



Canadian International School Bangladesh

Date: 08/04/2021 (THURSDAY)

Subject: Health and Physical Education

Grade:

Grade-4 (9:50 A.M. to 10:30 A.M.)

Grade-3 (11:40 A.M. to 12:20 P.M.)

Grade-5(12:50 P. M to 01:30 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

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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)
<https://www.youtube.com/watch?v=DS8yeXFeEPA> (warm-up Grade:KG-1)
- xv) https://www.youtube.com/watch?v=ism_ByAl-H4 (NEW Grade:KG-1)
<https://www.youtube.com/watch?v=yEW-00A309o> (NEW Grade:KG-1)
<https://www.youtube.com/watch?v=tmIIHggJJDw> january 4 2021 for KG-2
- xvi) https://www.youtube.com/watch?v=ism_ByAl-H4 (Grade:KG-2)
https://www.youtube.com/watch?v=ZZ_NVJDqa1Q (Grade:KG-2)
<https://www.youtube.com/watch?v=qdrjFVVGc> A JANUARY 8 2021 FOR 6-9
- xvii) <https://www.youtube.com/watch?v=KnF12nKwPQI> new for KG-2
- xviii) https://www.youtube.com/watch?v=HpCtBV_SnQ january 11 for 3-6
- xix) <https://www.youtube.com/watch?v=2ZFrfvkTJsY> january 15 for 3-6
- xx) <https://www.youtube.com/watch?v=DKfml9o20p4> january 13 for 7-9
- xxi) <https://www.youtube.com/watch?v=m9J-q1DN3Ag> january 18 for KG-2
- xxii) https://www.youtube.com/watch?v=JoF_d5sgGgc Move with Me KG-2
- xxiii) <https://www.youtube.com/watch?v=780tfAk6uhM> 8 CardioEX For Gr:KG-3 (Feb:8)
- xxiv) <https://www.youtube.com/watch?v=Gzxt1ig1Yb8> kids cardio For Gr:KG-9 (Feb:12)
- xxv) https://www.youtube.com/watch?v=ju8W_SX_wy4 Welcome to my GYM
- xxvi) <https://www.youtube.com/watch?v=GzVR5Wz9On0> Tabata W-Up for KG-3
- xxvii) <https://www.youtube.com/watch?v=BseCAqasTpA> 5 Day for-2-5 (feb-15)
- xxviii) <https://www.youtube.com/watch?v=ekRHCAqGVuY> For-kg-3 (Feb-17)
- xxix) <https://www.youtube.com/watch?v=iTnCNcGd2qc> For JK-2 Animal Workout
- xxx) <https://www.youtube.com/watch?v=ol7vF6dJsh8> For JK-3 Legs and Belly
- xxxi) <https://www.youtube.com/watch?v=cGEIZoBlkYE&list=RDCMUCuPUdEctalgaEexj3ZFjkiQ&index=22> For JK-KG-2
- xxxii) <https://www.youtube.com/watch?v=tHhIXIykxyM> NEW EX For JK-5
- xxxiii)

#Please visit the above links and watch the video

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

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