



# Indoor Wellness

How to learn to relax in a narrow space to relieve the pressure of daily study? How to keep your shoulders and arms flexible to make your body move smoother? How to lose excess body fat to make the body healthier? This course will stretch your body, relax your body and mind, help you keep your joints healthy, develop your love of fitness, and enrich your life.

## Course Teacher Information:

Ms MacNeil has been working in education for almost 20 years. She pursued her Bachelor's degree with a concentration in Language Arts and Science through Wayne State University while serving in the U.S. Navy and substituting in special needs classrooms. In her free time, she likes to explore museums, practice flow arts, attend music events, and biking or hiking outdoors.

Basic Information Overview	
Year Group (s)	P5-P6
Teacher Source	Ms MacNeil, BMH Teachers
Number of lessons	1 per week; 16 sessions in Term 2
Language	English
Venue	Maple Classroom (M306)
Class Time	Tuesday, 3:45—4:45PM

## Course Overview

Enrollment Criteria	Students suffering from disease or recovering from surgery are not recommended to participate.
Engage and Assess	Experience different kinds of enjoyable indoor activities.
Explore and Develop	Students will learn to explore different tools and strategies to relax mood and being wellness
Refine and Present	Students will show a healthy posture and keep a relaxed and cheerful mind.
Parent Engagement Opportunity	Students can share simple movements with parents at home.
Others	Students need to wear sports kit.

