



# Canadian International School Bangladesh

**Date:** September 05,2021 (SUNDAY)

**Subject:** Health and Physical Education

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

Grade-5 (11:10 A.M. to 11:50 A.M.)

Grade-6 (12:00 P.M. to 12:40 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=yyYIVOqgi0A> (Grade: 2 & 3)  
ii) <https://www.youtube.com/watch?v=9eR9ejZ5cpo> (Grade: 2 & 3)  
iii) [https://www.youtube.com/watch?v=c2owV\\_1pxWE](https://www.youtube.com/watch?v=c2owV_1pxWE) (Grade: 2 & 3)
- 2) i) <https://www.youtube.com/watch?v=5h-9pqWIkzg> (Grade: 6 and 7)  
ii) <https://www.youtube.com/watch?v=pyFNz8zJSdw> (Grade: 6 and 7) 3)  
3) [https://www.youtube.com/results?search\\_query=17+rules+of+football](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](https://www.youtube.com/results?search_query=low+1the+field+of+football)  
2021

**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

E-mail: [info@canadaeducationbd.com](mailto:info@canadaeducationbd.com) Website: [www.canadaeducationbd.com](http://www.canadaeducationbd.com)



# Canadian International School Bangladesh

[https://www.youtube.com/watch?v=gC\\_L9qAHVJ8&list=RDCMUFCj9H89-RpWuIStDqhO7AQ&start\\_radio=1&rv=gC\\_L9qAHVJ8&t=26](https://www.youtube.com/watch?v=gC_L9qAHVJ8&list=RDCMUFCj9H89-RpWuIStDqhO7AQ&start_radio=1&rv=gC_L9qAHVJ8&t=26) low impact for Grade-5-9

<https://www.youtube.com/watch?v=G7aE1siZqnY> (For Gr-4-9 2021) 7FUN Exercise

<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-2

**#Please visit the above links and watch the video**

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

**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

E-mail: [info@canadaeducationbd.com](mailto:info@canadaeducationbd.com) Website: [www.canadaeducationbd.com](http://www.canadaeducationbd.com)