

KENDRIYA VIDYALAYA TIRUMALAGIRI, SECUNDERABAD

Fit India School Week 2020

Vidyalaya level committees

All the members of the staff are requested to extend their cooperation in conducting in Fit-India School Week - 2020 in a befitting manner.

S.NO	Committee	Duty allotted	Responsibilities
1	Monitoring committee	Vice principal HM	Timely submission of reports to Regional office
2	Organizing Committee	TGT PHE PGT CS	To prepare the schedule of the Events
3	Conduct of Literary Competitions	PGT English PGT Hindi TGT English TGT Hindi TGT SKT	Debates, Symposiums, open letter to youth of nations, Preparing advertisement, Essay /Poem writing competitions
4	Conduct of Art Competitions	TGT Art TGT SST PRT Music	Poster making competitions/ Preparing advertisement Podcast /Movie making
5	Guest Lectures	CCA Coordinator	Guest Lecture/ Motivational speakers reputed sports personality for students, teachers, parents
6	Brain Gym Activities	PGT Maths TGT Maths	Activities to be planned

7	Registration & Uploading of Photographs/Videos	PGT CS/Comp Instructors	To be completed in Time
8	Virtual Assembly	<p>1. Live streaming may be done through youtube, face book links may be given to class teachers to screen the program me</p> <p>2. Pre-recorded Videos may be shared with class teachers to screen the classes.</p>	
9	Virtual Competitions	<p>1. Entries may be invited in advance and event may be conducted during online classes</p> <p>2. Students may be asked to do perform event for 30 seconds and record the event and send to class teacher through WhatsApp or share the drive link</p>	

PRINCIPAL

Day	Activity
8 th Dec 2020	(i) Virtual Assembly – Free hand exercises (ii) Fun and Fitness- Aerobics, Dance forms, Rope Skipping, Hopscotch, Zig Zag and Shuttle Running etc. <i>Fit India Active Break capsules could be used for demonstration purposes.</i> Link below: https://drive.google.com/drive/folders/1t14ZOGyh9biDsw8CxmxfhogMwB0A8E2II?usp=s_haring
9 th Dec 2020	(i) Virtual Assembly – Common Yoga Protocols https://yoga.ayush.gov.in/yoga/common-yoga-protocol (ii) Debates, Symposium, Lectures on “ <i>Re-strengthening of the mind post pandemic</i> ” – Mental Fitness Activities for Students, Staff and Parents (iii) Open letter to Youth of the Nation on “ <i>Power of Fitness</i> ” (iv) Open mic on topics such as “ <i>Exercise is a celebration of what your body can do, not a punishment for what you ate</i> ” etc.
12 th Dec 2020	(i) Brain Games to improve concentration/problem solving capacity – e.g Chess, Rubik’s cube etc. (ii) Poster making competition on theme “ <i>Hum Fit Toh India Fit</i> ” or “ <i>New India Fit India</i> ” (iii) Preparing advertisements on “ <i>Hum Fit Toh India Fit</i> ”, “ <i>Emotional and physical well-being are interconnected</i> ” etc.
13 th Dec 2020	(i) Debates, Symposium, Lectures etc about diet & nutrition during pandemic for Students / Staff & Parents (ii) Essay/Poem Writing Competition on theme “ <i>Fitness beats pandemic</i> ” (iii) Podcast/Movie making on suggested themes – “ <i>Get fit, don’t quit</i> ”; “ <i>Mental Health is not a destination but a journey</i> ” etc.
14 th Dec 2020	(i) Online Quiz related to fitness/sports (ii) Virtual challenges for students, staff/ teachers e.g. <ul style="list-style-type: none"> • Squats challenge • Step-up challenge • Spot jogging • Rope skipping • Ball dribbling etc. (iii) Session(s) by motivational speakers for students, parents and school staff
10 th & 11 th Dec 2020	1 day dedicated to Family Fitness: (i) Activities for fitness sessions at home involving students and parents – <i>Fit India Active Day capsules could be used for demonstration purposes</i> https://drive.google.com/drive/folders/18ophVtYf3qBOhpLQpX66y_ywCK_kgTsS?usp=s_haring (ii) Creatively using home-based equipment for sports & fitness. E.g. <ul style="list-style-type: none"> • Hacky sack at home (juggling with feet & hand – warm up activity) • Aluminium 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

Few links for Activities to be under Taken under Fit India

Day	Date	Events	Some useful Links
D A Y 1	7 th Dec 2020	Virtual Assembly – Free hand exercises For All	https://www.youtube.com/watch?v=HYIfP59jRvQ https://www.youtube.com/watch?v=oc4QS2USKmk
		Fun and Fitness IX to XII	https://www.youtube.com/watch?v=McD6_oOWs-M 25 minute fun work out for kids at home
			https://www.youtube.com/watch?v=5if4cjO5nxo family fun cardio work out
		Aerobics VI to VIII	https://www.youtube.com/watch?v=zqv2QKyggCk https://www.youtube.com/watch?v=4PeYc-RAMsw Indian students
			Hopscotch fitness kids III to IV
		Zig Zag and Shuttle Running Class I to III	https://www.youtube.com/watch?v=IJ2TWMHwBmg https://www.youtube.com/watch?v=1tZ3WY6PYgQ
			Rope Skipping Competations
		Fit India Active breaks Active breaks X & XII	
D A Y 2	8 th Dec 2020		Virtual Assembly – Common Yoga Protocols for ALL
		“Re-strengthening of the mind post pandemic” – Mental Fitness Activities for Students, Staff and Parents	Debates, Class XI Symposium, Class XI Lectures, Class VIII
		Open letter to Youth of the Nation on “Power of Fitness”	Class VI & VII
	Open mic on topics such as “Exercise is a celebration of what your body can do, not a punishment for what you ate” etc.	Class IV & V	
	9 th		

D A Y 3	Dec 2020	Brain Games to improve concentration/problem solving capacity	https://www.youtube.com/watch?v=rmtz-70IKQs concentration increasing activities
			https://www.youtube.com/watch?v=pCpитеBel8E
		Poster making competition on theme "Hum Fit Toh India Fit" or "New India Fit India"	Primary and Class VI to VIII
		Preparing advertisements on "Hum Fit Toh India Fit", "Emotional and physical well-being are interconnected"	Class IX to XII
D A Y 4	10 th Dec 2020	Podcast/Movie making on suggested themes – "Get fit, don't quit"; "Mental Health is not a destination but a journey" etc.	https://www.youtube.com/watch?v=ZiZhcc4P6Y8 https://www.youtube.com/watch?v=rVzYL8vdpGc
			Open to all
		Diet & nutrition during pandemic for Students / Staff & Parents	Debates, Class XI Symposium, Class X Lectures, Class VIII
		Essay/Poem Writing Competition on theme "Fitness beats pandemic"	Class V to VII
D A Y 5	11 th Dec 2020	Virtual Challenges Squats challenge Step-up challenge Spot jogging Rope skipping Ball dribbling etc	https://www.youtube.com/watch?v=psOKDKrRn4o on line competition Rope Skipping https://www.youtube.com/watch?v=yXh9ktZ7FPY squat challenge https://www.youtube.com/watch?v=-2CImFvfUuc Step up challenge https://www.youtube.com/watch?v=e2-flf78W5s Ball dribbling
		Online Quiz related to fitness/sports	Vidyalaya level primary secondary & sr secondary
D A Y 6	12 th Dec 2020	Hacky sack at home (juggling with feet & hand – warm up activity)	https://www.youtube.com/watch?v=g5KOWnr-A6o
		Aluminium foil inside a sock – ball and any wooden piece – bat to play cricket	https://www.youtube.com/watch?v=WqMmpoFQ4uI with paper waste
			https://www.youtube.com/watch?v=x7X4fZEudNo
			https://www.youtube.com/watch?v=JQYXFqm_gNo with ballon and sand
			https://www.youtube.com/watch?v=T5DEtmq7YMU https://www.youtube.com/watch?v=a5m8ypqkNNU

		Mosquito bat and TT ball to play badminton/tennis	https://www.youtube.com/watch?v=AWtsOZmV-Ds
		Fitness circuit – Draw a ladder on the floor with a chalk piece or crayon	https://www.youtube.com/watch?v=wcYi1dw5t2I
			https://www.youtube.com/watch?v=VGQGUMX5lxI
			https://www.youtube.com/watch?v=m-XzvAUZxVc
		Activities for fitness sessions at home involving students and parents – <i>Fit India Active Day capsules could be used for demonstration purposes</i>	https://drive.google.com/drive/folders/18ophVtYf3qBOhpLQpX66y_ywCK_kgTsS?usp=sharing

Ball Tapping

<https://youtu.be/tbyFXZTtQ>

[dk](#)

MASSPT

<https://www.youtube.com/watch?v=9ggNXYArNDM&feature=youtu.be>

Jogging

https://www.youtube.com/watch?v=t7I_zgmtzUY&feature=youtu.be

Squat

<https://www.youtube.com/watch?v=dpoUC7ZNq3o&feature=youtu.be>

Step up challenge

<https://www.youtube.com/watch?v=cmzjLQ6RuCE&feature=youtu.be>

KVS PRAYER SONG

<https://www.youtube.com/watch?v=TKal5HBTNrw>

KHELO INDIA Anthem

<https://www.youtube.com/watch?v=Eyp0SjkHWhs&feature=youtu.be>

Khelo India Them song

<https://www.youtube.com/watch?v=B1JarLfnHR8&feature=youtu.be>