



Canadian International School Bangladesh

Date: September 09, 2021 (THURSDAY)

Subject: Health and Physical Education

Grade:

Grade-6 (11:10 A.M. to 11:50 A.M.)

Grade-7 (12:00 P.M. to 12:40 P.M.)

Grade-3 (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://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)
- 2) i) <https://www.youtube.com/watch?v=5h-9pqWlkzg> (Grade: 6)
ii) <https://www.youtube.com/watch?v=pyFNz8zJSdw> (Grade: 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>
6) 2021 https://www.youtube.com/results?search_query=low+1the+field+of+football 2021

#Please visit the above links and watch the video

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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