

APSACS FITNESS PROGRAMME

Summer / Winter Holidays

1. APSACS Fitness Programme is structured with an aim to build the confidence and promote wellbeing of our students while being at home.
2. **Instructions for School Administration.** A school-based help / guidance must be provided for a more holistic experience for students. The School Administration is, therefore required to engage their PTIs / Coaches / Physical Trainers of their respective school, during Summer Holidays, through WhatsApp groups. Students can share/submit the videos and photographs of their activities through this platform.

Instructions for Parents

3. Make physical activity part of the daily routine. From household chores to an after-dinner walk, keep your child active every day. Most of your child's physical activity should be aerobic, like walking, running etc. This is important as cardio exercises help strengthen the heart muscles.
4. Allow enough time for free play. Kids can burn more calories and have more fun when left to their own choices. Playing tag, riding bicycle are fun and healthy.
5. Keep a variety of games and sports equipment on hand. It doesn't have to be expensive - an assortment of balls, hula-hoops, and jump ropes can keep kids busy for hours.
6. Limit time spent in sedentary activities, such as watching TV, using electronic devices, being online, and playing video games.
7. Take advantage of local playgrounds/parks. Make family fitness outings part of your regular routine i.e. go hiking or try out the rock-climbing gym etc.

Benefits

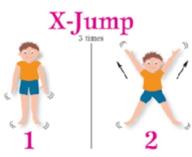
8. Through physical activities, kids learn about sportsmanship, setting goals, meeting challenges, teamwork, and the value of practice.
9. Kids from 6 to 8 years old are sharpening basic physical skills like jumping, throwing, kicking and catching.
10. Kids from 9 to 12 years old are refining, improving, and coordinating skills. Some become even more committed to a sport while others need support and guidance at every step.
11. It's OK if a child isn't interested in these activities / traditional sports, but it's important to find alternative ways to be active. Encourage a child to explore other active options, like karate, fencing, golf, bicycling and tennis etc.

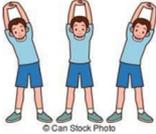
Precautions

12. Children who participate in sports / physical activities are at risk for injuries. Proper protective equipment, such as a helmet and protective pads etc are necessary.

13. A child with a chronic health condition or disability should not be excluded from fitness activities. Some activities may need to be changed or adapted. Seek the advice of the doctor which activities are safe for the child.

14. Kids who enjoy sports and exercise tend to stay active throughout their lives. And staying fit can improve how kids do at school, build self-esteem, prevent obesity, and decrease the risk of serious illnesses such as high blood pressure, diabetes, and heart disease later in life.

Activity	Recommended age & Frequency Mon-Sat	How to do / Instructions
For Preschoolers		
Running 	Age 3-6	Run in a place for 5 min
Sit & Stand 	Age 3-6	Do sit & stand 10 times a day
Balance a book 	Age 3-6	Balance 2 books on your head for 2 minutes
Balloon Flash 	Age 3-6	Keep the balloon in air without touching the ground. You can hit the balloon with head only to keep in air for 2 minutes.
Jumping Jack 	Age 3-6	Jump for 5 times

<p>Touch your Toes</p> 	<p>Age 3-6</p>	<p>Stand up & then touch your toes for 10 times</p>
<p>Yoga</p> 	<p>Age 3-6</p>	<p>Five min minute yoga in any posture</p>
<p>Hands over Head</p> 	<p>Age 3-6</p>	<ul style="list-style-type: none"> Stretch your hands over your head for 10 times daily
<p>Forward & Backward</p> 	<p>Age 3-6</p>	<ul style="list-style-type: none"> Arm Circles forward for 30 sec Arm Circles backward for 30 sec

For Junior, Middle & Senior School

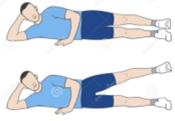
Activity	Recommended age & frequency Mon-Sat	How to do / Instructions	Possible benefits
<p>Cycling</p> 	<p>10-16 Years Twice a week</p>	<ul style="list-style-type: none"> Find a safe place to pedal that is not congested. Wear the proper riding equipment, including covered shoes, knee and elbow pads. Put on a helmet. Cycling should be done during day or in the afternoons, not after dark. 	<p>Enhances joint mobility, reduces tension, improves cardiovascular fitness, and strengthens muscles</p>
<p>Skiping</p> 	<p>8- 16 years Daily</p>	<ul style="list-style-type: none"> Choose the correct rope — one that reaches nearly the shoulders when folded in half and isn't too lengthy. Stand tall with both hands on the rope handles. Extend the hands and forearms at a 45° angle a foot away from the body. 	<ul style="list-style-type: none"> Controls heart rate Tonifies upper and lower body muscles Improves balance, agility, and coordination Prevents diseases like osteoporosis One of the most

		<ul style="list-style-type: none"> Step over the rope and let it dangle behind you. Swing it over your head using your wrists without moving your hands. When the rope reaches the front of your feet, hop over. Jump by bending your ankles but not your knees. 	<p>effective exercises for weight loss</p> <ul style="list-style-type: none"> The entire body is worked out.
<p>Running</p> 	<p>5-16 years</p> <p>Daily</p>	<ul style="list-style-type: none"> Warm up by jumping or swinging your arms. To avoid tripping, look ahead on the ground. Maintain a straight line of sight with your feet. While sprinting, keep your hands at waist level. While running, the hands and arms should be as loose as possible. The postures should be calm, with the head held high, the back straight and level, and the shoulders relaxed. 	<ul style="list-style-type: none"> Maintains weight, boosts confidence, relieves tension, tones the legs, and aids in the fight against sadness
<p>Jogging</p> 	<p>10-16 years</p> <p>Twice a week</p>	<ul style="list-style-type: none"> Find a safe jogging path. Wear clothes and shoes that you are comfortable in. Before you begin running, do a warm-up. Pick up a slow but good pace. Maintain a straight posture and a forward gaze. Don't slouch your shoulders; keep your hips stable and avoid swinging them. 	<ul style="list-style-type: none"> Improves cardiovascular health; strengthens muscles; builds strong bones; aids in the maintenance of a stable body-weight; provides mental clarity and lowers fatigue.
<p>Planks</p> 	<p>14-16 years</p> <p>Thrice a week</p>	<ul style="list-style-type: none"> Place your forearms on the ground to rest. Maintain a shoulder-width gap between the arms and the body. To support the spine and neck, look at a location on the floor. 	<ul style="list-style-type: none"> Reduces back pain, Tonifies the stomach, Improves posture and balance, Muscle flexibility is

		<ul style="list-style-type: none"> · Maintain a straight line between your head and your back. · Lift the legs and core slightly higher, keeping the tip of the toes on the ground, and hold for a few seconds. · The body's weight will be evenly divided between the forearms and toes. · Maintain the position for 30 to 60 seconds. In one exercise session, do many sets of 30 seconds to a minute. 	improved.
<p>Push-Ups</p> 	<p>10-16 years</p> <p>Thrice a week</p>	<ul style="list-style-type: none"> · Lie down on your stomach on the floor. The palms of the hands should be down on the floor. · Raise the body with the arms, with the hands and balls of the feet supporting the weight. · Lower the torso to the ground, making a 90° angle with the elbows. · If you are comfortable, repeat the lowering and lifting process. 	<ul style="list-style-type: none"> · Prevents lower back issues and is good for the cardiovascular system, Improves posture and is beneficial for working out all of the body's muscles.
<p>Crunches</p>  <p><small>shutterstock.com - 1228105997</small></p>	<p>10-16 years</p> <p>Twice a week</p>	<ul style="list-style-type: none"> · Lie flat on your back with your feet hip-width apart on the floor. Knees should be bent. · Hands should be interlaced behind the head, thumbs behind the ears. · Begin gently drawing the abdomen inwards. Raise the neck, head, and shoulder blades off the ground to curl up. · Hold the stance for a moment before slowly lowering the body to the ground. 	<ul style="list-style-type: none"> · Improves core strength, Increases torso flexibility and strengthens all abdominal muscles
<p>Forward Lunges</p>	<p>8-16 years</p> <p>Twice a week</p>	<ul style="list-style-type: none"> · Keep your back straight and your feet hip-width apart. · Move the right leg forward and 	<ul style="list-style-type: none"> · Improves flexibility, Enhances body symmetry,

		<p>lean the torso forward – the front foot will now bear 70% of the bodyweight.</p> <ul style="list-style-type: none"> Lower your body until your right knee is at a 90-degree angle. Maintain a straight back. The thighs must be perpendicular to the ground, and the lower leg must be parallel to it. 	<p>Strengthens the legs and hips Great for core strength.</p>
<p>Stretching</p> 	<p>4-16 years</p> <p>Daily</p>	<ul style="list-style-type: none"> Sit up straight with your back straight. Stretch both legs as far as they will go. With your right hand, grasp the right knee. Lean to the right while lifting the left hand to the top of the head. Stretch the left side of your body as far as you can while leaning rightwards. Continue to breathe normally. 	<ul style="list-style-type: none"> The range of motion in the joints is increased. Muscle tension is reduced. Muscle coordination is improved. Improves the body's blood circulation.
<p>Bridge Lift</p> 	<p>14-16 years</p> <p>Twice a week</p>	<ul style="list-style-type: none"> Lie flat on your back with your hands on your sides and your legs bent. Make sure your feet are shoulder-width apart. Lift the hips off the ground by pushing with your heels while keeping your back straight. Exhale deeply and hold the position for one second. Return to the starting position while inhaling deeply. 	<ul style="list-style-type: none"> Strengthens the glutes Improves body posture Strengthens the core Stretches the chest, back, and spine Reduces lower back and knee pain It enhances flexibility and balance.
<p>Back-stretch (Child Pose)</p> 	<p>5-13 years</p> <p>Thrice a week</p>	<ul style="list-style-type: none"> Kneel with your hips on your heels on the mat/carpet. Open the knees hip-distance apart while keeping the toes together. Lean forward and drape your body over your thighs, allowing 	<ul style="list-style-type: none"> Reduces tension and weariness while stretching the legs, ankles, and hips. Relaxes the upper body muscles.

		<p>your forehead to rest on the ground.</p> <ul style="list-style-type: none"> · Straighten your arms in front of you. · Breathe deeply and relax while maintaining this position. 	<ul style="list-style-type: none"> · Assists in digestion · Lower back lengthening
<p>Squats</p> 	<p>10-16 years</p> <p>Thrice a week</p>	<ul style="list-style-type: none"> · Maintain a shoulder-width distance between your feet. · Bend your knees like you're sitting in a chair, but keep your heels on the ground. · Pull in your abs and maintain your back straight while doing this. · As much as it is comfortable, push the hips back and lower. · Inhale as you drop and exhale as you raise. 	<ul style="list-style-type: none"> · Improves blood circulation, prevents cellulite formation, and is beneficial to the digestive system. · The non-impact workout is very gentle on the neck. · Burns unwanted fat and helps you stay in shape.
<p>Overhead Shoulder Stretch</p> 	<p>08-16 years</p> <p>Daily</p>	<ul style="list-style-type: none"> · Stand with your shoulders slightly back, your feet shoulder-width apart, and your chest forward. · Raise your left arm over your head, bend your elbow, and place your hand behind your neck. · Grab the left elbow with your right hand and slowly move it behind your head. · Relax your body and repeat with the opposite arm. 	<ul style="list-style-type: none"> · Improves the flexibility of the shoulder muscles, making them stronger · Increases the range of motion · Relieves stress and allows for normal blood circulation · Reduces exhaustion after a stressful day

<p>Side Leg Raise</p> 	<p>08-16 years</p> <p>Twice a week</p>	<ul style="list-style-type: none"> · Lie down on one of your sides. · To support the head with the hand, extend the arm close to the floor and fold it at the elbow. · Bend the opposite arm in front of the body, with the hand on the floor. · Stack the legs one on top of the other, keeping them straight. · Slowly raise the top leg as high as possible while both arms support the body. · Return to the initial position after a few seconds of holding the position. 	<ul style="list-style-type: none"> · Builds glutes and hip muscles; strengthens the adductor muscle group, which is necessary for everyday tasks like balance, walking, and lifting objects. · Tones the leg and hip muscles and makes motions more comfortable and stress-free · Increases the amount of lean muscle mass in the body. · Excess fat is reduced.
<p>Swimming (Optional)</p>	<p>14-16 years</p>	<p>Under proper guidance / safety measures</p>	

