



# Canadian International School Bangladesh

**Date:** September 21, 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](https://youtu.be/ajzi_b7G7i8) (Grade: 5 and 6)  
ii) [https://youtu.be/Kozb5gT\\_Rck](https://youtu.be/Kozb5gT_Rck) (Grade: 5 and 6)
- 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>  
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  
[https://www.youtube.com/watch?v=gC\\_L9qAHVJ8&list=RDCMUcFjc9H89-RpWuIStDqhO7AQ&start\\_radio=1&rv=gC\\_L9qAHVJ8&t=26](https://www.youtube.com/watch?v=gC_L9qAHVJ8&list=RDCMUcFjc9H89-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

**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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<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-----

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