



**WIS/GOLF BALL ROLLS**

Roll a tennis ball or a golf ball over your right foot. Maintain a straight spine as you roll over your foot, focusing on the ball. Repeat on the opposite foot.



Students with flat feet deformity were identified from the samples collected by Physical Education students.



Students were told about flat feet deformity by Physical Education students in the morning assembly.



Students with flat feet deformity have been identified and a list has been made of their names.



Demonstration on how flat feet deformity can be identified by Physical Education students in morning assembly to students.



**•5. STAIR ARCH RAISES**

- Stand on steps with your left foot one step higher than your right foot.
- Use your left foot for balance as you lower your right foot down so your heel hangs lower than the step.
- Slowly lift your right heel as high as you can, focusing on strengthening your arch. Rotate your arch inward as your knee and calf rotate slightly to the side, causing your arch to become higher.
- Slowly lower back down to the starting position.
- Do 2-3 sets of 10-15 repetitions on both sides.



**FOOTPRINT**

**"PROJECT FOR IDENTIFYING THE ARCH OF THE FEET OF THE STUDENTS OF KENDRIYA VIDYALAYA NO.1 AMRITSAR CANTT."**

PROJECT DONE BY:- PHYSICAL EDUCATION STUDENTS OF CLASS 12<sup>th</sup> (BATCH - 2022-23)

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A Project for identifying the Arch of the feet of students

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