

Physical Fitness



1 Name of the activity:
THE TIGER AND THE LAMB
(Classes 1-5)

Preparation: None

How to do the activity:

- Make children stand in a circle, holding hands.
- Let one child be a tiger (outside the circle) and another a lamb (inside the circle). Instruct students that the tiger will try to come inside and catch the lamb but children have to hold hands to prevent him from breaking the circle and catching the lamb he is chasing.
- Some simple rhymes can be used repeatedly.
- This activity can be done and repeated in the regular physical activity period.

The teacher can also make up rules for the game like the number of chances children will get and the time allowed etc.

After the activity, discuss the importance of physical fitness.



Learning outcome: Students will learn control over the whole body which will help in motor skill development. The activity will teach them how physical fitness can help them move well and overcome hurdles.

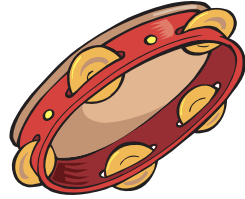
2

Name of the activity:

TOGETHER...HAND IN HAND

(Classes 1-3)

Preparation: Dhapli or drum (if available).



How to do the activity:

- Make children stand in a circle
- Ask them to sing to the beat of a dhapli.

Come, come, come
 All children come,
 Rabbits we will all become
 We will jump, jump, jump.

Frogs we will all become,
 We will hop, hop, hop...

And so on...

- Control their speed through the beat of the dhapli or the tempo of the song.
- This activity can be carried out in the regular physical activity period and can be repeated frequently.



The teacher can also make up rules for the game like the number of chances children will get and the time allowed etc.

After the activity, have a discussion emphasizing the need to be physically fit.

Learning outcome: Students will be able to achieve better motor development through jumping with good coordination and agility, as well as learn the names of animals and their actions.

3 Name of the activity:
BALANCE RACE

(Classes 1-5)

Preparation: Instruct students to bring a lemon and a spoon or a glass from home (if not possible, you can also make use of a book).

How to do the activity:

- Organize a race in which children have to walk carrying an object like a book on their head or a glass of water in their hand, which is not to be spilled or a lemon on a spoon held between the teeth.
- The child who reaches first, will win the race.
- You can do this activity now and then, to study the improvement in motor development among children.

The teacher can also make up rules for the game like the number of chances children will get and the time allowed etc.



Learning outcome: Students will be able to learn how coordination helps in completing tasks. This will also make the students understand the importance of physical fitness.