



GRIFFINS INTERNATIONAL SCHOOL

SYLLABUS BREAK-UP

YOGA (CODE NO-841)

Class : XI (2020-21)

TERM - I		TERM - II	
Month	Unit Name / Chapter name	Month	Unit Name / Chapter name
August	PART-A	November	2.Introduction to Yoga Texts
	1. Communication Skills		
	2. Self Management Skills		3. Yoga For Health Promotion
September	3. Basic ICT Skills	December	PART-C
	4. Entrepreneurial Skills		1. Practical File/Portfolio/Power point presentation
PERIODIC TEST - I		PERIODIC TEST - II	
October	5. Green Skills	January	2. Demonstation Skills
	PART-B		3. Viva And Projects
	1. Introduction To Yoga And Yogic Practices	February	Revision And Session Ending Exam
November	HalfYearly (1st Week)		
HALF YEARLY EXAMINATION		SESSION ENDING EXAMINATION	