



fitness365

Active Schools. Active Communities.

Home Activities for
Class 1-5

HEALTHY BODY NEEDS EXERCISE!

Try to get 30 minutes of activity each day to make sure that you are being good to your body, write in the Each square what you did and most of all, HAVE FUN!

Class 1 - 5



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Note: Increment should be from 2nd week, You can increase the numbers according to the performance of your child.

YOGA

Try to hold the pose for at least 20 Second then gradually increase hold by 5 seconds.

Class 1 - 5

- Tree pose
- Warrior pose
- Boat pose
- Down dog pose
- Plow Pose

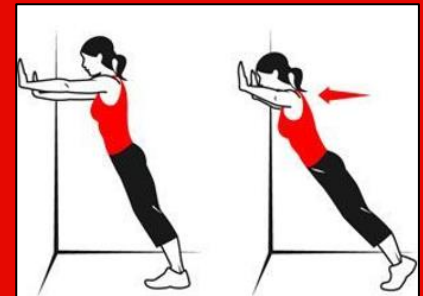


MULTIPLICATION

The child need to do the activity = the answer

- $5 \times 2 =$ Wall push-ups
- $8 \times 1 =$ Bear crawl
- $6 \times 4 =$ Marching on spot
- $7 \times 4 =$ Digging the pit action
- $2 \times 9 =$ Walk on straight line

Class
1 - 5



Wall Push-ups



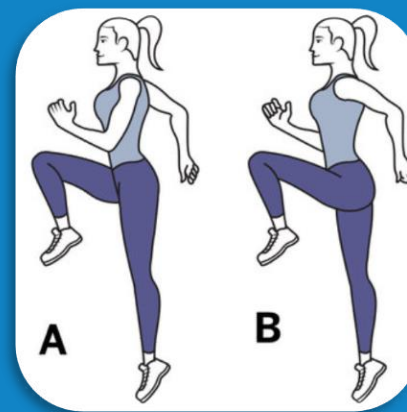
Bear crawl

DIVISION

The child need to do the activity = the answer

Class 1 - 5

- $18 \div 2 =$ Hula hoop motions
- $30 \div 2 =$ Basketball shoot action
- $26 \div 2 =$ High knees
- $33 \div 3 =$ Paddle a kayak
- $20 \div 2 =$ Donkey kicks



ADDITION

The child need to do the activity = the answer

Class 1 - 5

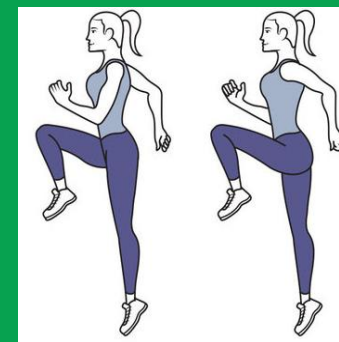
- $1 + 4 =$ Washing machine
- $5 + 3 =$ Rake the leaves
- $3 + 6 =$ Star jumps
- $2 + 3 =$ Squat
- $2 + 7 =$ High knees



Squat



Star jumps



High knees

SUBTRACTION

The child need to do the activity = the answer

Class 1 - 5

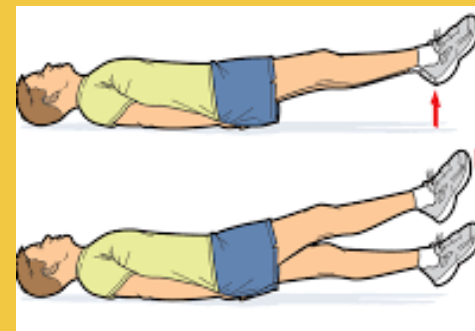
- $7 - 3 =$ Wash the car
- $9 - 4 =$ flutter kicks
- $10 - 4 =$ Hop on one foot, switch
- $8 - 1 =$ Butterfly legs
- $5 - 0 =$ Star jumps



Star jumps



Butterfly Legs



Flutter kicks



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Upload Log Sheet:

www.fitness365.me/move-at-home

Upload your activities:

facebook.com/fitness365india