



FIT INDIA - NOV 2020
LET'S MAKE INDIA FITTER

#CBSEFITSCHOOLS

FIT INDIA

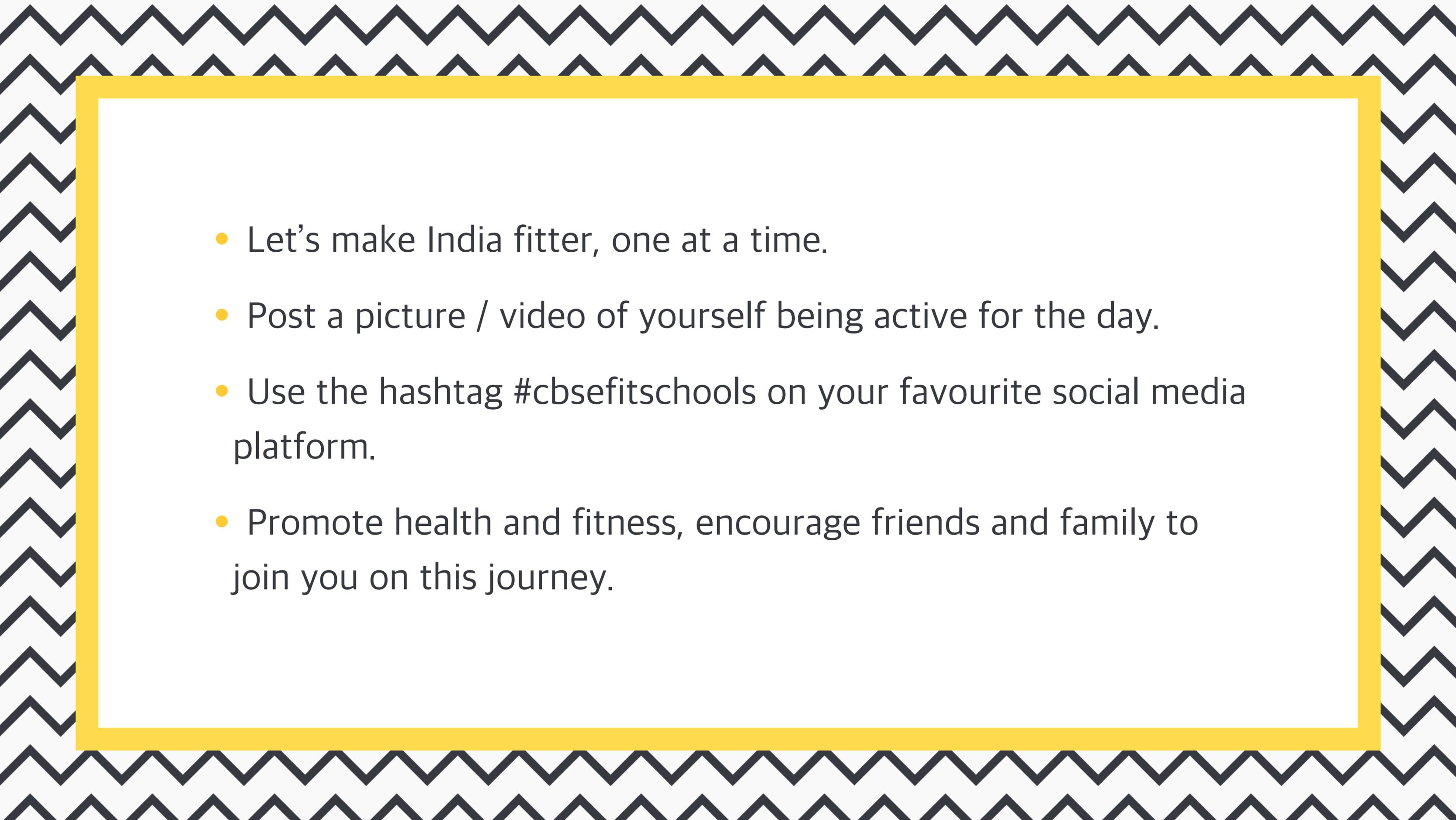
Dear parents, students and staff of Balsam Academy,

As a first step towards enhancing our health and wellness, we are introducing Fit India program based on the guidelines of CBSE for 4 weeks. Let us improve our fitness and strive for Fit India.

We have provided a set of activities that can be used by students of Grades 3-5 and included videos of workouts for your reference. Kindly click on the activity name to see the demo video. There is no set plan for this, so you can use the activities in order of your preference, although there is a 3 day sample provided at the end of the file.

Best wishes to all of us.

Team Balsam

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- Let's make India fitter, one at a time.
 - Post a picture / video of yourself being active for the day.
 - Use the hashtag #cbsefitschools on your favourite social media platform.
 - Promote health and fitness, encourage friends and family to join you on this journey.



GENERAL CO-ORDINATION

Moving sentences

- Provide a series of 3 verbs (eg. Sneak, Roll, Pounce). Instruct children to perform the movement associated with each word. Link these movements together and let the child interpret and perform combinations uniquely as possible.
- Example Series
 - Run, Jump and Duck
 - Shuffle, Cut and Slide
 - Shrink, Grow and Leap

My Gears

- Instruct children to perform a movement (Eg. Jumps, Run on spot, Jumping jacks, Squats, Arm rotation etc).
- Associate movement speed with a gear number 1-4. (1 would be the slowest speed while 4 would be fastest). Call out the numbers and children have to respond by performing the movement with the corresponding speed for short periods of time (5-10 secs). You can switch speeds frequently, by calling out numbers randomly.
- Example Series
 - Jumps - 1st gear, 2nd gear, 3rd gear, 4th gear, 3rd gear, 2nd gear, 1st gear
 - Arms Rotation - 2nd gear, 3rd gear, 1st gear, 4th gear, 2nd gear, 3rd gear.
 - Squats - 4th gear, 2nd gear, 3rd gear, 1st gear, 4th gear, 2nd gear, 1st gear

Balance spelling

- Let the child stand with hands together, arms straight and on 2 legs (beginner) or 1 leg (advanced).
- Instruct them to create letters or words in the air with their hands together, straight out from their body. The size of each letter should be from knees to shoulder.
- Example Series
 - Set 1 - Letter A, B, Z, M, Numbers 1 - 12, C-A-T
 - Set 2 - Letter W, Square, Rectangle, Star, S-U-N, Triangle
 - Set 3 - Number 53, Diamond, Circle, Letter G, Their Last Name, Number 38

4-Way balance

- Have the child in a spread out space. Call out numbers 1-4 (higher numbers can be used for older children)
- Child must balance with the corresponding number of body parts in contact with ground. (Eg. Number 1 would suggest only one body part could be in contact with the ground.)
- Encourage creative interpretations and they cannot repeat a movement.
- Example Series
 - Set 1 - 1, 2, 3, 4, 3, 2, 1
 - Set 2 - 4, 1, 3, 2, 3, 1, 2



STRENGTH / POWER

Wall Squat

- Have the child to face a wall, approximately 1-hand length apart. Instruct the children to keep their heels on the ground as they squat down to touch the ground between their feet without touching the wall.
- Perform 3 sets of 12 reps.

Cheetah Crawls

- Let the child get into a crawl position with knees off the ground. Instruct them to walk their hands out first until in a push up position, following with an explosive jump forward, with the legs landing outside of the hands.
- Performs 3 sets of 10-15 metres

Push, Pull, Carry

- Using a backpack filled with items or heavy enough object, instruct the child to perform a movement in a defined pattern (Eg. Straight line, circle, Zig Zag) across the floor.
- Example Series (3 times) : Push 10m, Pull 10m and Carry 10m.

T- Birds

- Let the child lie on the stomach with arms perpendicularly out. While attempting to keep feet on the ground, chin tucked in chest, instruct child to raise their chest off the ground.
- Hold for period of time or number of reps. (Eg 3 sets of 12 reps)

Birddog Rodeo

- Have children go into “all fours” position
- Instruct them to straighten opposite arm and leg so each are parallel to the ground. Tap, jostle, and attempt to move the straightened arms and legs. Instruct child to not allow either to touch the ground.
- Perform 3 sets of 20 sec on each leg



SPEED / AGILITY

3-Way Line Jumps

- Have the child stand on a line. When you say go, children should either jump forward and back, side to side or in rotation over the line as per your instructions.
- Example Series (3 times each set)
 - Set 1 - Forward and Back (10sec)
 - Set 2 - Side to side (10 sec)
 - Set 3 - Rotation (10sec)

Partner Mirror

- Be the partner for the child, whilst you perform a variety of movements, the child should attempt to mirror your actions as closely as possible.
- Perform 3 sets of 15-20 sec.

Robot Arms

- Have children sit upright with legs straight out in front. Bend arms to 90 degrees at the elbow. Begin swinging arms with hands going from the rear pocket to their nose, maintaining 90 degrees at the elbow.
- You can make this more fun by providing numbers from 1-3 and associate them with corresponding speeds. Calling out numbers randomly, frequently.
- Perform 3 sets of 15 sec.

Multi-directional get up and go

- Have child line up across a line. Establish an end line that the child will run to. Instruct to begin in varying positions on the ground, e.g. on their bottoms, on their side, on their knees, etc. On “go” child should scramble to their feet and run as fast as possible to the end line.
- Suggested progression
 - Seated -> Kneeling -> On the back -> Lying on stomach -> Lying on side -> Lying on the other side -> On their stomach facing opposite direction of finish line.



**BREATH CONTROL /
SELF REGULATION**

Object breathing

- Child lies on the back, placing an object on their naval. Instruct the child to breath in to fill their belly with air. They will see the object rise and fall if performed correctly.
- Perform 3 sets of 30 sec.



SAMPLES

Day 1

- Moving sentences
- Balance spelling
- Wall squat
- Cheetah crawls
- Object breathing

Day 2

- 4-way balance
- My gears
- Push, pull and carry
- T-Birds
- Robot arms
- Object breathing

Day 3

- Birddog rodeo
- 3-way line jumps
- Partner mirror
- Multi-directional get up and go
- Object breathing