

APSACS Summer Physical Fitness Plan- 2023

1. Goal

The goal of this fitness plan is to encourage our students to stay active and maintain a healthy lifestyle during their summer vacations. The plan includes a combination of cardiovascular exercises, strength training, flexibility exercises, and recreational activities.

2. Duration

This plan is designed to be followed for a period of 6-8 weeks during the summer vacation (for Warm Region only). However, it can be adjusted according to the individual's schedule and preferences and modified according to the child's age, fitness level, and any specific health considerations.

3. Important

Wrong postures or overstretching may harm children. Therefore, parents should teach following safety tips to children to avoid any injuries/strains:

- a. **Warm-up** for 10 minutes before exercising or stretching.
- b. Stretching should be done **before any sports or strenuous physical activities** such as cycling, running, or playing outdoor games. It is good to do after the activities too.
- c. Stretching should not be done once in a while. Children should be encouraged to **practise stretching regularly** to maintain balance and improve strength and flexibility.
- d. **Breathing (inhale and exhale) should be normal** when practising stretching. It is essential not to hold the breath in any case.
- e. Every stretch needs to be held for about 10 to 30 seconds. There should be no bouncing during the stretch.
- f. **Overstretching is not recommended** as it may cause pain.
- g. Stretching should be done **evenly on both sides**.
- h. It is recommended to consult a qualified fitness instructor / PTI before starting any new exercise, especially for children. Adults must supervise their wards / siblings during the physical activities.
- i. **If any activity / exercise causes consistent pain, consult a doctor.** If the child has any medical condition / illness history, then talk to the doctor before starting any exercise.

4. Record Keeping & Reporting

- a. Reporting Sheet (Annex A) to be filled (manually or in printed form) for all physical activities a child has performed during summer vacations, at home.
- b. Complete record to be submitted to the school administration upon returning to school, which will be kept in student's dossier.
- c. Short videos of the activities performed (exercises, games, outdoor activities, camping, family games especially Dicerercise) to be shared with APSACS Sectt directly via **sports@apsacssectt.edu.pk** (as & when recorded).
- d. Selected videos (after the consent of parents) will be shared on APSACS facebook page, official website and other forums.
- e. Appreciation Certificates will be awarded to those who will follow the instructions in true letter & spirit.

5. Virtual Aid





Use the following links and seek guidance for exercise.

- a. To get fit & active: www.youtube.com/watch?v=x_9L5_A6Ww4
- b. Daily wake-up exercises: www.youtube.com/watch?v=SzcqOUljN4E
- c. For gaining strength: www.youtube.com/watch?v=s6xNFOI_0zI
- d. To fix posture: www.youtube.com/watch?v=HDAeyl9tTaM
- e. For balance & strength: www.youtube.com/watch?v=x_9L5_A6Ww4
- f. For strong legs & arms: www.youtube.com/watch?v=97kPzPMm57Q
- g. For Preschoolers only: www.youtube.com/watch?v=EJ8xcxTLd7Y

Summer Fitness Activity Sheet

1. Cardiovascular Exercises

These include the activities which involve running, chasing, moving continuously, and provide a good cardiovascular workout. These exercises lower the risk of diseases by providing oxygen to lungs and heart.

Activity	Where to do	When to do	Who will do	Aim for (how long to do)
Running /Jogging 	In a park, on a track, or even around the neighborhood.	Morning / Evening	All age groups	20 min Daily <i>(Start with shorter distances and gradually increase the duration)</i>
Cycling 	Outdoor on a cycle or indoor on a stationary bike.	Evening	All age groups	Twice a Week <i>(Wear a helmet and follow safety guidelines)</i>
Skipping / Jumping Rope 	Any available place inside the house.	Morning	Age 12-16	Every Weekend <i>(Start with shorter intervals and gradually increase the duration)</i>
Swimming 	Swimming Pool	Evening	Age 10+	Optional <i>Enroll your child in swimming lessons (if desired) & encourage them to swim regularly.</i>

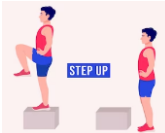




Benefits:

- a. Improves heart health.
- b. Increases stamina and endurance.
- c. Effective for burning calories and maintaining a healthy weight.
- d. Improves lung capacity and strengthens respiratory muscles.
- e. Stimulates the release of endorphins, also known as "**Feel-Good**" hormones.
- f. Improves cognitive function, including enhanced memory, attention, and problem-solving skills.

It is important to prioritize safety, hydration, and enjoyment while engaging in such exercises.

2. Strength Training

Strength trainings, also called resistance trainings, uses resistance from our body to strengthen the muscles. Engaging in strength training from a young age can instill healthy exercise habits and promote a physically active lifestyle that carries into adulthood, reducing the risk of chronic diseases associated with sedentary behaviour.






Activity	Where to do	When to do	Who will do	Aim for (4-5 repetitions)
Step-Ups	at home	Once daily	All age groups	
Calf Raises		Once a day	All age groups	
Inch-Worm Activity		Twice a week	All age groups	
Push-Ups		Twice a week	Age 10+	
Bridge Exercises		Three times in a week	Age 10+	

Benefits:

- Helps develop and strengthen muscles, improving physical abilities and performance in various activities and sports.
- Helps promote healthy bone development and increases bone mineral density.
- Helps develop lean muscle mass and reduces body fat, promotes a healthy body composition and weight management.
- Helps to strengthen muscles, tendons, and ligaments, provides better support and stability to joints, which can help reduce the risk of injuries.
- Enhances motor skills, balance, and muscles coordination.
- Has a positive impact on sports-specific performance, as it improves muscular power, and endurance.

3. Flexibility Exercises

Flexibility is the ability of joints and muscles to move smoothly. Flexibility exercises are helpful in muscle recovery and reduce the risk of injury.

Activity	Flexibility Exercises: (for all ages, especially for age 5-12)	Aim for (5-10 min daily) Suggested Time : Every Morning (any 3 exercises)
Child's pose	<ul style="list-style-type: none"> • Kneel down with knees spread apart and toes touching each other. • Bend forward to place the forehead on the mat or floor. Stretch the arms forward with the palms extended in front of the head. • Move the lower half of the body such that the buttocks touch the heels. • Inhale & exhale slowly for 5 sec. 	
Bow pose	<ul style="list-style-type: none"> • Lie on the belly with the head towards one side and the hands alongside the body. • Turn the head to touch the floor with the chin. Exhale, fold the knees, and grab the right ankle with the right hand and left ankle with the left hand. • Inhale, slowly lift the chest and hold the position for 10-15 sec and exhale slowly lower chest and feet. 	
Seated toe touch	<ul style="list-style-type: none"> • Sit on the floor with legs straight forward and feet next to one another. • Slowly bend forward and touch the toes with hands. Hold the position for 10-30 seconds and return to the original position. 	
Overhead arm stretch	<ul style="list-style-type: none"> • Stand straight with feet at a normal distance from one another. • Slowly raise the hands over the head. Open the palms and stretch out the fingers. • Stretch the arms out as much as possible • Hold this position for about five seconds. 	
Straddle stretch	<ul style="list-style-type: none"> • Sit with legs spread apart in the front. • Hold the right shin with two hands and lean forward. • Hold this position for a few seconds and come back to the original position. • Repeat the stretch on left side. 	

Benefits:

- Helps in refreshing blood flow, managing stress, and increasing energy levels.
- Helps children improve their joint stability and mobility.
- Prevents injuries in calf, quadriceps, and hamstring and helps in lengthening muscles.
- Reduces muscle tension, delays muscle fatigue, and improves muscular coordination.

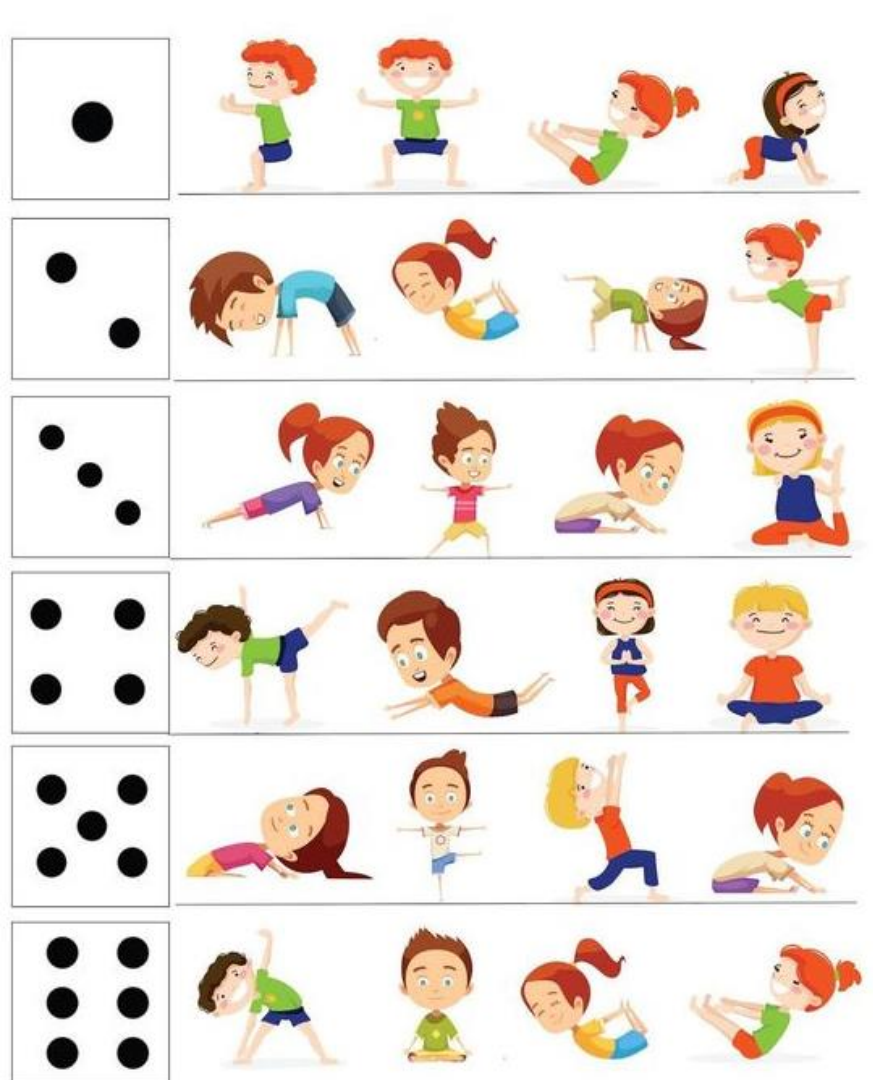
Dicercise

1. A Weekly Physical Strength Check & Family Challenge

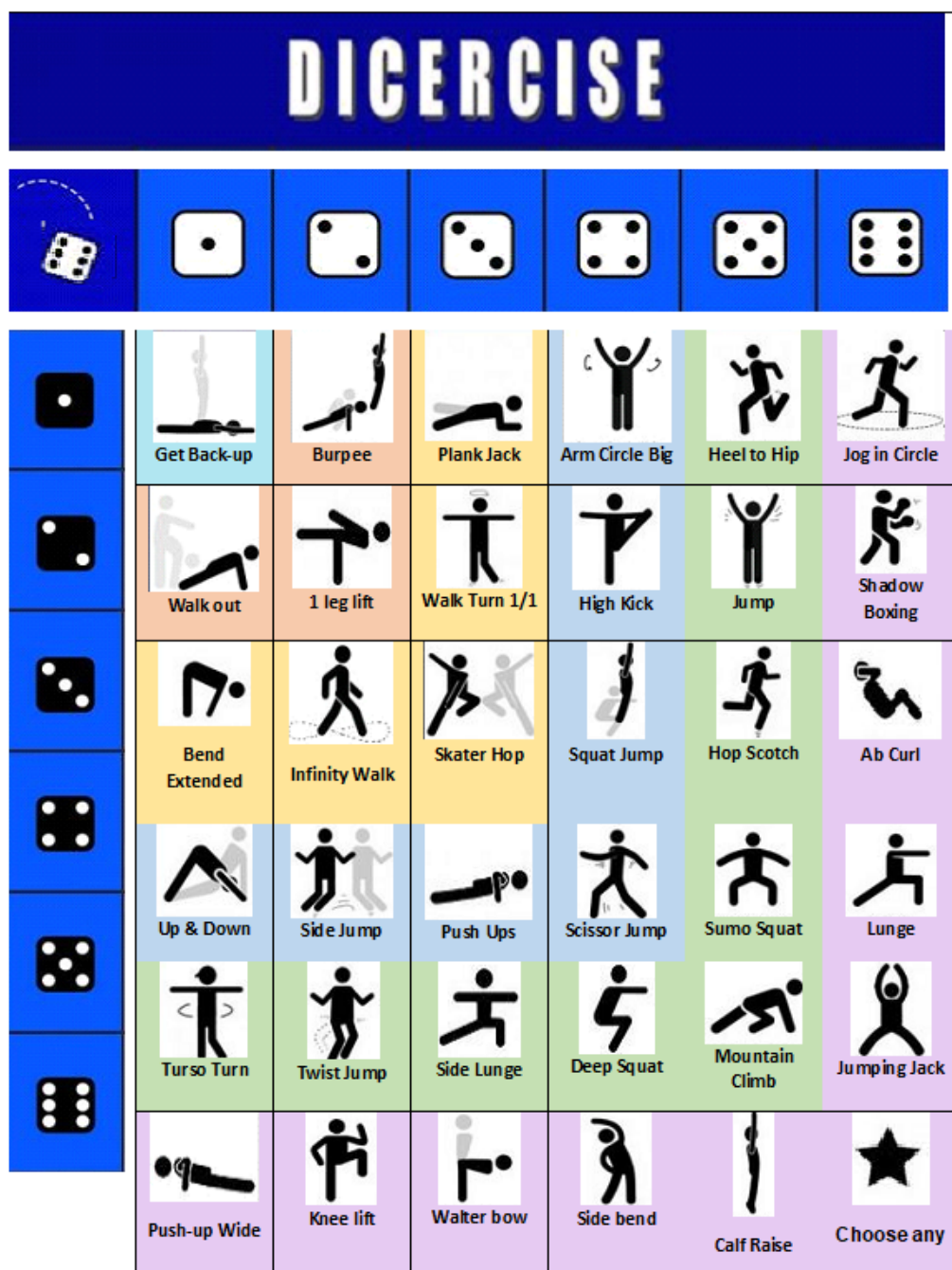
Check & Challenge yourself in fun / interesting manner. Use the dice of Ludo. Roll the dice and perform any one of the given activities (of your choice) as per the number on dice, with 2 sets in 15 sec. Parents to record the score as per following rules:

- 5 points if a child is able to perform the activity / exercise in 15 seconds
- 2.5 points, if a child is able to perform the activity in more than 15 but less than 30 sec
- 1 point if time exceeds 30 sec.
- Same exercise not to be repeated if the same number comes again.
- Winner to be treated with a milkshake of his / her choice.

a. Dicercise Chart for age 5-10



b. Dicerercise Chart for age 11 & above



Use the links for better play and fitness:

- <https://www.itsalwaysautumn.com/dice-game-fun-easy-game-kids-adults.html#:~:text=The%20basic%20premise%20of%20the,try%20to%20score%20more%20points.>
- <https://www.dicegamedepot.com/rules-for-dice-card-games/>

Following activities are also recommended to ensure healthy life style:

1. Recreational Activities

- a. Limit screen time and promote outdoor activities and participate in recreational activities that promote physical fitness and enjoyment.
- b. Join summer sports camps or clubs for specific activities you are interested in.
- c. Plan family outings or organize group activities to make it more fun and engaging.
- d. Involve the whole family in physical activities to create a supportive environment.

Options: swimming, hiking, camping, tug of war, playing outdoor games, etc.

2. Contribution in Daily Home Chores

- a. Do, fold, and put away laundry.
- b. Help mother to lay out table for meals.
- c. Refill empty water bottles & arrange them in refrigerator.
- d. Wash small pots.
- e. Water the plants/Mow the lawn/ Do gardening.
- f. Do dusting & put items back where they belong.
- g. Sort useless clothes, toys, books and stationery in separate basket / container for donation / recycling.
- h. Tidy up the room / cupboards/cabinets/shelves.
- i. Wash the car / bicycle weekly.
- j. Take care of parents & grandparents' needs.

3. Hydration and Nutrition

- a. Drink plenty of water throughout the day to stay hydrated, especially during outdoor activities.
- b. Promote a balanced diet with fruits, vegetables, whole grains, and lean proteins to support the overall health and fitness goals.
- c. Eat healthy food and limit the consumption of sugary snacks and beverages.

Summer Fitness Programme Reporting Sheet

Name of the Student: _____ **Class:** _____

Activity Log

<p>Activity #: _____</p> <p>Duration: _____</p> <p>Description: _____</p> <p>Benefits: _____</p>	<p>Activity #: _____</p> <p>Duration: _____</p> <p>Description: _____</p> <p>Benefits: _____</p>
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Additional Comments/Notes:

Parent/Guardian Signature: _____

Submission Date: _____

PTI's Signature: _____

Date: _____