

## **ONLINE FITNESS PROGRAMME**

## **CO-CURRICULAR DEPARTMENT**

### **FOR CLASSES-I to V**

### **DAY-1**

#### **❖ PRAYER SONG-MUSIC DEPARTMENT**

इतनी शक्ति हमें दे न दाता

मनका विश्वास कमज़ोर हो ना

हम चलें नेक रास्ते पे हमसे

भूलकर भी कोई भूल हो ना...

हर तरफ़ जुल्म है बेबसी है

सहमा-सहमा-सा हर आदमी है

पाप का बोझ बढ़ता ही जाये

जाने कैसे ये धरती थमी है

बोझ ममता का तू ये उठा ले

तेरी रचना क ये अन्त हो ना...

हम चले...

दूर अज्ञान के हो अन्धेरे

तू हमें ज्ञान की रौशनी दे

हर बुराई से बचके रहें हम

जितनी भी दे, भली ज़िन्दगी दे

बैर हो ना किसीका किसीसे

भावना मन में बदले की हो ना...

हम चले...

हम न सोचें हमें क्या मिला है

हम ये सोचें किया क्या है अर्पण

फूल खुशियों के बाटें सभी को

सबका जीवन ही बन जाये मधुबन

अपनी करुणा को जब तू बहा दे

करदे पावन हर इक मन का कोना...

हम चले...

हम अन्धेरे में हैं रौशनी दे,

खो ना दे खुद को ही दुश्मनी से,

हम सज़ा पाये अपने किये की,

मौत भी हो तो सह ले खुशी से,

कल जो गुज़रा है फिरसे ना गुज़रे,

आनेवाला वो कल ऐसा हो ना...

हम चले नेक रास्ते पे हमसे,

भुलकर भी कोई भूल हो ना...

इतनी शक्ति हमें दे ना दाता,

मनका विश्वास कमज़ोर हो ना...

#### ❖ VIDEO-LINKS

LINK-1 (FEMALE VERSION)

<https://www.youtube.com/watch?v=m1Ft4JdgrBE>

[LINK-2 \(MALE VERSION\)](#)

<https://www.youtube.com/watch?v=UTxxJLJKVQI>

## **WARM EXERCISES-HPE DEPARTMENT**

Before they play sports or stretch, kids need a simple warm-up routine.

The best warm-up exercises for kids are easy to do and easy to teach.

They set the stage for a good game, practice, or stretching session.

Benefits of a good warm-up include injury prevention and improved performance. That's thanks to increased blood flow to the muscles, as well as improved range of motion and body temperature control.

A good warm-up exercise can consist of almost any light to moderate aerobic activity – something that gets your child's body moving but isn't too physically taxing.

### **7 Steps to a Good Warm-Up Routine**

To create a warm-up routine suitable for kids (or adults), consider a progression like this.

You only need five to 10 minutes of warming-up time.

Start with slow and easy forward movements, selected from the list below.

Then, begin speeding up those same movements and adding some impact (such as jumping).

Add some angles or zig-zags.

Shift to a side-to-side movement pattern.

Include some dynamic stretches.

After the muscles are warm, static stretches are OK.

Continue with skill games and drills related to your child's sport or activity.

LINK-1

<https://www.youtube.com/watch?v=dRQf3yFXO1Y>

LINK-2

[https://www.youtube.com/watch?v=L\\_A\\_HjHZxfI](https://www.youtube.com/watch?v=L_A_HjHZxfI)

# **AEROBICS/DANCE-DANCE DEPARTMENT**

## **Health benefits of dancing**

Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits including:

Improved condition of your heart and lungs

Increased muscular strength, endurance and motor fitness

Increased aerobic fitness

Improved muscle tone and strength

Weight management

Stronger bones and reduced risk of osteoporosis

Better coordination, agility and flexibility

Improved balance and spatial awareness

Increased physical confidence

Improved mental functioning

Improved general and psychological wellbeing

Greater self-confidence and self-esteem

Better social skills.

## **❖ VIDEO-LINKS**

LINK-1

<https://www.youtube.com/watch?v=vInbqsSevS8&feature=youtu.be>

LINK-2

<https://www.youtube.com/watch?v=xfmHPW-AfQs>

# **ART & CRAFT**

## Benefits of Arts and Crafts for Kids

### Develop fine Motor skills:

Most arts and craft projects involve moving the hands and fingers. These movements involve fine motor skills and improve the overall muscle strength and control over movements. When your child colors or does a craft project, his motor skills gradually increase.

### Increases Dexterity:

Arts and crafts increase agility in kids and with practice manual dexterity will improve over time. With regular practice, the child will gain speed and as his finer skills improve his artistic skills will also increase.

### Improves Hand-Eye Coordination:

Arts and crafts often require keen hand-eye coordination. Starting at an early age will only make it much better. The more the children practice, the better their hand-eye coordination. This will help them in almost all walks of life, including their wishes to excel in sports.

### Boost Self Esteem:

Art and craft activities create a sense of achievement inside kids and give a boost to their [self-esteem](#). Teaching a kid to create something tells them that they are in control. This will build immense confidence in them.

### Encourages Self Expression:

Arts and crafts are a great way to allow children to express themselves. Arts and crafts can bring out the hidden feelings and emotions in introverted children. Also, all the energy can be channelized into positive endeavors and giving a sense of achievement to the kids.

### Helps in Socializing:

Interacting with other children with the same interests gives the kids the opportunity to socialize and build friendships. When parents join the kids in their art and craft projects, it helps in strengthening their bond.

### Promotes innovation and creativity:

Arts and crafts provide a platform for the kids to create new things. It makes them think differently and to innovate. The ability to solve problems the kid encounters while taking up a project work promotes creativity. In short arts and crafts will make your kids more resourceful and versatile.

### Enhances decision-making skills:

Solving artistic challenges will help a kid in making correct and effective decisions. The decision-making ability will improve the kid's ability to face other problems and take quick decisions.

### Improves Memory:

Apart from learning new shapes and colors, kids also learn about different patterns and figures. Some crafts require visualizing complex designs and the habit of visualizing and remembering complex designs will help the kid in improving his memory.

## Crafts teach Flexibility:

Most craftwork can be achieved in more than one way. So unlike maths where you don't have the flexibility crafts teach the students that they can achieve the same result through a different method. This will help them in real life where they continuously face situations with multiple possibilities.

The benefits of art and craft extend to all spheres of the life and make the kids better equipped to face the challenges life throws at them.

### ❖ VIDEO-LINKS

LINK-1

<https://www.youtube.com/watch?v=uMdor4luSIQ&feature=youtu.be>

LINK-2

<https://www.youtube.com/watch?v=T5tGiseJAGY&feature=youtu.be>

## YOGA

The whole cycle of running to school, pressure from parents and teachers, comparison, social anxiety has led to stress among students .

Social media has taken away the joy of outdoor playing and lack of physical activity among students is a major concern. The following points highlight the necessity of yoga in a student's life.

Yoga help students to increase their level of concentration.

Yoga helps students to increase their immunity and energy level .

Yoga help students to stay calm and fight mental health issues .

Yoga helps to provide clearance and see get rid of unnecessary thoughts .

Yoga help students to stay organised and help them get perform better .

Yoga help students fight against diseases and help get rid of weight.

There are some other internal benefits one can witness while practicing yoga on a continuous basis .

### ❖ VIDEO-LINKS

LINK-1

<https://www.youtube.com/watch?v=fDBZVFTxLu8&feature=youtu.be>

LINK-2

<https://www.youtube.com/watch?v=CITc2AxYnPY>



# **READ PROGRAMME**

Reading is important because it develops our thoughts, gives us endless knowledge and lessons to read while keeping our minds active.

Reading books can help us learn, understand and makes us smarter.

Not to mention the knowledge, vocabulary expansion and thinking skills we develop, so read a good book today!

## **❖ VIDEO-LINKS-ONLINE STORIES**

<https://youtu.be/lk3bxiMrd-o>

<https://youtu.be/KbNmc2EhiHg>

## **❖ PDF LINKS/E-BOOKS**

<https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/>

<https://www.kidsworldfun.com/ebooks.php>

<https://www.kidsworldfun.com/ebooks/page7.php>

<https://www.pustak.org/index.php/books/bookdetails/6320>

<https://www.tell-a-tale.com/10-short-panchatantra-stories-must-read-4-6-year-old-kids/>