



Bal Bharati PUBLIC SCHOOL M A N E S A R

Activity name: FLEX N FIT WITH AEROBICS

Class: CLASS 2

Date: 21/04/2023

Description: Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. To inculcate the same, students were divided into groups to demonstrate different Aerobic moves like Basic Step, V-Step, Step Touch, Mambo etc. Exercises and Yoga postures were also included.

Glimpses:

