

# CO CURRICULAR ACTIVITY - 1

April - 2024-25

Grade - 3 – 5



# ACTIVITY - 1

**THEME: Health & Hygiene**

**VALUE: Fitness**

**Activity Title: Fit and fun drill**

**Date:26/4/24**

**Teacher Responsible: Physical Educator**

## **Description of the activity:**

Warming up increases your heart rate and therefore your blood flow. This enables more oxygen to reach your muscles. A warm-up also activates and strengthens the connections between your nerve and muscles, which improves the efficiency of your movement.

### **General warm-up**

Head rotate (front & back)

Arm swings (front & back)

Hip rotate (front & back)

Jogging on the spot

Stretching (cross & said)

### **Skills:**

Stamina - processing, delivering, storing, and utilising energy.

Strength - application of force by muscle(s).

Flexibility - maximising the range of motion at a given joint.

Power - application of maximum force in minimum time by muscles.

Speed - minimising the time cycle of a repeated movement.

Coordination - combination of several distinct movement patterns into a singular distinct movement.

Accuracy - controlling movement in each direction

**Attitudes:**

Maintain positive attitude

Learn the benefits of exercise in daily life.

Learn to respect each other by following the rules.

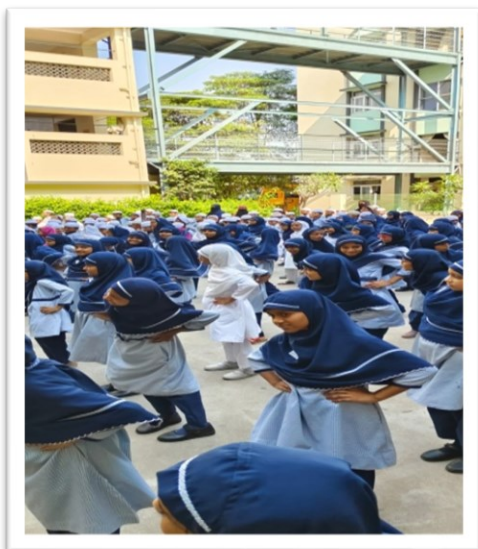
**Subjects Integrated:**

English: Listening skill

Math: Counting numbers, calculate time

Science: Physical science and physical fitness

**Evidence:**



**Hip Rotate**



**Wrist rotate**



**Jogging on the spot**

## FREEHAND EXERCISES

Freehand exercises refer to physical movements that are performed without the use of any equipment or external weights. These exercises are great for building overall strength, flexibility, and endurance. Freehand exercises can be done anywhere, at any time and by anyone.

1. Hand stretching (forward & upward)

2. Side hand stretching

3. Head touch

4. Shoulder touch

5. Squad position

