABHATI● ADVANCED ASANAS● SHASHANKASANA● USHTRASANA	<ul style="list-style-type: none">● It improves respiratory health, flexibility, and balance, reducing stress, and enhancing overall physical and mental well-being.

NOVEMBER	<ul style="list-style-type: none"> ● BHUJANGASANA ● SARVANGASANA ● MATSYASANA ● BHRAMARI PRANAYAMA 	<ul style="list-style-type: none"> ● These practices improve flexibility, strength, posture, and respiratory health, reduce stress, and enhance overall physical, mental, and spiritual well-being together.
DECEMBER	<ul style="list-style-type: none"> ● PARIVRTTA PARSVAKONASANA ● VIRABHADRASANA ● SUPINE POSTURES ● HALF YEARLY EXAMINATION 	<ul style="list-style-type: none"> ● These practices improve flexibility, balance, strength, posture, and overall physical fitness, enhancing mental focus and well-being together effectively.
JANUARY	<ul style="list-style-type: none"> ● EKA PADA SIRASASANA ● PARIVRTTA TRIKONASANA ● AKARNA DHANURASANA ● BHASTRIKA PRANAYAMA 	<ul style="list-style-type: none"> ● These practices improve flexibility, balance, strength, focus, and respiratory health, enhancing overall physical, mental, and energetic well-being together effectively.
FEBRUARY	<ul style="list-style-type: none"> ● BADDHA KONASANA ● PADMA YOGA MUDRASANA ● GOMUKHASANA ● UTTANA MANDUKASANA 	<ul style="list-style-type: none"> ● These practices open hips, stretch thighs and knees, improve flexibility and balance, and promote spinal alignment and overall physical and mental well-being.
MARCH	<ul style="list-style-type: none"> ● YOGA - REVISION TEST ● ANNUAL EXAMINATION 	<ul style="list-style-type: none"> ● Reflective Practice and Self-Evaluation.

TRUTH IS GOD

WELLINGTON

Army Public School Wellington

Split-Up Syllabus (2025-26)

YOGA

CLASSES 9 TO 12

Prescribed book : NCERT - YOGA A HEALTHY WAY OF LIVING

MONTH	YOGIC PRACTICES	LEARNING OUTCOMES
JUNE	<ul style="list-style-type: none">● PDAHASTASANA● TRIKONASANA● PARSVAKONASANA● VAJRASANA	<ul style="list-style-type: none">● These practices improve flexibility, balance, strength, and posture, enhancing spinal alignment, stretching muscles, and promoting overall physical and mental well-being.
JULY	<ul style="list-style-type: none">● SURYA NAMASKAR● TADASANA● HALASANA● PADMASANA	<ul style="list-style-type: none">● These practices improve flexibility, balance, strength, and posture, enhancing spinal alignment, stretching muscles, and promoting overall physical, mental, and energetic well-being.
AUGUST	<ul style="list-style-type: none">● PASCHIMOTTANASANA● DHANURASANA● VAKRASANA● VRIKSHASANA	<ul style="list-style-type: none">● These practices stretch and strengthen the spine, improve flexibility, balance, and posture, enhancing overall physical and mental well-being and focus.
SEPTEMBER	<ul style="list-style-type: none">● ADVANCED ASANAS● CHAKRASANA● SHALABHASANA● YOGA FOR CONCENTRATION	<ul style="list-style-type: none">● These practices strengthen the back, improve flexibility, balance, and posture, while enhancing focus, concentration, and overall physical and mental well-being.
OCTOBER	<ul style="list-style-type: none">● KAPALABHATI● HALASANA● SHASHANKASANA● USHTRASANA	<ul style="list-style-type: none">● These practices detoxify and energize the body, stretch and strengthen the spine, improve flexibility, and promote relaxation, balance, and overall well-being.

NOVEMBER	<ul style="list-style-type: none"> ● BHUJANGASANA ● SARVANGASANA ● MATSYASANA ● BHRAMARI PRANAYAMA 	<ul style="list-style-type: none"> ● These practices strengthen the back, improve flexibility, balance, and posture, while enhancing respiratory health, relaxation, and overall physical and mental well-being.
DECEMBER	<ul style="list-style-type: none"> ● MEDITATION ● VIRABHADRASANA ● SHANTI ASANA ● HALF YEARLY EXAMINATION 	<ul style="list-style-type: none"> ● These practices enhance focus, strength, flexibility, and balance, promoting relaxation, calmness, and overall physical, mental, and spiritual well-being.
JANUARY	<ul style="list-style-type: none"> ● EKA PADA SIRASASANA ● PARIVRTTA TRIKONASANA ● AKARNA DHANURASANA ● BHASTRIKA PRANAYAMA 	<ul style="list-style-type: none"> ● These practices improve flexibility, balance, strength, and focus, while enhancing respiratory health, energizing the body, and promoting overall physical and mental well-being.
FEBRUARY	<ul style="list-style-type: none"> ● BADDHA KONASANA ● PADMA YOGA MUDRASANA ● GOMUKHASANA ● UTTANA MANDUKASANA 	<ul style="list-style-type: none"> ● These asanas open hips, stretch thighs and knees, improve flexibility, balance, and posture, promoting overall physical and mental well-being.
MARCH	<ul style="list-style-type: none"> ● YOGA - REVISION TEST ● ANNUAL EXAMINATION 	<ul style="list-style-type: none"> ● Reflective Practice and Self-Evaluation.



Army Public School Wellington

Split-Up Syllabus (2025-26)

YOGA

CLASSES NURSERY TO 3

Prescribed book : NCERT - YOGA A HEALTHY WAY OF LIVING

MONTH	YOGIC PRACTICES	LEARNING OUTCOMES
JUNE	<ul style="list-style-type: none">● TREE POSE● CHAIR POSE● BUTTERFLY POSE● SNAKE POSE	<ul style="list-style-type: none">● These poses enhance flexibility, balance, strength, and overall physical and mental well-being
JULY	<ul style="list-style-type: none">● SURYA NAMASKAR● MOUNTAIN POSE● PLOUGH POSE● LOTUS POSE	<ul style="list-style-type: none">● These yoga poses enhance flexibility, balance, strength, and focus, promoting physical, mental, and spiritual well-being through mindful practice and breath.
AUGUST	<ul style="list-style-type: none">● PASCHIMOTTANASANA● DHANURASANA● VAKRASANA	<ul style="list-style-type: none">● Yoga enhances physical flexibility, mental clarity, balance, strength, focus, and relaxation, promoting overall well-being and self-awareness through mindful practice.
SEPTEMBER	<ul style="list-style-type: none">● YOGA - REVISION TEST● WHEEL POSE● MOUNTAIN POSE	<ul style="list-style-type: none">● It enhances physical strength, flexibility, and mental focus.
OCTOBER	<ul style="list-style-type: none">● HALASANA● SHASHANKASANA● USHTRASANA	<ul style="list-style-type: none">● Enhances physical flexibility, mental clarity, balance, strength, and relaxation, promoting overall well-being and self-awareness.
NOVEMBER	<ul style="list-style-type: none">● BHUJANGASANA● SARVANGASANA● MATSYASANA● BHRAMARI PRANAYAMA	<ul style="list-style-type: none">● Yoga enhances flexibility, strength, balance, focus, and relaxation, promoting physical, mental, and emotional well-being and

		self-awareness together harmoniously.
DECEMBER	<ul style="list-style-type: none"> • YOGA - REVISION TEST • HALF YEARLY EXAMINATION 	<ul style="list-style-type: none"> • Reflective Practice and Self-Evaluation.
JANUARY	<ul style="list-style-type: none"> • EKA PADA SIRASASANA • PARIVRTTA TRIKONASANA • AKARNA DHANURASANA • BHASTRIKA PRANAYAMA 	<ul style="list-style-type: none"> • Yoga promotes physical flexibility, mental clarity, balance, strength, and relaxation, fostering overall well-being and self-awareness together.
FEBRUARY	<ul style="list-style-type: none"> • BADDHA KONASANA • PADMA YOGA MUDRASANA • GOMUKHASANA • UTTANA MANDUKASANA 	<ul style="list-style-type: none"> • Yoga enhances physical flexibility, mental clarity, balance, strength, and relaxation, promoting overall well-being and self-awareness harmoniously.
MARCH	<ul style="list-style-type: none"> • YOGA - REVISION TEST • ANNUAL EXAMINATION 	<ul style="list-style-type: none"> • Reflective Practice and Self-Evaluation.

