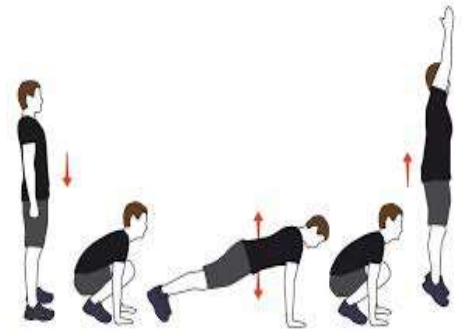




Bal Bharati
PUBLIC SCHOOL
RGPPL RATNAGIRI



BAL SABHA ACTIVITY (2024-2025)

Class V & VI

“A WINNER NEVER STOPS TRYING”

Date : 17 August 2024
Theme : **Dynamic Fusion Jump (Burpee)**
Nature : Individual
Judgment Criteria : Maximum Numbers of Correct Jump in 1 Minute.

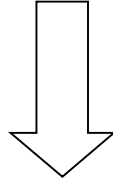
Rules & Regulations :

1. Introduce yourself (Name, Class & School House)
2. Wear house T-shirts and lower/legging / Shorts to perform the activity (If available)
3. Any athlete undertaking a trial and considered to be using an incorrect technique should be stopped.
4. The number of “good” jumps should be recorded,
5. Separate events will be held for Boys & Girls category.
6. Please adhere to the rules & regulations.

Judge 1 : **Ms. Rani (8007276328)**
Judge 2 : **Mr. Navinder (9420910620)**

Note: * Participation in Sports activity is compulsory. Non participant will be marked as absent.
*For any further information please contact Mr. Navinder Lakhanpal (Physical Education Tr. BBPS RGPPL). Mob. No. (what's app Number) 9420910620 and 9421140517

Step-by-Step Burpee Exercise Guide



Step-by-Step Burpee Exercise Guide

1. **Step 1: Squat Down**
 - **Description:** Start by standing with your feet shoulder-width apart and your arms at your sides. Lower your body into a squat position by bending your knees and hips, and place your hands on the floor directly in front of you, just inside your feet.
 - **Tip:** Keep your back straight and your chest lifted as you squat down.
2. **Step 2: Kick Back**
 - **Description:** From the squat position, kick your feet back to extend your legs behind you, landing in a plank position. Your body should form a straight line from your head to your heels, and your core should be engaged to maintain a flat back.
 - **Tip:** Avoid letting your hips sag or pike up. Keep your body in a straight line.
3. **Step 3: Push-Up**
 - **Description:** Lower your chest to the floor by bending your elbows, and then push back up to the plank position. This is a standard push-up motion.
 - **Modification:** If a full push-up is too challenging, you can drop to your knees to perform the push-up.
4. **Step 4: Jump Forward**
 - **Description:** From the plank position, jump your feet forward towards your hands, returning to the squat position.
 - **Tip:** Ensure your feet land flat and your hands remain on the floor. Use your core to help control the movement.
5. **Step 5: Jump Up**
 - **Description:** Explosively jump into the air from the squat position, reaching your arms overhead. Land softly with your knees slightly bent to absorb the impact.
 - **Tip:** Focus on a controlled landing to protect your knees and ankles.

Summary:

1. **Squat Down:** Start from standing, squat down, and place hands on the floor.
2. **Kick Back:** Jump your feet back into a plank position.
3. **Push-Up:** Perform a push-up by lowering your chest to the floor and pushing back up.
4. **Jump Forward:** Jump your feet back towards your hands, returning to a squat.
5. **Jump Up:** Explosively jump up, reaching arms overhead, and land softly.

