

KENDRIYA VIDYALAYA SANGATHAN
KVS Gurugram Region
Vidyalaya Level Committee for Fit India School Week 2020

Committee	Duty allotted	Responsibilities
Monitoring committee	Principal Vice principal HM	Timely submission of reports to Regional office
Organizing Committee	TGT P&HE PGT CS	To prepare the schedule of the Events
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
Conduct of Art Competitions	TGT Art TGT SST PRT Music	Poster making competitions/ Preparing advertisement /Podcast /Movie making
Guest Lectures	TGT- P&HE CCA Coordinator	Guest Lecture/ Motivational speakers reputed sports personality for students, teachers, parents
Brain Gym Activities	PGT Maths TGT Maths	Activities to be planned
Registration & Uploading of Photographs/Videos	PGT CS/Comp Instructors	To be completed in Time
Virtual Assembly	<ol style="list-style-type: none"> 1. Live streaming may be done through Youtube, facebook links may be given to class teachers to screen the programme 2. Pre-recorded Videos may be shared with class teachers to screen in the classes. 	



Virtual Competitions	<ol style="list-style-type: none"> 1. Entries may be invited in advance and event may be conducted during online classes 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
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Details of the Activities to be conducted during Fit India School Week 2020

Day	Activity
Day-1 09.12.2020 Wednesday	<ul style="list-style-type: none"> • Virtual Assembly: Free Hand Exercise • Fun & Fitness: Aerobics, Dance forms, Rope Skipping, Hopscotch, Zig Zag and Shuttle Running etc. <p>Link below: https://drive.google.com/drive/folders/1t14ZOGyh9biDsw8CxmxfhogMwB0A8E2II?usp=sharing</p>
Day-2 10.12.2020 Thursday	<ul style="list-style-type: none"> • Virtual Assembly – Common Yoga Protocols https://yoga.ayush.gov.in/yoga/commonyoga-protocol • Debates, Symposium, Lectures on “Re-strengthening of the mind post pandemic”- Mental Fitness Activities for Students, Staff and Parents • Open letter to Youth of the Nation on “Power of Fitness” • Open mic on topics such as “Exercise is a celebration of what your body can do, not a punishment for what you ate” etc.
Day-3 11.12.2020 Friday	<ul style="list-style-type: none"> • Brain Games to improve concentration/problem solving capacity – e.g. Chess, Rubik’s cube etc. • Poster making Competition on theme “Hum Fit Toh India Fit” or “New India Fit India” • Preparing advertisements on “Hum Fit Toh India Fit” , “Emotional and Physical well-being are interconnected” etc.



<p>Day-4</p> <p>14.12.2020</p> <p>Monday</p>	<ul style="list-style-type: none"> • Debates, Symposium, Lectures etc. about diet & nutrition during pandemic for Students / Staff & Parents • Essay/Poem Writing Competition on theme "Fitness beats pandemic" • Podcast/Movie making on suggested themes – "Get fit, don't quit" ; "Mental Health is not a destination but a journey" etc.
<p>Day-5</p> <p>15.12.2020</p> <p>Tuesday</p>	<ul style="list-style-type: none"> • Online Quiz related to fitness/sports • 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. • Session(s) by motivational speakers for students, parents and school staff
<p>Day-6</p> <p>16.12.2020</p> <p>Wednesday</p>	<ul style="list-style-type: none"> • Activities for fitness sessions at home involving students and parents - Fit India Active Day capsules could be used for demonstration purposes: <i>Day capsules could be used for demonstration purposes</i> <p>https://drive.google.com/drive/folders/18ophVtYf3qB0hpLQpX66y_ywCK_kgTsS?usp=sharing</p> <ul style="list-style-type: none"> • Creatively using home-based equipment for sports & fitness. E.g. • 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 T.T. 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 School Week 2020

Day & Date of the Event	Name of the Event/ Activity	Useful link
Day-1	Virtual Assembly – ❖ Free hand exercises	https://www.youtube.com/watch?v=HYIfP59jRvo https://www.youtube.com/watch?v=oc4QS2USKmk
	Fun and Fitness	https://www.youtube.com/watch?v=McD6_oOWs-M



09.12.2020 Wednesday		25 minute fun work out for kids at home https://www.youtube.com/watch?v=5if4cj05nxo family fun cardio work out
	Aerobics	https://www.youtube.com/watch?v=zqv2QKyggCk https://www.youtube.com/watch?v=4PeYc-RAMsw
	Rope skipping	https://www.youtube.com/watch?v=T4mlfgBU04M KVS nationals https://www.youtube.com/watch?v=PUWg7fXnCf0 Rope Skipping display
	Fit India Active breaks	https://www.youtube.com/watch?v=X54eSy7SEZc https://www.youtube.com/watch?v=XA5BpTEQ4VQ
Day-2 10.12.2020 Thursday	Virtual Assembly – Common Yoga Protocols	https://yoga.ayush.gov.in/yoga/common-yoga-protocol https://www.youtube.com/watch?v=xn-aQZ2LfpM SUPER BRAIN YOGA
Day-3 11.12.2020 Friday	Brain Games to Improve concentration/problem solving capacity	https://www.youtube.com/watch?v=388Q44ReOWE Brain Breaks https://www.youtube.com/watch?v=rmtz-70IKQs concentration increasing activities https://www.youtube.com/watch?v=pCpiteBel8E
Day-4 14.12.2020 Monday	Podcast	https://www.youtube.com/watch?v=ZiZhcc4P6Y8 https://www.youtube.com/watch?v=rVzYL8vdpGc
Day-5 15.12.2020	Virtual Challenges <ul style="list-style-type: none">• Squats challenge• Step-up challenge• Spot jogging	https://www.youtube.com/watch?v=psOKDKrRn4o on line competition Rope Skipping https://www.youtube.com/watch?v=yXh9ktZ7FPY squat challenge



Tuesday	<ul style="list-style-type: none"> • Rope skipping • Ball dribbling etc 	https://www.youtube.com/watch?v=-2ClmFvfUuc Step up challenge https://www.youtube.com/watch?v=e2-fLf78W5s Ball dribbling
Day-6 16.12.2020 Wednesday	Hacky sack at home (juggling with feet & hand – warm up activity)	https://www.youtube.com/watch?v=g5KOWnr-A6o
	Aluminum foil inside a sock – ball and any wooden piece – bat to play cricket	https://www.youtube.com/watch?v=WqMmpoFQ4ul https://www.youtube.com/watch?v=x7X4fZEudNo https://www.youtube.com/watch?v=JQYXFqm_gNo
	Mosquito bat and TT ball to play badminton/tennis	https://www.youtube.com/watch?v=T5DEtmq7YMU https://www.youtube.com/watch?v=a5m8ypqkNNU 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

Ball Tapping

<https://youtu.be/tbyFXZTtQdk>

MASSPT

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

Jogging

https://www.youtube.com/watch?v=t7l_zqmtzUY&feature=youtu.be

Squat

<https://www.youtube.com/watch?v=dpoUC7ZNg3o&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=Eyp0SjkhW8s&feature=youtu.be>

Khelo India Them song

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

