

**S.L.S. DAV PUBLIC SCHOOL**  
**HEALTH AND FITNESS WEEK ACTIVITY**  
**CLASS-III - V**

HEALTH AND FITNESS WEEK



Every year the school dedicates a week for keeping and staying fit. This year 2018 we are having our health and fitness week from 9<sup>th</sup> July 2018-13<sup>th</sup> July 2018. During that week the children will be experiencing a large number of activities. Students have to bring meals as per the instructions in the circular.

Monday (9 <sup>TH</sup> JULY 2018)	Carbohydrate day	Chappati ,parantha , sandwich etc
Tuesday(10 <sup>TH</sup> JULY 2018)	Protein day	Pulses, sprouts
Wednesday(11 <sup>TH</sup> JULY 2018)	Vitamins and minerals day	Fruits and vegetables
Thursday(12 <sup>TH</sup> JULY 2018)	Roughage and fibres	Raw fruits like carrot , radish , porridge
Friday (13 <sup>TH</sup> JULY 2018)	Balanced diet	Correct proportion of all nutrients

**Schedule for activity-**

Day	Class 3	Class 4	Class 5
Monday (9 <sup>TH</sup> JULY 2018)	Healthy or unhealthy(WORKSHEET)	Cut and collage salad(WORKSHEET)	Good for teeth and bad for teeth(WORKSHEET)
Tuesday (10 <sup>TH</sup> JULY 2018)	Laughter yoga and meditation	My healthy plate designing (CLAY MODELING)	Vegetable person using real vegetables
Wednesday (11 <sup>TH</sup> JULY 2018)	My shopping list	Laughter yoga and meditation	My healthy plate designing (CLAY MODELING)
Thursday (12 <sup>TH</sup> JULY 2018)	Eating with color word search (WORKSHEET)	I am fit -challenge	Laughter yoga and meditation
Friday (13 <sup>TH</sup> JULY 2018)	Coloring healthy fruit (WORKSHEET)	Finger puppet on healthy fruit	I am fit -challenge