Web – Easy Exercise

Easy Exercise

MUSIC & MOVEMENT/SONGS and RHYMES

- The healthy body
- The body song
- Wash, wash, wash your hands
- I can do it

WRITING

FUNSHEETS NOTEBOOK

- Sight word pull. push. why. any & our

CONCEPT / COGNITIVE SKILLS

- Healthy food, food pyramid and a balanced diet, Personal hygiene and environmental cleanliness, Yoga and fitness.
- Community Helpers- Doctor, Nurse, Dentist, Surgeon, Yoga Instructor, Sports Coach. Fitness Trainer & Pharmacist
- Reinforce addition and subtraction
- Introduction to conservation of numbers (5 - 10)

LANGUAGE SKILLS

- Introduction to sight word “pull, push, why, any, our”
- Paragraph reading with sight words “pull, push, why, any, our”

PHYSICAL ACTIVITIES

- Free Play
- Yoga
- Games
- Dance
- Music
- Speech & Drama

GROUP ACTIVITIES

- Sorting healthy and unhealthy food
- Sorting food as per their food groups
- Strengthen your body

ICT

- Action song I can do it
- Learn yoga Surya Namaskar
- Yoga Standing postures
- Yoga Sleeping postures
- Yoga Sitting postures
- Aerobics Part 1
- Aerobics Part 2