

# Physical **Fitness**



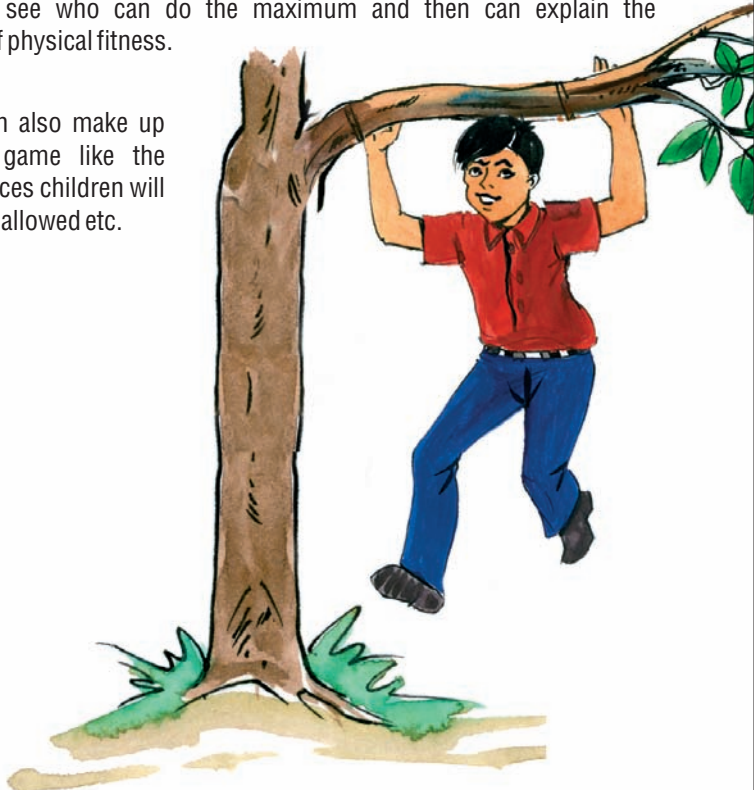
**1** Name of the activity:  
**MY TURN**

Preparation: None.

How to do the activity:

- Ask children to stand in a line.
- Instruct them to put hands around a tree or horizontal bar and do pull-ups.
- Teacher can see who can do the maximum and then can explain the importance of physical fitness.

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



The activity can be done at intervals and a progress chart can also be maintained with token prizes for children for showing maximum improvement.

Learning outcome: Students will understand the need to be physically fit.

2

Name of the activity:

**MUSICAL CHAIRS**

Preparation: Chairs (if possible), dhapli.



How to do the activity:

- Ask children to put chairs in a circle, at least one less than the number of children playing the game. Let all children run around the chairs to the beat of a dhapli.
- As soon as the beat stops, each child must find a chair to sit on. Those who cannot find chairs are eliminated from the game.
- In the last round, there is only one chair and two children. The one who manages to sit when the dhapli stops, wins the game. (If chairs are not available, draw a circle on the ground and let children run to the beat of the dhapli and get into the circle as soon as the beat stops. Keep on reducing the size of the circle as the number of children becomes less).
- The teacher should conclude by speaking about being agile and alert towards one's surroundings.

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



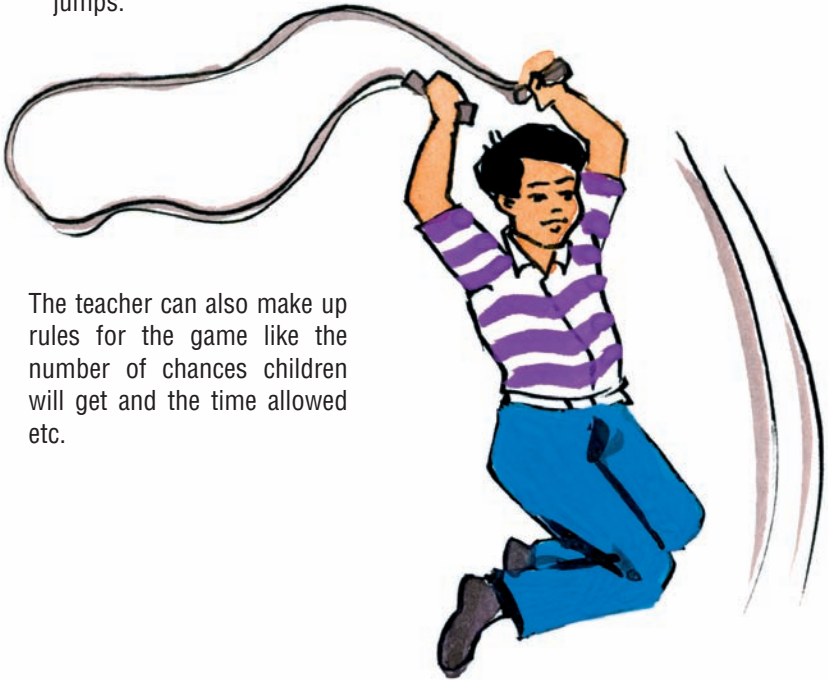
Learning outcome: Students will be able to run smoothly with well-coordinated and controlled movements and simultaneously understand the importance of concentration.

**3** Name of the activity:  
**SKIP TO HEALTH**

Preparation: Skipping rope.

How to do the activity:

- Bring children together, give them a skipping rope and instruct them to skip in turns.
- Have a discussion on how some students could skip more than others. Emphasize on the importance of being physically active.
- Teachers can repeat this in regular physical activity period and can encourage students to note down the time taken every time for doing certain numbers of jumps.



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 learn to stretch and balance the body. It will also improve their basic coordination skills.