



Canadian International School Bangladesh

Date: 07/04/2021 (WEDNESDAY)

Subject: Health and Physical Education

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

Grade-4 (11:40 A.M. to 12:20 P.M.)

Grade-9 (01:10 P.M to 01:50 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 (Grade: 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=e3x-mM_k044 (Grade:4-6)
 - vii) 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 (Grade:4-6)

- 2)
 - i) <https://www.youtube.com/watch?v=5h-9pqWIkzg> (Grade: 5)
 - ii) <https://www.youtube.com/watch?v=pyFNz8zJSdw> (Grade: 7-9)

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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iii) <https://www.youtube.com/watch?v=FlAvRcz0zuY> (Grade:7-9)

iv) <https://www.youtube.com/watch?v=4pLUleLdwY4> (Grade:7-9)

https://www.youtube.com/watch?v=tZzA_tbj1dY&list=RDCMUCuPUdEctalgaEexj3ZFjkiQ&index=2 (Warm-Up Grade:4-5) https://www.youtube.com/watch?v=ism_ByAl-H4 (Grade:4-5)

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

https://www.youtube.com/watch?v=HpCtBV_SnQ (january 11 for 3-7)

<https://www.youtube.com/watch?v=2ZFrFvkTJsY> (january 15 for 3-6)

<https://www.youtube.com/watch?v=DKfml9o20p4> (january 13 for 7-9)

https://www.youtube.com/watch?v=gv1H2_IX8JM nunu TV For Grade:3-6

<https://www.youtube.com/watch?v=pwdb6m4gYmQ> Complete Full Body(Grade:4-9)

<https://www.youtube.com/watch?v=UfVDicFB1fw> Belly Workout For Gr-4-9 (Feb:10)

<https://www.youtube.com/watch?v=780tfAk6uhM> 8 Cardio EX For Gr:KG-3 (Feb:8)

<https://www.youtube.com/watch?v=Gzxt1ig1Yb8> kids cardio For Gr:KG-9 (Feb:12)

<https://www.youtube.com/watch?v=ekRHCAqGVuY> For-kg-3 (Feb-17)

<https://www.youtube.com/watch?v=iTnCNcGd2qc> For JK-2 Animal Workout

<https://www.youtube.com/watch?v=ol7vF6dJsh8> For JK-3 Legs and Belly

<https://www.youtube.com/watch?v=cGEIZoBlkYE&list=RDCMUCuPUdEctalgaEexj3ZFjkiQ&index=22> For JK-KG-2

<https://www.youtube.com/watch?v=tHhIXlykxyM> NEW EX For JK-5

#Please visit the above links and watch the video

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

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