

# AIR FORCE GOLDEN JUBILEE INSTITUTE

## SUMMER BREAK ACTIVITY (2025-26)

### CLASS – VI to X

#### **Experiential learning through sports in this summer break**

Students are required to perform the following fitness tests during the summer vacation. Alternatively, these tests can be done and daily progress must be recorded.

#### **1. BMI (Body Mass Index)**

- Test Administration:
  - Measure your weight in kilograms (kg).
  - Measure your height in meters (m).
  - Use the formula:  $BMI = \text{weight (kg)} / [\text{height (m)}]^2$
- How to Record Progress:
  - Record your weight and height weekly.
  - Calculate your BMI each week and note the changes.

#### **2. Partial Curl-Up**

- Test Administration:
  - Lie on your back with knees bent and feet flat on the floor.
  - Arms should be at your sides, palms down.
  - Curl up slowly, sliding your hands towards your knees.
  - Perform as many curl-ups as possible in one minute.
- How to Record Progress:
  - Count the number of curl-ups done each session and note them down.

#### **3. 600 Meter Run and Walk Test**

- Test Administration:
  - Use a smart watch to measure 600m distance.
  - Start the test with running, and if you feel tired, you may walk in between to complete the distance.
  - Use a stopwatch or phone timer to record the total time taken.
- How to Record Progress:
  - Record the time taken to complete 600 meters.

- Track this daily to observe improvements in stamina and endurance.

#### **4. Push-Ups/Modified Push-Ups Test**

- Test Administration:
  - For Push-Ups: Get into a plank position with arms shoulder-width apart. Lower your body until your chest nearly touches the ground, then push back up.
  - For Modified Push-Ups: Keep your knees on the ground and follow the same movement.
- How to Record Progress:
  - Perform as many correct push-ups or modified push-ups as possible in one attempt.
  - Record the number done each session and aim to improve over time.

#### **YouTube Links:-**

BMI Test: [https://youtu.be/5\\_Fqbx4OG3c?si=xGUoB4llpnPSGWPd](https://youtu.be/5_Fqbx4OG3c?si=xGUoB4llpnPSGWPd)

Partial Curl Up Test: <https://youtu.be/BqIVdguLob0?si=2TOPtP6FZ0NTMxFZ>

600m Run and Walk Test: <https://youtu.be/RRbOGsf5zwY?si=zPZv8R6IKEAfnj>

Push ups Test: <https://youtu.be/p3Zk6h3RqZQ?si=NaFLLYxfwAc7mlfv>

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***Stay fit and healthy!***