

FIT INDIA SCHOOL WEEK 2020

In connection with 1st anniversary of Fit India Movement and 2nd edition of Fit India School Week virtual activities to be conducted in Vidyalaya from 9th December 2020 to 16th December 2020.

“फ़िटनेस का डोज़ आधा घंटा रोज़”

Following teachers are assigned duties to organize the activities and submit required data-

Day-1: Wednesday, 09/12/2020

[1] Virtual Assembly – Mrs. Asha Meena

- (i) **Free Hand Exercise:** A video will be forwarded by Tejkumar in all class groups.
- (ii) **Fun and Fitness:** Aerobics dance forms rope skipping, hopscotch, Zig zag and shuttle running etc.

Sh. Tejkumar will share Videos of different Activities on School WhatsApp Group. Class-teachers have to share the same in their respective classes. Then the Class-teachers will collect the responses from students same day on or before 1 pm and upload the same on the provided Google Form Link.

Day-2: Thursday, 10/12/2020

[2] Virtual Assembly- Mrs. Asha Meena

- (i) Common Yoga protocol a video will be shared by Sh Tejkumar
- (ii) Debates, symposium, lectures on Re-strengthening of the mind post pandemic-mental fitness activities for students Mr. Sanjay kumar , Mr. Basram
- (iii) Open letter to Youth of the Nation on "*Power of Fitness.*"
Mr. Sanjay kumar
- (iv) Open mic on topics such as "Exercise is a celebration of what your body can do, not a punishment for what you ate . MR.B.R. GUARJAR, MR. BASRAM

Day-3: Friday, 11/12/2020

[3] (i) Brain Games to improve concentration/problem solving capacity eg. Chess, Rubik's cube etc.

MRS. RAKHI YADAV

(ii) Poster making Competition on theme "*Hum Fit Toh India Fit*" or "*New India Fit India*"

-MR. KHEM KUAMR , MRS ASHA MEENA

(iii) Preparing advertisements on "*Hum Fit Toh India Fit*", "*Emotional and Physical well-being are interconnected*" etc.

-MR. KHEM KUAMR , MR. MADAN LAL , MRS ASHA MEENA

Day-4: Monday, 14/12/2020

[4] (i) Debates, Symposium, Lectures etc. about diet & nutrition during pandemic for Students / Staff & Parents. MR. DEVRAJ MEENA

(ii) Essay/Poem Writing Competition on theme "*Fitness beats pandemic*"

MR. B.R.GURJAR Mr. Sanjay kumar , Mr. Basram

(iii) Podcast/Movie making suggested themes - "*Get fit, don't quit*"; "*Mental Health is not a destination but a journey*" etc.

-MR. KHEM KUAMR , MR. MADAN LAL , MRS ASHA MEENA

Day-5: Tuesday, 15/12/2020

[5] (i) Online Quiz related to fitness/sports

MR. TEJ KUMAR MR. SUNIL KUMAR

(ii) Virtual challenges for students, staff/ teachers e.g

(a) Squats challenge- (b) Step-up challenge- MR. DEVRAJ MEENA

(c) Spot jogging – MR. TEJ KUMAR (WITH ALL CLASS TEACHER)

(d) Rope skipping- - MR. TEJ KUMAR (WITH ALL CLASS TEACHER)

(e) Ball dribbling – -MR. B.R.GURJAR (WITH ALL CLASS TEACHER)

Day-6: Wednesday, 16/12/2020

MR. B.R.GURJAR ,MR. DEVRAJ MEENA to conduct the following:

One day dedicated to Family Fitness

(i) Activities for fitness sessions at home involving students and parents - Fit India Active Day capsules could be used for demonstration purposes.

https://drive.google.com/drive/folders/18ophVtYf3qBOhpLQpX66y_ywCK_kgTsS?usp=sharing

(ii) Creatively using home-based equipment for sports & fitness. Eg

- Hacky sack at home (juggling with feet & hand - warm up activity)
- Aluminum foil inside a sock - ball and any wooden piece - bat to play cricket
- Mosquito bat and TT ball to play badminton/tennis
- Fitness circuit - Draw a ladder on the floor with a chalk piece or crayon.

MR. SUNIL KUMAR will register the Vidyalaya on official Fit India portal upload reports create a new page on Vidyalaya website download e-certificate from internet social media Hastag *#cbsefitschoolpost*.

He has to send 02 Photos and 02 Videos of related activity on the same day by **05:00pm** positively to rscjaipur15@gmail.com

MR. SANJAY KUMAR to prepare a flex on Fit India.

Sunil KUMAR will create link for all activities.

Principal