









HEALTH AND PHYSICAL ACTIVITY RECORD

SN	NAME OF THE ACTIVITY	Photograph
1	Partial Curl Up	

SN	NAME OF THE ACTIVITY	Photograph
2	Flexed /Bent Arm Hang	

3	Sit and Reach	 A group of five students in school uniforms are sitting on a concrete staircase, performing a Sit and Reach exercise. They are leaning forward, reaching their hands towards their feet. The background shows a wall with colorful posters and a small garden area.
4	60 Mtr Run	 A group of students in school uniforms are lined up on a dirt field, performing a 60 Mtr Run. They are in a starting crouch, ready to begin the race. The background shows a large open field with trees and a clear sky.

SN	NAME OF THE ACTIVITY	Photograph
5	Flamingo Balance Test	 A group of students in school uniforms are performing a Flamingo Balance Test. They are standing on a green mat, balancing on one leg with their arms extended forward. The background shows a school building and some trees.
6	Shuttle Run	 A group of students in school uniforms are performing a Shuttle Run. They are running on a dirt field, touching a yellow cone and a white line. The background shows a school building and some trees.
7	Sprint	 A group of students in school uniforms are performing a Sprint. They are running on a dirt field, starting from a white line. The background shows a school building and some trees.

SN	NAME OF THE ACTIVITY	Photograph
9	Standing vertical Jump	
10	Plate Tapping Test	
11	Alternative Hand wall toss test	

12)YOGA











