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Product Name :

Tumble & Teach Exercise

Product Code :

SLE/BL/052



Description :

Tumble & Teach Exercise (Product Code: SLE/BL/052) is an inflatable activity cube used tolead quick exercise breaks in classrooms, gyms and outdoor sessions. A teacher or student rollsit to pick one of a variety of basic exercises — from stretching and running to good old jumpingjacks — and it measures approx 18cm square when inflated. It is supplied by **Jain Scientific Equipments Pvt Ltd (ScienceLab)**, Ambala, India, as a simple addition to a health education kit for schools.

Specifications

Parameter	Detail
Type	Inflatable Tumble 'n Teach exercise cube
Size when inflated	Approx 18cm square
Activities	A variety of basic exercises, from stretching and running to jumping jacks
Where to use	Classroom, gym or outdoors
Product code	SLE/BL/052
Supplied by	Jain Scientific Equipments Pvt Ltd (ScienceLab), Ambala, India

What Is the Tumble & Teach Exercise Cube Used For?

Teachers use the cube as a quick warm-up at the start of a PE period or as a short movement break between desk-based lessons, when a few minutes of activity helps students refocus. Let a different student roll it each time so the whole group takes part, and set a count or a time for each exercise so the session keeps its pace.

In biology, the cube is a handy way to raise the heart rate before a practical on circulation or breathing. Students take their resting pulse, complete two or three rolls of exercises, and measure again to see how quickly the body responds and recovers — a hands-on complement to biology lab equipment in schools in India such as a stethoscope or a peak flow meter. Clear a safe space before each roll, and keep the cube away from sharp edges when it is inflated.

Supplier

Tumble & Teach Exercise is supplied by **Jain Scientific Equipments Private Limited**, known by its brand name **ScienceLab** and based in Ambala, Haryana, India. The company serves schools and colleges in India and international markets, and can add this cube to an order for physiology or health-education items — the company profile has more details.

Related Biology Lab Equipment

Items for exercise and body-response lessons:

- Tumble & Teach Substance Abuse — a companion cube for health discussion rather than movement