




**BHAVAN'S**  
**ADARSHA VIDYALAYA**  
**KAKKANAD**

***HEALTH AND PHYSICAL  
EDUCATION  
2020-2021***

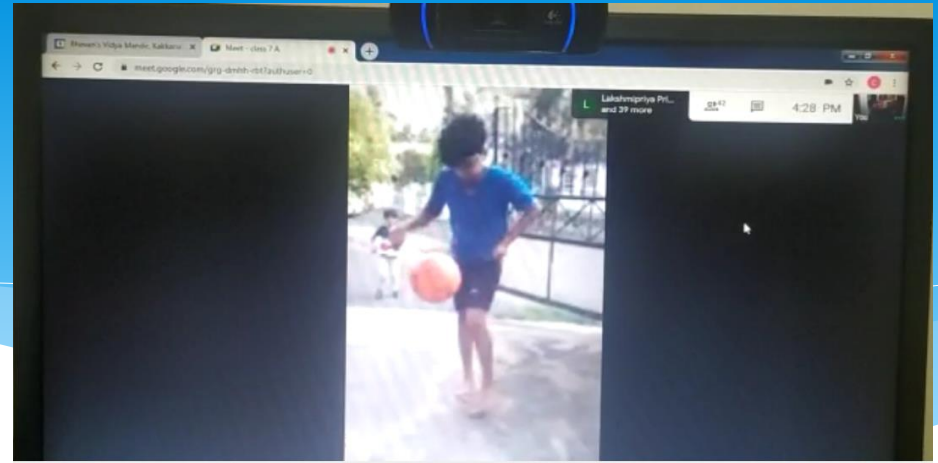
# ***STRAND 1***

## **GAMES / SPORTS**

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- \* **Games** help students to become a part of a team as well as take responsibility for their own learning. It's a good way for children to have fun while increasing their knowledge of the precautions to take so they can stay protected. The physical education department provided videos and virtual classes for motivating the students of classes 1 to 12 by following the protocols of COVID-19.



**Cricket**



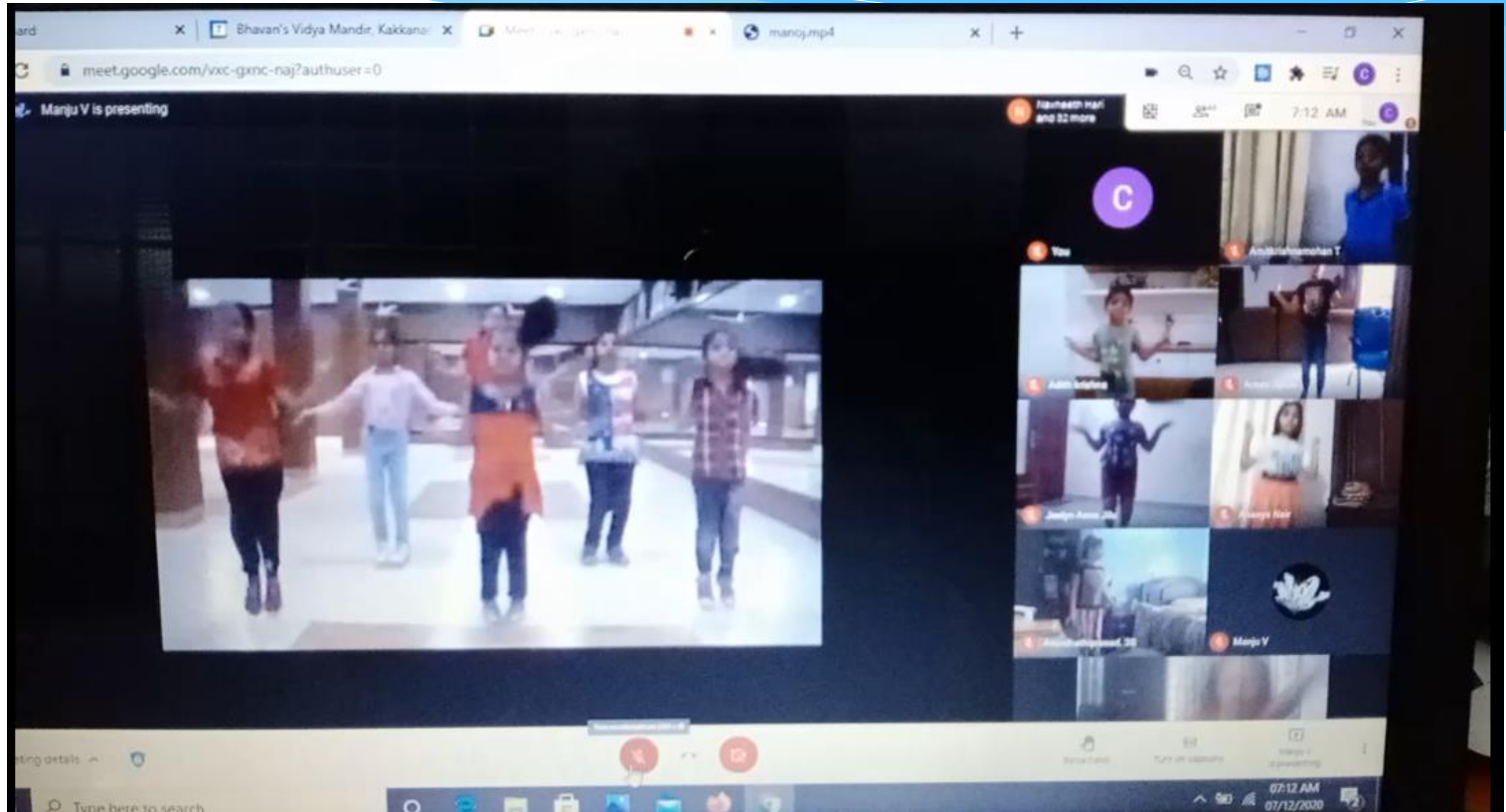
**Football**



**Volley Ball**

# \* AEROBICS

**Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness. It has become a part of the school activities. Training was done in virtual mode.**



# AEROBICS



**\*STRAND 2**

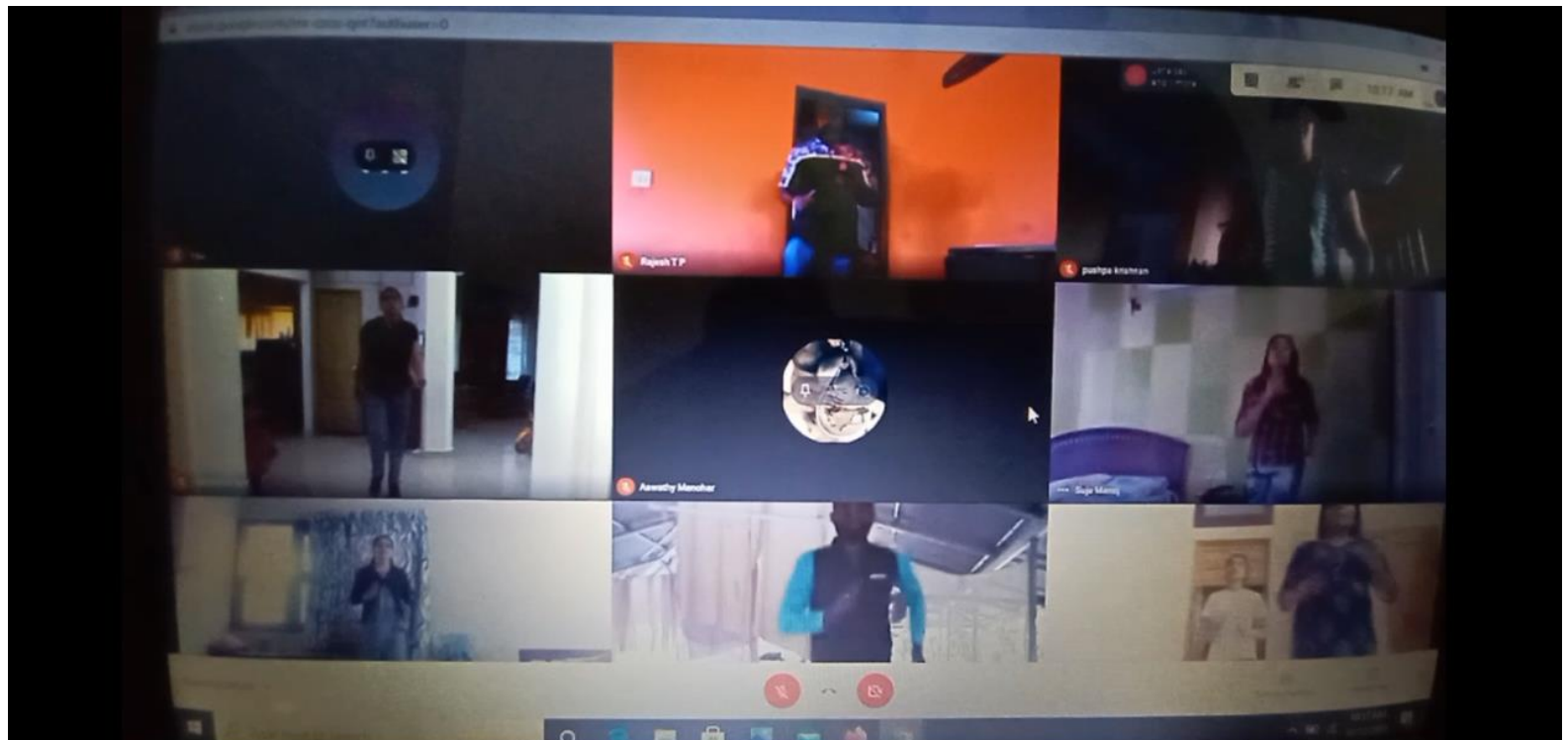
**HEALTH AND FITNESS**



# **\*MASS P T**

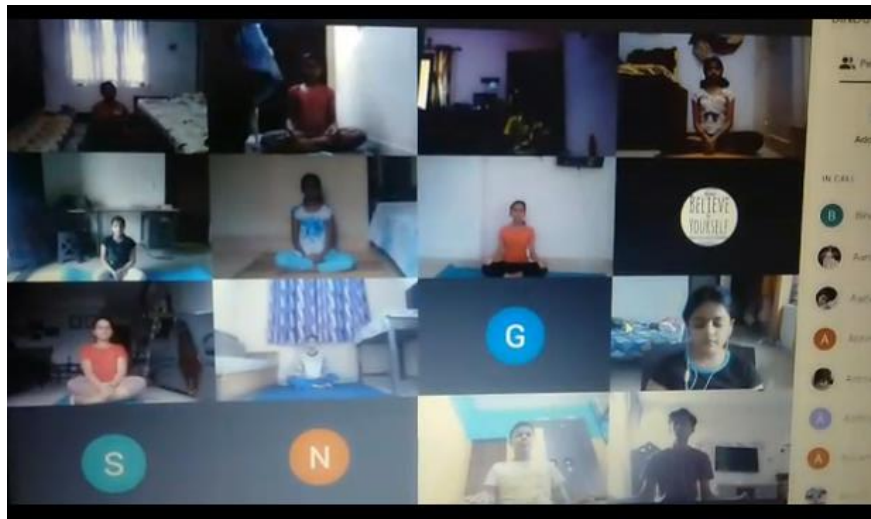
**Mass P T is the stretching of the body or muscles to remove laziness from the body. It is conducted during PE periods in virtual mode along with systematic instructions and explanations.**

# MASS P T



# YOGA

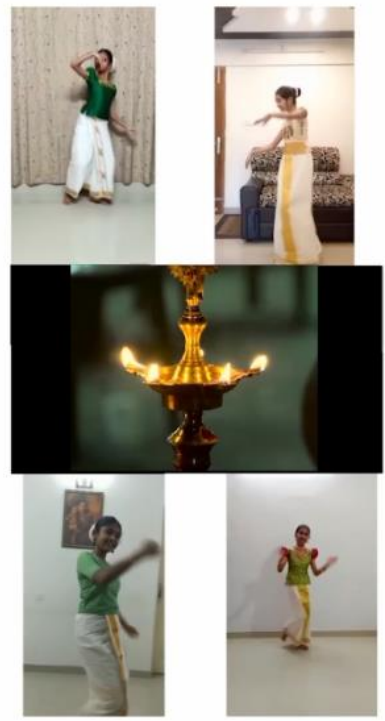
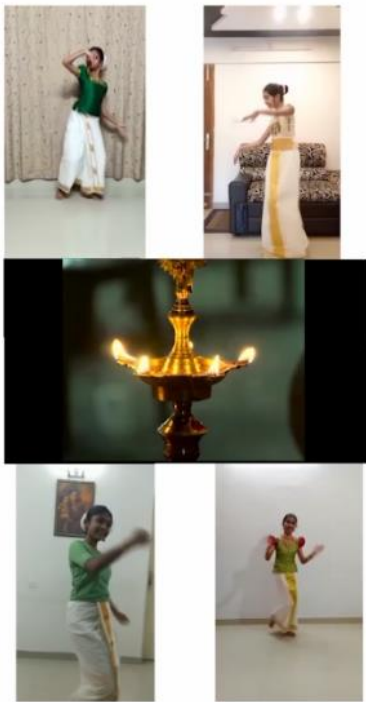
- \* **Yoga is the journey of the self, through the self, to the self". Yoga is conducted for Std I to X. Various asanas , meditation , pranayama , kriya are included in the syllabus and the students are trained by the yoga teacher in virtual mode . A meditation session is also conducted regularly after the assembly session through videos performed by yoga instructor. Yoga is practiced during important days like International yoga day through virtual mode. Students are being trained for competition at various levels. Yoga and breathing exercises are a good way to stay fit and de stress during the pandemic and at all other times as well. Breathing exercises, if done correctly help in increasing lung capacity, aiding in better oxygenation and exhalation of carbon dioxide**



# YOGA

# DANCE

Dance keeps the students fit during the pandemic situation ! Dance teachers teach the importance of movement and fitness in a variety of ways through various disciplines as well. Dancers learn to coordinate muscles to move through proper positions . We , at adarsha give training to students from classes I to XII . Every year students get an opportunity to display their skills during Ramayana celebration, Navarathri celebration etc. They participate not only in inter school activities but also in other dance competitions. Rigorous and systematic training is given to students through virtual mode. Dance helps lift spirits, raise energy levels and maintain mental health as self isolation become a way of life.



# Plate Tapping Test

If possible even the table height should be adjusted so that the subject is standing comfortably in front of the desk. The two yellow discs are placed with the centers 60 cm apart on the table . The rectangle is placed equidistant between both discs . The non- preferred hand is placed on the rectangle .The subject moves the preferred hand back and forth between the disc over the hand in the middle as quickly as possible . This action is repeated for 25 full cycles

## Criteria for measuring.

The time taken to complete 25 cycle is recorded





## Alternative Hand Wall test

A mark is placed a certain distance from the wall . The person stands behind the line and facing the wall .The ball is thrown from one hand in under arm action against the wall , and attempted to be caught with the initial hand. The test can continue for a nominated number of attempts or for a set time period .By adding the constraint of a set time period , you also add the factor of working under pressure.

## Criteria for Measuring.

**Score of the number of successful catches in a 30 second period**



## • PARTIAL CURL UP

The Subject lies in a cushioned , flat, clean surface with knees flexed, usually at 90 degrees, with hands straight on the sides (palms facing downwards) closer to the ground, parallel to the body. The subject rises the trunk in a smooth motion, keeping the arms in position, curling up the desired amount (at least 6 inches above ground). The trunk is lowered back to the floor so that the shoulder blades or upper back touch the floor.

## CRITERIA FOR MEASURING.

**RECORD THE MAXIMUM NUMBER OF SIT UPS IN A CERTAIN TIME OF PERIOD SUCH AS 30 SECONDS OR 1 MINUTE .**



# FLAMINGO BALANCE TEST

**Stand on the beam/line with shoes removed. Keep balance by holding the hand straight . While balancing on the preferred leg, the free leg is flexed at the knee and the foot of this leg is held close to the buttocks. Start the stop watch as the instructor lets go. Stop the stop watch each time the person loses balance (either by falling off the bream or letting go of the foot being.**

# CRITERIA FOR MEASURING.

**TOTAL TIME TILL THE SUBJECT LOSES BALANCE**



# STANDING VERTICAL JUMP

The subject stands side on to a wall and reaches up with the hand closest to the wall.

Keeping the feet flat on the ground , the point of the finger tips is marked or

recorded. This is called the standing reach height. The athlete then stands away from

the wall, and leaps vertically as high as possible using both arms and legs to assist in

projecting the body upward and attempts to touch the wall at the highest.

# Criteria for measuring

The jump height is usually recorded as a distance score.








**STRAND – 3**

**SEWA**



**To make each day worth while is what we are struggling for . In the Present scenario when we all are trying to invent the new normal , we teachers and students express heartfelt gratitude and appreciation to all. Though entire globe is lauded with pandemic and uncertainty fuels anxiety we tried our best to make all activities fruitful.**

# SWACHHATA HI SEVA CAMPAIGN 2020.

On 20th September 2020, as part of Swachchhata Hi Seva Campaign, students from grade IX - XII of Bhavan's Adarsha Vidyalaya, Kakkand, collected Plastic waste and disposed in different bins provided, based on the Microns in it. Students displayed messages on the ill effects of the use of single use plastic in the online mode during the assembly ,to create awareness. Awareness to limit the use of single use plastics was given to children using available audio visual aids on this topic.

# Service to mankind is service to God.

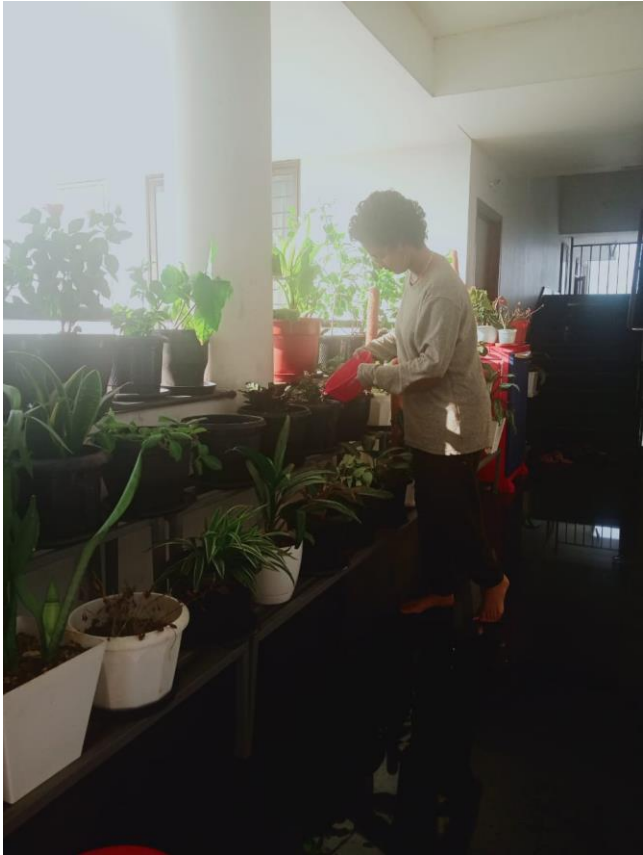
- ❖ **NCC Cadets visited the old age home on 19/11/2020 and donated provisions.**



# World Environment day

**In connection with world environment day  
students were encouraged to plant and  
nurture trees in their own house as they  
help up due to coved -19**

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The following questions should be addressed at the end of each activity/project. These are guiding questions. Candidates can either answer in the form of write a reflective, continuous text incorporating responses to these questions.

My Name Dnya. B.

My Activity / Project Donated medicines to tribal people in Wayanad.

My Commitment Towards the Project/ Activity  
We took it as a challenge and collected for the same. and purchased medicines according to the prescriptions given by doctors.

This Activity/ Project has been a great learning experience because  
I could understand the sufferings of the less fortunate.

I initially felt that the project could not have achieved its outcomes because  
All the members in our class were not present on that particular day, when we were given instructions regarding the same.

The project has definitely changed me as a person in terms of behaviour, attitude and life skills because  
Understanding the sufferings of poor people through Mr Vijay Menon, especially in tribal areas of Wayanad. I understood that how fortunate I was.

The details of beneficiary(ies). Any significant comment received from them; please quote  
 \_\_\_\_\_  
 \_\_\_\_\_

The challenges I faced and the things I might do differently next time so as to improve?  
We should be punctual, responsible and helpful.

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# STRAND -4

## HEALTH ACTIVITY CARD





**HEALTH AND ACTIVITY RECORD**

**GENERAL INFORMATION**

Aadhar Card no. of Student (optional) 782951327804

NAME HS SURESHKUMAR

ADMISSION NO. 3974 DATE OF BIRTH 28.08.2003

M F T H BLOOD GROUP O<sup>+</sup>

MOTHER'S NAME HANJU-U

YOB 4-18-1980 WEIGHT 70 HEIGHT 158 BLOOD GROUP O<sup>+</sup>

AADHAR CARD NO. (optional) \_\_\_\_\_

FATHER'S NAME S. HARESH KUMAR

YOB 28-10-1970 WEIGHT 68 HEIGHT 160 BLOOD GROUP B<sup>+</sup>

AADHAR CARD NO. (optional) \_\_\_\_\_

FAMILY MONTHLY INCOME 1,00,000

ADDRESS TRINITY WORLD JEWELRY FLAT No-07B, 6th Floor,  
NEAR GSEZ-KALCHANDIA-682077

PHONE NO. 8136008291 (M) 9714215703

CWSN, SPECIFY \_\_\_\_\_

SIGNATURE OF PARENTS/GUARDIAN [Signature] DATE: 29.8.2018

Circumference	Ht	100	
Weight	110		
Health Status	11		
	11		
	11		

**HEALTH AND ACTIVITY RECORD**

**GENERAL INFORMATION**

Aadhar Card no. of Student (optional) \_\_\_\_\_

NAME Joel Joe Frone

ADMISSION NO. 5885 DATE OF BIRTH 20/11/2004

M F T M BLOOD GROUP B<sup>+</sup>

MOTHER'S NAME Shanvi Anna Kugien

YOB 1973 WEIGHT 65kg HEIGHT 5'2" BLOOD GROUP O<sup>+</sup>

AADHAR CARD NO. (optional) 889575654116

FATHER'S NAME Evans Joseph

YOB 1932 WEIGHT 73kg HEIGHT 6ft BLOOD GROUP B<sup>+</sup>

AADHAR CARD NO. (optional) \_\_\_\_\_

FAMILY MONTHLY INCOME 2 Lakhs

ADDRESS Appt. Sunset 3, Flat No. 123, New  
GSEZ, Kallanad, Kochi.

PHONE NO. 9447034466 (M) \_\_\_\_\_

CWSN, SPECIFY \_\_\_\_\_

SIGNATURE OF PARENTS/GUARDIAN [Signature] DATE: 30/09/2018

Circumference	Ht	110	
Weight	50		
Health Status	11		
	11		
	11		

**HEALTH AND ACTIVITY RECORD**

**GENERAL INFORMATION**

Aadhar Card no. of Student (optional) 457134193457

NAME JEHUKA T.K

ADMISSION NO. 2956 DATE OF BIRTH 31-10-2001

M F T T BLOOD GROUP O<sup>+</sup>

MOTHER'S NAME SAJITHA E

YOB 1988 WEIGHT 68 HEIGHT 162 BLOOD GROUP B<sup>+</sup>

AADHAR CARD NO. (optional) 841932315148

FATHER'S NAME THANUJI TK

YOB 1973 WEIGHT 84 HEIGHT 170 BLOOD GROUP \_\_\_\_\_

AADHAR CARD NO. (optional) 462940656793

FAMILY MONTHLY INCOME 2.5 Lakh.

ADDRESS 2A SEAWOOD ANEODE, GSEZ, KALCHANDIA,  
KOLCHI - 682077

PHONE NO. 9846003419 (M) 9846003418 (M) 9846420232

CWSN, SPECIFY NIL

SIGNATURE OF PARENTS/GUARDIAN [Signature] DATE: 29-8-18

Circumference	Ht		
Weight	68		
Health Status	11		
	11		
	11		



**THANK YOU**