

VIRTUAL PHYSICAL EDUCATION



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Never could anyone have thought that Physical Education could also be done virtually. We are so used to play in a big playground with our friends, class mates and with some or the other equipment. As a physical education teacher we are used to plan all the activities considering these factors. But with the arrival of Covid Pandemic, as if the life got stuck for everyone. All of us had to put our heads down and think of how to continue with the physical education in this situation where everyone has been locked down in their houses and where there is no scope to play with any of our friends or classmates. This made the life more challenging for the Physical Education teachers as how to make the students active and keep them entertained while taking their PE class online. That too in such a small space of not more than 10ft x 10ft. It was also very challenging that every student may not have the same space at their home as well as the equipment which they are used to play with.

Hence the Physical Education Teacher had to prove themselves with their creative mind of accepting these facts that they have less space and no equipment. Also taking the classes digitally was another challenge where

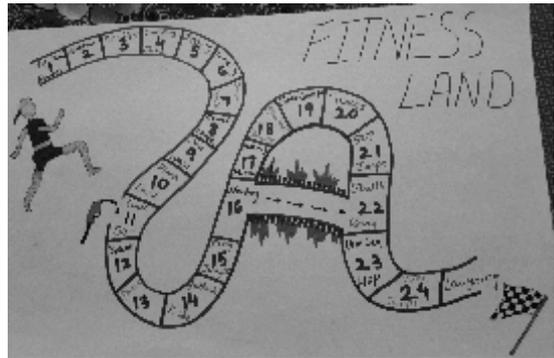
everybody would not have laptop to view the students on the big screen and faced the network issues too. With all the above considerations the Covid Pandemic has really got the PE teacher's creative minds out. As the days passed during the lockdown the teachers really did a fantastic job keeping their students active and entertained. They came up with new and innovative ideas which helped the students maintain their physical health. Here are some of the games which we at Sporty Kids came up with to keep the students fit and make them do physical fitness in an entertaining way :

1. Snakes and Ladders :

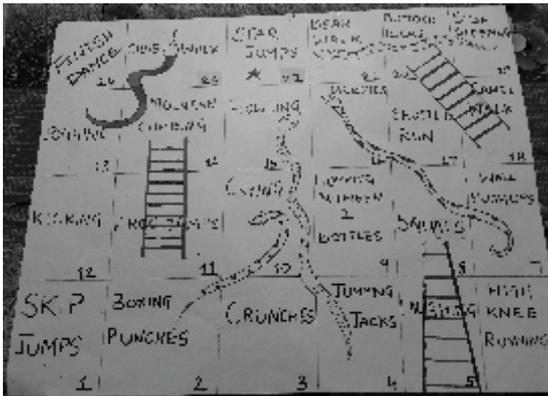
Equipment - Prepare a chart with some physical fitness activities on it in every square. eg. Skip jumps, shuttle relay, pushups, etc. depending on the age group you are teaching. The chart can be of any number of squares. Draw some snakes and ladders on it to make it entertaining and challenging. Along with it prepare a dice having numbers 1-6 on it.

How to play the game : You can play this game inter house wise or in teams of 3 or 4 to give the students recovery time between two exercises. Keep the chart in front of the

camera and throw the dice for the first team. Move the coin as per the number which comes on the dice. The exercise written on the number shall be done by the team. The time or numbers to the exercise shall be decided as per the age group. This way throw the dice for the other team and move the coins as per the numbers. The team which reaches the end first is declared as the winner.



team as the number which comes on the dice. The team has to do whichever activity is written on the number. And accordingly the teacher throws the dice for the other teams. Whichever team reaches the end will win. Making 3-4 teams will give them good recovery time.



3. Physical Fitness Components :

Teachers can teach the physical fitness components via game which will make the



Every time the teacher moves the coin on the chart, he/she will spotlight the camera on the chart.

2. Fitness Land :

Equipment – A dice, two water bottles for shuttle relay activity.

How the game is played – This game can be played in teams of 3-4. The teacher throws the dice on the moves the coin of the

lesson interesting and fun to learn.

Equipment required – One dice with some of the fitness components on each side.

PHYSICAL FITNESS COMPONENTS		
Sr. No.	Health related physical Fitness	Skill related physical fitness
1	Cardiovascular Endurance	Agility
2	Muscular Strength	Balance and coordination
3	Muscular Endurance	Reaction time
4	Flexibility	Speed
5	Body composition	Accuracy

FITNESS DICE		
1	Agility	Shuttle Run/Side Stepping/Directional changes
2	Muscular Endurance	Squats/Push-ups/Plank
3	Speed	High knee running
4	coordination	Head tap tummy roll/Arm rotation/Lower arm rotation
5	Muscular strength	Leg against wall/Sit ups/Side plank
6	Cardio exercise	Skipping/Jogging/Burpies

How to play the game : This game can be played individually or in teams. Playing in teams will give good recovery in between the two exercises. The teacher throws the dice on the floor. Whichever component comes on the dice the students shall perform that component. This way the teacher shall keep throwing the dice one after the other till the time permits for the class. Do check that the students are not too exhausted.

For every activity there should be an optional exercise so that if the same fitness component is repeated on the dice the next exercise can be done by the students.

This is a very different way to teach the students the physical fitness components. By doing the exercises practically it will easier to

remember the components. With these exercises the students might also be able to think of different exercises.

4. Obstacle Course :

You must be wondering how we can design an obstacle course in such a small place where it is difficult to move around and keep the required equipment. But yes an obstacle course can also be designed as per the age group of the students in a small space. With creative minds one can think of various activities in an Obstacle course for the students. Just to give you an example, we have designed an obstacle course for the students of 10-12 age groups.

Equipment : A small chair or a stool, a small pillow or a soft toy, a dupatta, a book, 4 glass or bowls, two empty water bottles of the same size and a scale. All the above equipment is easily available in the house.

Preparation : Place the chair in the centre. Then place the book on the left side of the chair. On top of the book keep the dupatta with both the ends tied and making a ring or hula hoop of the dupatta. Above the dupatta place the pillow. Place the water bottles on the right side of the chair and the scale over it making a hurdle of this. Place the glasses behind the chair in a zig zag manner.

How to play : The student will first be sitting on the chair. On the command go, the student will get up from the chair and from the left side of the chair pick up the pillow hold it between the knees and go hopping around the chair. In the second round the student shall pick up the dupatta and go through it 3 times while going around the chair. In the third round the student shall take a round balancing the book on his/her

head and in the fourth round the student shall go zig zag through the glasses while doing langdi, jump over the hurdle and sit



down on the chair. In this way the course shall end as the student sits on the chair. To add more difficulty to the course you can add rounds of crawling, duck walk, frog jumps etc.

We are quite sure that these Virtual Physical Education lessons will help you to get some ideas of making the class fun and entertaining and with your creative ideas you will be able to make the Physical Education class more interesting and fun for the students.



ओळख नविन तंत्रज्ञानाची

आभासीवास्तव हे एक प्रशिक्षण यंत्र म्हणून विविध खेळ जसे गोल्फ, अॅथलेटिक्स, स्कींग, सायकलिंग, इ. यामध्ये वापरली जात आहे. आभासीवास्तव याचा कार्यमान तपासण्यासाठी तसेच तंत्र/कौशल्याचे विश्लेषण करण्याकरिता वापर केला जातो. खेळाडू या तंत्रज्ञानाचा उपयोग त्यांच्या कामगिरीच्या काही पैलूंवर सूक्ष्म बदल करण्यासाठी करतो, जसे एखादा गोल्फ खेळाडू आपला स्विंग सुधारण्याचा प्रयत्न करतो किंवा ट्रॅक सायकलपटू वैयक्तिक स्पर्धेत अधिक गतिमान होण्यासाठी याचा वापर करतो. त्रिमितीय सिस्टीम खेळाडूच्या कामगिरीचे विविध पैलू दर्शवू शकतात ज्यात बदल आवश्यक आहेत, उदा. जीवयांत्रिकी किंवा कौशल्य तंत्र. आभासीवास्तव तयार करण्याची साधने – व्हर्च्युअलरिअलिटी यंत्र. व्हर्च्युअलरिअलिटी प्रशिक्षणात खेळाडू ३६०० सक्रिय शिक्षण वातावरणात प्रवेश करतात, दृष्टी आणि ध्वनी अनुभवतात व आभासी आणि वास्तविक वास्तविक ते मधील अडथळा विलीन करतात. हेडसेट आणि नियंत्रकांचा वापर करून, प्रशिक्षणार्थी ३डी आभासी सेटिंगमध्ये मुक्तपणे फिरतात, बोलतात आणि पाहतात, नक्कल केलेल्या वास्तविक-जगातील साधने, यंत्रसामग्री आणि इतर प्रशिक्षणार्थी आणि प्रशिक्षकांशी संवाद साधतात.