

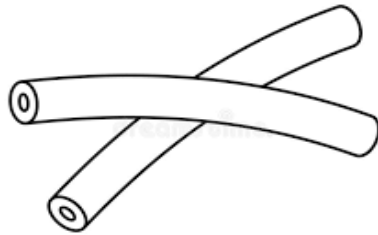
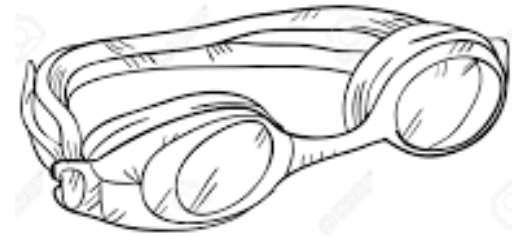
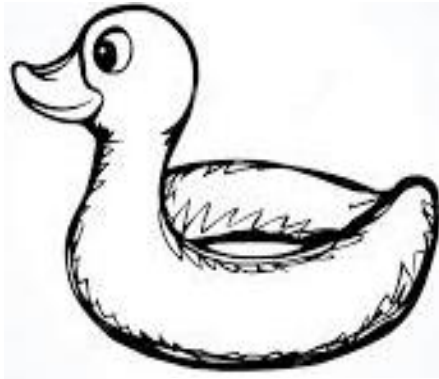
PHYSICAL EDUCATION

HOME BASED

GRADE:1

SWIMMING SECTION:

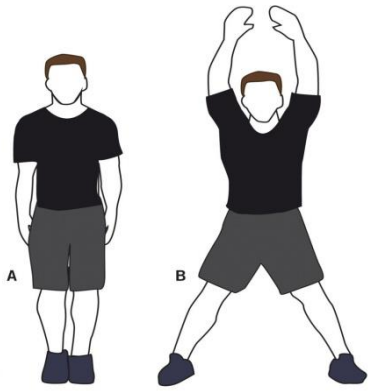
Items that are used in swimming



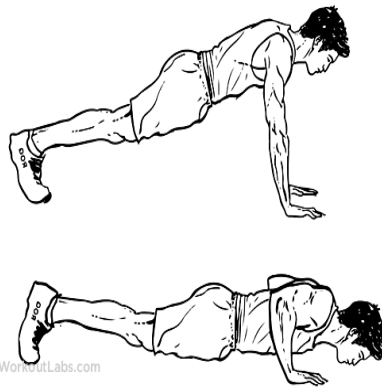
The items our swimming bag should have in it.



Fitness movements:



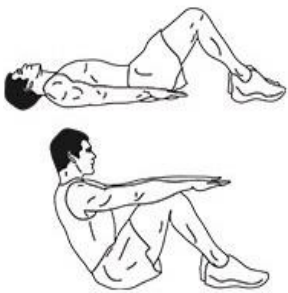
1. Jumping jack



2. Push up



3. Touching toes



4. Sit ups



5. Running

General knowledge:

A.

- 1- We play a soccer game with soccer ball.
- 2- We play a volleyball game with volleyball.
- 3- We play a netball game with netball.
- 4- We play a tennis game with tennis ball.

B.When you pass or kick the ball keep your eyes on the ball.

C. When you zig zag though the cones, it is also called weaving.

D. When you are balancing on the beam or the rope, keep your body upright and straight.

E. When you hop over the hurdle, you stop and jump with both feet

F. The game below is named hopscotch.

