



Canadian International School Bangladesh

Daily Plan

Date: September 28, 2021 (TUESDAY)

Subject: Health and Physical Education

Grade: **Grade-3 (09:50A.M.to 10:30A.M.)**

Grade-7 (10:20 A.M. to 11:00 A.M.)

Grade-5 (12:00 P.M. to 12:40 P.M.)

Grade-4 (1:30 P.M.to 2:10 P.M.)

Topic: **Basics of Physical Education**

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://youtu.be/Td6zFtZPkJ4> (Grade:4)
ii) <https://youtu.be/NMtc5PKcsls> (Grade:4)
- 2) i) https://youtu.be/ajzi_b7G7i8 (Grade: 5 and 6)
ii) https://youtu.be/Kozb5gT_Rck (Grade: 5 and 6)
3) https://www.youtube.com/results?search_query=17+rules+of+football 2021
4) <https://www.youtube.com/watch?v=yFq9FEAYk6s> 2021
5) <https://www.youtube.com/watch?v=GePlbCsGniA>
2021 https://www.youtube.com/results?search_query=low+1the+field+of+football 2021
https://www.youtube.com/watch?v=gC_L9qAHVJ8&list=RDCMUcFjc9H89-RpWuIStDqhO7AQ&start_radio=1&rv=gC_L9qAHVJ8&t=26 low impact



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for Grade-5-9

<https://www.youtube.com/watch?v=G7aE1siZqnY> (For Gr-4-9 2021)

7FUN Exersice

<https://www.youtube.com/watch?v=KaDwCnqDSsg> 5-Day Challenge
(For Gr-JK,KG-4) 3 September 2021

<https://www.youtube.com/watch?v=OsFV58Jps2k> Welcome Song
FOr JK,KG-Gr-

2https://www.youtube.com/watch?v=gC_L9qAHVJ8&list=RDCMUc9H89-RpWulStDqhO7AQ&start_radio=1&rv=gC_L9qAHVJ8&t=26

low impect

for Grade-5-9

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<https://www.youtube.com/watch?v=OsFV58Jps2k> Welcome Song
FOr JK,KG-Gr-2

<https://www.youtube.com/watch?v=U9iUCHfzmYE> Hokey Cokey For
JK,KG-Gr-2 new

<https://www.youtube.com/watch?v=y-DIJyQtic> Eat Right Warm-up
For JK,KG-Gr-4 New

<https://www.youtube.com/watch?v=oBgT3RmDI-E> Football Field
Laws 1

#Please visit the above links and watch the video

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