

Exercises

Which sense organ do we use to breathe?



Nose



Eyes



Ears

Instructions / Feedback for the Teacher:

The teacher can conduct a breathing activity in the class explaining inhalation and exhalation.

Exercises

Which body part is the boy using to throw the ball?



Arm

Knees

Instructions / Feedback for the Teacher:

Students can be engaged in games like clap catch, bowling, etc.

Exercises

What is the boy doing in the picture?



Stretching

Jumping

Instructions / Feedback for the Teacher:

The teacher can make the students imitate various stretching and bending exercises and encourage kids to remain physically active.

Exercises

Tick the picture in which the child is jumping?



Instructions / Feedback for the Teacher:

The teacher can do jumping exercises with the students.

Exercises

Match each of these postures with their names.



Padmasana



Bhadrasana

Tadasana

Instructions / Feedback for the Teacher:

The teacher can make the students imitate various stretching and bending exercises and encourage kids to remain physically active.

Exercises

Can you identify who is hopping on one leg?



Instructions / Feedback for the Teacher:

The teacher can engage students in fun hopping games like hopscotch, one leg race, etc.

Exercises

Encircle the odd one out.

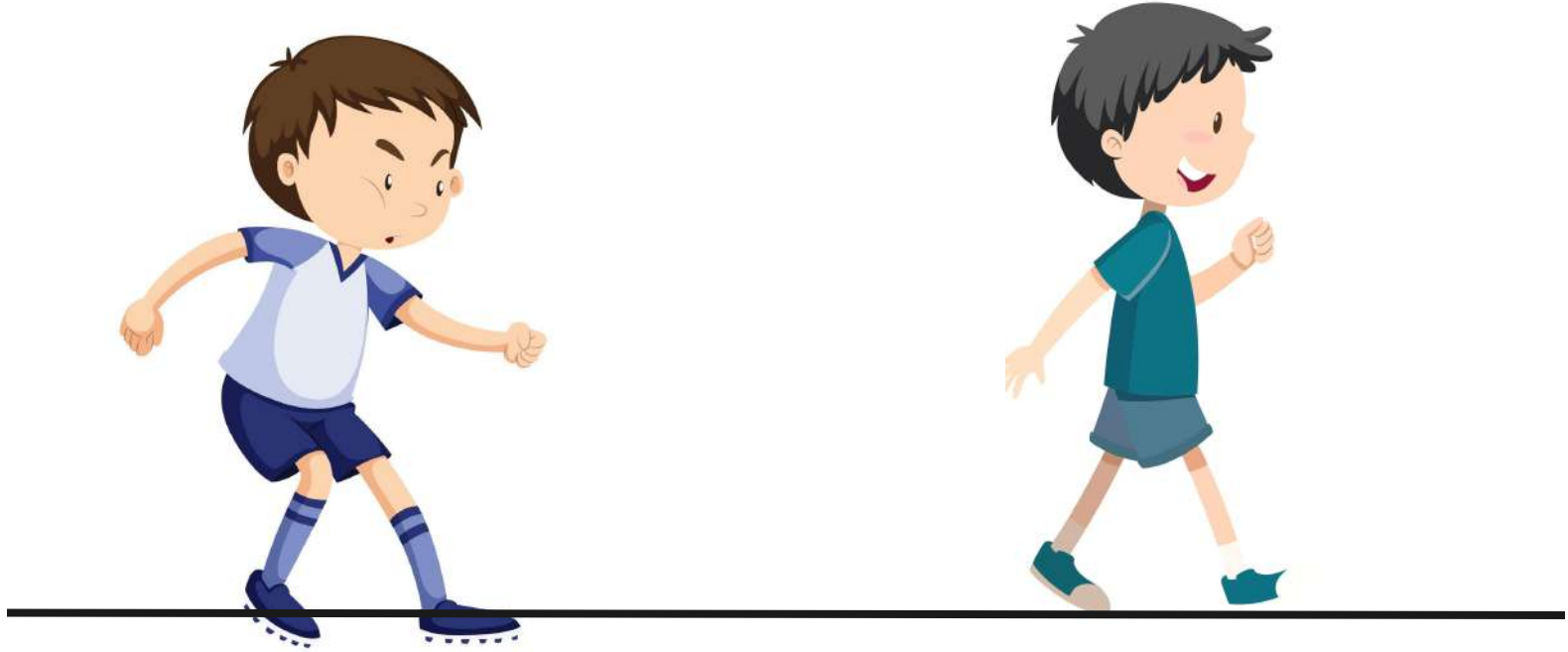


Instructions / Feedback for the Teacher:

The teacher can make the students imitate different type of animal walks as a part of physical activity in the class.

Exercises

Who is not walking on a straight line?

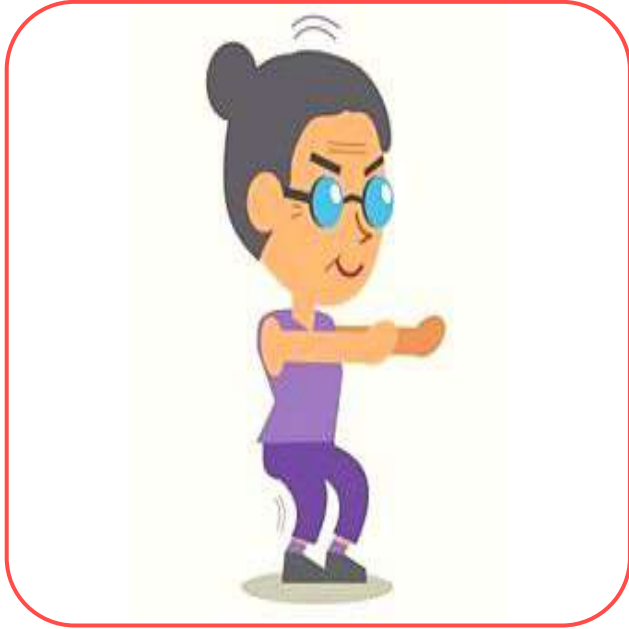


Instructions / Feedback for the Teacher:

The teacher can explain the importance of keeping feet in straight line while walking and can conduct activities for the students to practice the same on a regular basis.

Exercises

Identify the picture which shows walking on planks.



Instructions / Feedback for the Teacher:

The teacher can make the students imitate plank exercises.

Exercises

Select the picture where kids are marching.



Instructions / Feedback for the Teacher:

A “**march-past**” activity can be conducted wherein the students get to practice the the skill of walking in rhythm.

Exercises

Which picture shows dance?



Instructions / Feedback for the Teacher:

The teacher can conduct a fun dancing activity in the class.