

ACTIVITY- 4
(SEPTEMBER)

FIT & FUN DRILL

ACTIVITY - 4

Date: 23/09/2021

Activity Title: Fit and fun drill

Duration of the activity: 30 minutes

Classes: IV & V

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

Description of the activity:

Regular exercise improves physical fitness and mental health of the children. Physical educator connected with the children virtually and instructed the children to follow some of the cardio exercises. Approximately 70 students participated, enjoyed, and learnt the importance of exercise.

Learning Outcome

1. Knowledge:

- Importance of exercises to stay healthy.
- Warm up - Stretching
- High – Knees
- Squat - Jumps

2. Skills:

- Stamina - processing, delivering, storing, and utilising energy.
- Strength - application of force by muscle(s).
- Flexibility - maximising the range of motion at a given joint.
- Power - application of maximum force in minimum time by muscles.
- Speed - minimising the time cycle of a repeated movement.
- Coordination - combination of several distinct movement patterns into a singular distinct movement.
- Accuracy - controlling movement in each direction

3. Attitudes:

- Maintain positive attitude

- Learn the benefits of exercise in daily life.
- Learns to respect each other by following the rules.

Subjects Integrated:

English: Listening skill

Maths: Counting numbers, calculate time

Science: Physical science and physical fitness

Evidence:

1. Virtual invitation
2. Pictures







