



Canadian International School Bangladesh

Date: 14/01/2021 (THURSDAY)

Subject: Health and Physical Education

Grade: Grade-9 (9:10 A.M. to 9:50 A.M.)
Grade-4 (9:50 A.M. to 10:30 A.M.)
Grade-3 (11:50 A.M. to 12:30 P.M.)
Grade-7 (2:50 P.M. to 3:30 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: 3 & 4)
- ii) <https://www.youtube.com/watch?v=9eR9ejZ5cpo> (Grade: 3 & 4)
- iii) https://www.youtube.com/watch?v=c2owV_1pxWE (Grade: 3 & 4)
- iv) <https://www.youtube.com/watch?v=FlAvRcz0zuY> (Grade:7-9)
- v) <https://www.youtube.com/watch?v=4pLUleLdwY4> (Grade:7-9)
- vi) <https://www.youtube.com/watch?v=0L3W0pcHU50> (Grade:3-9)
- vii) <https://www.youtube.com/watch?v=JzMxcjuK19s> (Grade:3-4)
- viii) <https://www.youtube.com/watch?v=ctZmWxYHWZk> (Grade:7-9)
- ix) <https://www.youtube.com/watch?v=5h-9pqWlkzg> (Grade: 6)
- x) <https://www.youtube.com/watch?v=pyFNz8zJSdw> (Grade: 6)
- xi) <https://www.youtube.com/watch?v=FlAvRcz0zuY> (Grade:7-9)
- xii) <https://www.youtube.com/watch?v=4pLUleLdwY4> (Grade:7-9)
- xiii) <https://www.youtube.com/watch?v=yEW-00A309o> (NEW Grade:3-4)

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

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

Tel: +8801841461000, +8801841461888, +8801841461999

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xiv) https://www.youtube.com/watch?v=Ism_ByAl-H4 (New Grade:3-4)

<https://www.youtube.com/watch?v=DS8yeXFeEPA> (Warm-up Grade:3-4)

#Please visit the above links and watch the video

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

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