

AMS P OBUL REDDY PUBLIC SCHOOL

AEROBICS CLUB – IV & V

SEPTEMBER – 2019

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.

Aerobics club was introduced for students to strengthen their heart, lungs and muscles while having fun doing the exercises.

Ms Pragathi Reddy & Mr. B Suresh



In a digital age like ours, it is not common to see children indulging in physical activity as much as they indulge in mentally stimulating activities. So, to encourage them to be active and keep their bodies healthy the natural way, Aerobics classes were conducted during the club sessions.

Children are like clay that is waiting to be molded into its best possible shape and form. They are flexible in thought while their bodies are still growing and open to changes. Physical exercise and its importance cannot be overrated.

A brief introduction was given to the students about Aerobics and they were made to do warmup exercises in the first session.



*The more
has, the
other
Aerobic
heart rate and
increase.
improves fitness
physical and*



*physical activity the child
better he/she performs in
aspects of life as well.*

*exercises stimulate the
breathing rate to
Aerobics not only
but also benefits both
emotional health.*



*They were taught a few exercises like 'V',
'K', 'L', 'I', 'A', 'M' and 'A A' (R+L) with
different types of music and songs.*

*The exercises are easy to do, are fun and
engaging for children. They thoroughly*

enjoyed the sessions.



*They were keen on
learning more
exercises and
always look forward
for the next sessions.*



*By introducing Aerobic
child's life, we would be
enhancing their health,
cognitive, emotional
abilities and make them
stronger inside out.*



*exercises into a
highly
mind,*

