



Canadian International School Bangladesh

Date: September 06, 2021 (MONDAY)

Subject: Health and Physical Education

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

Grade-8,9 (10:40 A.M. to 11:20 A.M.)

Grade-1 (12:30P.M.to 0 1:10 P.M.)

Grade-JK (01:40 A.M.to 02:20 P.M.)

Topic:

- 1) Basics of Physical Education**
- 2) Full Body Stretching**
- 3) Yoga and Relaxation Exercises**

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)
iii) <https://www.youtube.com/watch?v=FlAvRcz0zuY>

- 2) i) https://youtu.be/ajzi_b7G7i8 (Grade: 5 and 6)
ii) https://youtu.be/Kozb5gT_Rck (Grade: 5 and 6)
iii) <https://www.youtube.com/watch?v=FlAvRcz0zuY>
https://www.youtube.com/results?search_query=17+rules+of+football 2021
<https://www.youtube.com/watch?v=yFq9FEAYk6s>
2021https://www.youtube.com/watch?v=gC_L9qAHVJ8&list=RDCMUcFjc9H89-RpWuIStDqhO7AQ&start_radio=1&rv=gC_L9qAHVJ8&t=26 low impact
for Grade-5-9

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 Website: www.canadaeducationbd.com



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

<https://www.youtube.com/watch?v=KaDwCnqDSsg> 5-Day Chalenge (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=GePlbCsGniA>

2021https://www.youtube.com/results?search_query=low+1the+field+of+football
2021

#Please visit the above links and watch the video

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

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