



# **ACTIVITY- 4**

## **(SEPTEMBER)**

**FIT & FUN DRILL**

# ACTIVITY - 4

**Activity Title:** Fit & fun drill

**Date:** 23/9/2021

**Duration of the activity:** 30 Minutes

**Classes:** 2 & 3

**Teacher Responsible:** Physical Educators ( Mr. Shamsheer , Mr. Mani )

## **Description of the activity:**

Fit and fun strive in physical and mental development of the children. Physical educator instructed the children to follow some of the cardio exercises virtually. Approximately 80-90 students participated, enjoyed, and learnt the importance of exercise enthusiastically.

## **Learning Outcomes**

### **1. Knowledge:**

- Benefits and importance of cardio-exercises to stay healthy and fit.
- Warm up -Stretching
- High – Knees
- Jumping jacks
- Squat-jumps

### **2. Skills:**

- Agility - Change and control the direction and position of the body while maintaining a constant, rapid motion.
- Balance - Control or stabilize the body when they are standing still or moving.
- Coordination -Use the senses together with body parts during movement.
- Speed-To move their body or parts of their body swiftly.
- Power -To move the body parts swiftly while applying the maximum force of the muscles.
- Reaction Time- To reach or respond quickly to what they hear and see.

## 2. Attitudes:

- Promotes a positive mental health
- 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 rules.
- Improve concentration, memory and classroom behaviour.

## Subjects Integrated:

**English:** Listening and communication skill while following the instructions

**Maths:** Counting numbers to perform all the exercise accordingly.

**Science:** Benefits of exercise to our body both physically and mentally.

## Evidence:

1. Virtual invitation
2. Pictures





