



**THE ADVENT SCHOOL (2026-27)**  
**CLASS- III | SUBJECT- YOGA**  
**TERM WISE SYLLABUS**

**NAMES OF TEXTBOOKS –**

<b>TERM - I</b>	
<b>TOPIC/ SYLLABUS FOR PRE-MID TERM ASSESSMENTS:</b>	
<ul style="list-style-type: none"><li>● Introduction to Yoga and its benefits</li><li>● Basic Asanas (Tadasana, Vrikshasana, etc.)</li><li>● Breathing exercises (Pranayama)</li><li>● Relaxation techniques</li></ul>	
<b>REVISION &amp; PRE-MID TERM ASSESSMENTS</b>	
<b>TOPIC/ SYLLABUS FOR MID TERM ASSESSMENTS:</b>	
<b>Revision of basic asanas</b> <ul style="list-style-type: none"><li>● Advanced asanas (Vrksasana, Trikonasana, etc.)</li><li>● Pranayama techniques (Anuloma-Viloma, etc.)</li><li>● Yoga and concentration</li></ul>	
<b>REVISION &amp; MID TERM ASSESSMENTS</b>	
<b>TERM - II</b>	
<b>TOPIC/ POST-MID TERM ASSESSMENT SYLLABUS:</b>	
<b>More advanced asanas and sequences</b> <ul style="list-style-type: none"><li>● Meditation techniques</li><li>● Yoga and stress management</li><li>● Group yoga activities</li></ul>	
<b>REVISION &amp; POST-MID TERM ASSESSMENTS</b>	
<b>TOPIC/ SYLLABUS FOR FINAL ASSESSMENTS:</b>	
<b>Full syllabus revision</b> <ul style="list-style-type: none"><li>● Advanced yoga poses and sequences</li><li>● Pranayama and meditation practice</li><li>● Yoga and lifestyle</li></ul>	
<b>REVISION &amp; FINAL ASSESSMENTS</b>	

**PRINCIPAL**