



# Canadian International School Bangladesh

**Date:** 13/01/2021 (WEDNESDAY)

**Subject:** Health and Physical Education

**Grade:** Grade-5 (10:20 A.M. to 11:00 A.M.)

Grade-4 (11:50 A.M. to 12:30 P.M.)

**Topic:**

- 1) Basics of Physical Education
- 2) Full Body Stretching
- 3) Yoga and Relaxation Exercises
- 4) Meditation

**Class Duration:**

Warm-up: 4 to 6 minutes

Moderate to vigorous activity: 30 to 32 minutes

Cool-down: 4 to 6 minutes

**Online Resources:**

- 1) i) <https://www.youtube.com/watch?v=yyYIVOqgj0A> (Grade: 4)  
ii) <https://www.youtube.com/watch?v=9eR9ejZ5cpo> (Grade: 4)  
iii) [https://www.youtube.com/watch?v=c2owV\\_1pxWE](https://www.youtube.com/watch?v=c2owV_1pxWE) (Grade: 4)  
iv) <https://www.youtube.com/watch?v=FlAvRcz0zuY>  
v) <https://www.youtube.com/watch?v=4pLUleLdwY4>  
vi) [https://www.youtube.com/watch?v=e3x-mM\\_k044](https://www.youtube.com/watch?v=e3x-mM_k044) (Grade:4-6)  
vii) [https://www.youtube.com/watch?v=x9N02HIOC\\_U](https://www.youtube.com/watch?v=x9N02HIOC_U) (Grade:4-6)  
viii) <https://www.youtube.com/watch?v=ctZmWxYHWZk> (Grade:4-6)  
<https://www.youtube.com/watch?v=y20IlzwP-HA> (Grade:4-6)  
ix) [https://www.youtube.com/watch?v=e3x-mM\\_k044](https://www.youtube.com/watch?v=e3x-mM_k044) (Grade:4-6)
  
- 2) i) <https://www.youtube.com/watch?v=5h-9pqWlkzg> (Grade: 5)  
ii) <https://www.youtube.com/watch?v=pyFNz8zJSdw> (Grade: 5)  
iii) <https://www.youtube.com/watch?v=FlAvRcz0zuY>  
iv) <https://www.youtube.com/watch?v=4pLUleLdwY4>  
[https://www.youtube.com/watch?v=tZzA\\_tbj1dY&list=RDCMUCuPUdEctalgaEexj3ZFjki](https://www.youtube.com/watch?v=tZzA_tbj1dY&list=RDCMUCuPUdEctalgaEexj3ZFjki)

**Senior campus:** Plot #110, Road #27, Block #A, Banani, Dhaka 1213

**Junior campus:** Plot # NE (B)-3B Road#74, Gulshan 2, Dhaka-1212

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[Q&index=2](#) (Warm-Up Grade:4-5) [https://www.youtube.com/watch?v=ism\\_ByAl-H4](https://www.youtube.com/watch?v=ism_ByAl-H4)  
(Grade:4-5)

<https://www.youtube.com/watch?v=yEW-00A309o> (Grade:4-5)

**#Please visit the above links and watch the video**

-----Thank You-----

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