

NAVY CHILDREN SCHOOL, KOCHI

Virtual Activities for Fit India School Week Celebrations 2020

Honorable Prime Minister of India, launched nationwide “Fit India Movement” on 29th August 2019 aimed to encourage people to inculcate physical activity and sports in their everyday lives and daily routine. As per CBSE circular no. 71/2019 dated 20 Nov. 2019 that each year a total of 06 working days during the THIRD and FOURTH WEEKS in November will be celebrated as “Fit India School Week”.

This movement therefore endeavors to alter this behaviour from ‘Passive Screen time’ to ‘Active Field time’ and the aim of the objective is to develop Sports Quotient among all the students to achieve a healthy lifestyle. Such movement will also instill the understanding for regular physical activity and higher levels of fitness enhancing in them self-esteem and confidence in the students

Due to the ongoing pandemic, it has been decided that this year **the 2nd edition of the ‘Fit India School Week’ will be celebrated in the month of December 2020.** The proposed set of activities to be undertaken during the Fit India School Week – 2020 is as follows.

All Students, Parents, Staff and Management shall actively participate in the proposed Fit India School Week celebration.

DAY	DAY & DATE	ACTIVITIES	IN CHARGE TEACHER
1	WEDNESDAY 2/12/2020	i) Virtual Assembly - Free hand exercises (ii) Fun and Fitness- Aerobics, Dance forms, Rope Skipping, Hopscotch, Zig Zag and Shuttle Running	Mr. Sreenivasan Mr. Fahadas Ms. Mamatha shetty
2	THURSDAY 3/12/2020	1.Virtual Assembly – Common Yoga Protocols 2. Debates, Symposium, Lectures on “ Re-strengthening of the mind post pandemic ”- Mental Fitness Activities for Students, Staff and Parents (iii) Open letter to Youth of the Nation on “ Power of Fitness ” (iv) Open mic on topics such as “ Exercise is a celebration of what your body can do, not a punishment for what you ate ” etc	Dr. Debala Devi Ms Ashwati Ravindran, Ms. Arati Mr. Deepu Jacop

3	FRI DAY 4/12/2020	(i) Poster making Competition on theme “ Hum Fit Toh India Fit ” or “ New India Fit India ” (ii) Preparing advertisements on “ Hum Fit Toh India Fit ”, “ Emotional and Physical well-being are interconnected ” etc	Primary Ms. Sindu KV Secondary- Mr. Akhil Mr. Fahadas
4	SATURDAY 5/12/2020	(i) Debates, Symposium, Lectures etc. about diet & nutrition during pandemic for Students / Staff & Parents (ii) Essay/Poem Writing Competition on theme “ Fitness beats pandemic ” (iii) Podcast/Movie making on suggested themes – “ Get fit, don’t quit ” ; “ Mental Health is not a destination but a journey ” etc.	Dr. Debala Devi Ms. Dhanya MK Ms. Bindu Abraham Mr. Akhil
5	MONDAY 7/12/2020	(i) Online Quiz related to fitness/sports (ii) Virtual challenges for students, staff/ teachers e.g. (a) Squats challenge (b) Step-up challenge (c) Spot jogging (d) Rope skipping (e) Ball dribbling etc	Mr. Santhosh, Ms Indira Devi, PET’s, one primary teacher PET’S
6	MONDAY 8/12/2020	1 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: ii) Creatively using home-based equipment for sports & fitness. E.g. (a) Hacky sack at home (juggling with feet & hand – warm up activity) (b) Aluminum foil inside a sock - ball and any wooden piece - bat to play cricket (c) Mosquito bat and T.T. ball to play badminton/tennis (d) Fitness circuit - Draw a ladder on the floor with a chalk piece or crayon	 PET’S

Procedures of Fit India School Week Celebrations 2020

DAY	DAY & DATE	ACTIVITIES	IN CHARGE TEACHER
1	WEDNESDAY 2/12/2020	<p>i) Virtual Assembly - Free hand exercises</p> <p>(ii) Fun and Fitness- Aerobics, Dance forms, Rope Skipping, Hopscotch, Zig Zag and Shuttle Running</p>	<p>1. Recorded video of Free hand exercises will be upload it in the Zoo Drive and to be shown to the students of class up to IX. Students will be doing exercise along with it.</p> <p>2. -do -</p>
2	THURSDAY 3/12/2020	<p>1.Virtual Assembly – Common Yoga Protocols</p> <p>2. Debates, Symposium, Lectures on “Re-strengthening of the mind post pandemic”- Mental Fitness Activities for Students, Staff and Parents</p> <p>(iii) Open letter to Youth of the Nation on “Power of Fitness”</p> <p>(iv) Open mic on topics such as “Exercise is a celebration of what your body can do, not a punishment for what you ate” etc</p>	<p>1. Recorded video of yoga protocols will be upload it in the Zoo Drive and to be shown to the students of class up to IX during first period. Students will be performed asanas, Pranayama etc along with it. Followed by Lectures on “Re-strengthening of the mind post pandemic” by Dr. Debala</p> <p>2. Letter writing competition of given topic will be conducted for classes VI to IX. Teachers of the second period to be conduct. (0835-0900 hrs)</p> <p>3. Interested students can speak on the given topic during the second period (0900hrs to 0930 hrs)</p>
3	FRI DAY 4/12/2020	<p>(i) Poster making Competition on theme “Hum Fit Toh India Fit” or “New India Fit India”</p> <p>(ii) Preparing advertisements on “Hum Fit Toh India Fit” , “Emotional and Physical well-being are interconnected” etc</p>	<p>Poster making completion will be organized for classes II to v</p> <p style="text-align: center;">&</p> <p>Classes VI to IX & XI</p>

4	SATURDAY 5/12/2020	<p>(i) Debates, Symposium, Lectures etc. about diet & nutrition during pandemic for Students / Staff & Parents</p> <p>(ii) Essay/Poem Writing Competition on theme “Fitness beats pandemic”</p> <p>(iii) Podcast/Movie making on suggested themes – “Get fit, don’t quit” ; “Mental Health is not a destination but a journey” etc.</p>	<p>1.Lecture on diet & nutrition during pandemic- Leaders</p> <p>2.Essay Writing Competition on “Fitness beats pandemic” will be conducted for classes VI to IX & XI will be organized during first period.</p> <p>4. Invite podcast from students.</p>
5	MONDAY 7/12/2020	<p>(i) Online Quiz related to fitness/sports</p> <p>(ii) Virtual challenges for students, staff/ teachers e.g.</p> <p>(a) Squats challenge (b) Step-up challenge (c) Spot jogging (d) Rope skipping (e) Ball dribbling etc</p>	<p>1. Written Quiz competitions will be conducted for all classes on Zoho ON Demand. Group- 1 Classes- Iv & V</p> <p>Group- 2 Classes - VI to VIII</p> <p>Group- 3 Classes - IX to XII</p> <p>3. Competitions will be conducted on selected events , time 1130- 1330 hrs for classes VI to VIII. (after class hrs) Classes IX to XII (Interested candidates only) during 1400-!600 hrs. (after class hrs)</p>
6	MONDAY 8/12/2020	<p>1 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: ii) Creatively using home-based equipment for sports & fitness. E.g. (a) Hacky sack at home (juggling with feet & hand – warm up activity) (b) Aluminum foil inside a sock - ball and any wooden piece - bat to play cricket (c) Mosquito bat and T.T. ball to play badminton/tennis (d) Fitness circuit - Draw a ladder on the floor with a chalk piece or crayon</p>	<p>Share videos of fit India Exercise protocols to the students, parents and teachers and will be collected their recorded videos and photographs through Google Class room.</p>