



Canadian International School Bangladesh

Date: September 29, 2021 (WEDNESDAY)

Subject: Health and Physical Education

Grade: **Grade-2(9:50A.M.to 10:30 A.M.)**

Grade-8,9 (10:40 A.M. to 12:00 P.M.)

Grade-1 (12:30 P.M.to 1:10 P.M.)

Grade-4 (01:30P.M.to 02:10 P.M.)

Grade-1(12:30 P.M.to 1:10 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://www.youtube.com/watch?v=yyYIVOqgi0A> (Grade: 4)
ii) <https://www.youtube.com/watch?v=9eR9ejZ5cpo> (Grade: 4)
iii) https://www.youtube.com/watch?v=c2owV_1pxWE (Grade: 4)
- 2) i) <https://www.youtube.com/watch?v=5h-9pqWlkzg> (Grade: 5)
ii) <https://www.youtube.com/watch?v=pyFNz8zJSdw> (Grade: 5)
3) https://www.youtube.com/results?search_query=17+rules+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

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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

<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

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 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

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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

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

<https://www.youtube.com/watch?v=y-DIJyqQtic> 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-----

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