



**Sant Nandlal Smriti Vidya Mandir, Ghatsila**  
**Yearly Syllabus for Std I & II Session 2025-26**

**Subject- P.T.**

Month	No. of days	Event/Topic	Std	Purpose	Requirement	Instructor
April & May		Basics:- Attention ,Stand it ease, right & left turn, about turn	I & II	For their betterment in higher classes.	-----	
June & July		Stretching exercises .. Hand stretch, Leg stretch, backward shoulder squeeze, knee to chest, touch the toes to the knee, finger stretch, side by side stretch.	I & II	Increasing flexibility, Improve posture, Relieves stress.	-----	
August		Slow & Fast running.	I & II	Strengthen muscles, helps maintaining healthy body, it is also a mental exercise.	-----	
September & October		Stepping exercises:- Half squats, jumping jacks, forward-backward steps ,side by side steps	I & II	Build strength, boost the mind, improve balance.	-----	