



ACTIVITY- 4

(September)

(FIT & FUN DRILL)



ACTIVITY -4

Activity Title: Fit and Fun Drill

Date : 23/9/2021

Duration of the activity: 30 minutes

Class: Grade 1

Teacher Responsible: Physical Trainer

Description of the activity:

Physical educator connected with the students virtually and instructed them to follow some of the cardio exercises. Students followed the instructions and did the exercise enthusiastically.

Learning Outcome

1. Knowledge:

- Importance of exercises to stay healthy.
- Warm up -Stretching
- Hop on one foot
- Jumping jacks
- Side squad
- Leg raises

2. Skills:

- Gross motor development
- Physical strength – Bones and muscles are strengthened
- Accuracy - controlling movement in each direction
- Coordination - combination of several distinct movement patterns into a singular distinct movement.
- Balance - while standing and changing their legs.

3. Attitudes:

- Learn the benefits and values of exercise in daily life.

- Improves relationships with their peers and physical educator while performing exercises.
- Learns to respect each other by following the rules.
- Improves concentration, memory and classroom behaviour.
- Quality of sleep improves which keeps them fit and active.

Subjects Integrated:

English: Listening and communication skill while following the instructions

Maths: Counting numbers to perform every exercise accordingly.

Science: Benefits of exercise both physically and mentally.

Evidence:

1. Virtual invitation
2. Pictures





