

# **KENDRIYA VIDYALAYA SANGATHAN**

## **Kendriya Vidyalaya Matanhail (Gurugram Region)**

### ***Vidyalaya Level Committee to organize FIT INDIA SCHOOL WEEK 2020***

<b>COMMITTEE</b>	<b>DUTY ALLOTTED</b>	<b>RESPONSIBILITIES</b>
Monitoring committee	<b>Sh Pradeep Singh Principal</b>	Timely submission of reports to Regional office
Organizing Committee	<b>Sh Amandeep . PRT</b>	To prepare the schedule of the Events, follow the schedule attached
Conduct of Literary Competitions	<b>Sh J P Yadav,TGT English and Dr Seema Kumari,TGT SKT</b>	Debates, Symposiums, open letter to youth of nations, Preparing advertisement, Essay /Poem writing competitions
Conduct of Art Competitions	<b>PRT Music and CCA Incharge and other Primary Teachers</b>	Poster making competitions/ Preparing advertisement /Podcast /Movie making
Guest Lectures	<b>Ms Aarti Sharma, CCA Coordinator and Sh Amandeep ji</b>	Guest Lecture/ Motivational speakers reputed sports personality for students, teachers, parents
Brain Gym Activities	<b>Mrs Sarita Kadian, TGT Maths</b>	Activities to be planned, submit the list to the programme coordinator by 8.12.2020
Registration & Uploading of Photographs/Videos	<b>Sh Navdeep, Comp Instructor and JSA</b>	To be completed in Time under intimation to the Principal
Virtual Assembly (CCA IC and programme IC)		<ol style="list-style-type: none"><li>1. Live streaming may be done through YouTube; Facebook links may be given to class teachers to screen the programme</li><li>2. Pre-recorded Videos may be shared with class teachers to screen in the classes.</li></ol>
Virtual Competitions (CCA IC and programme IC)		<ol style="list-style-type: none"><li>1. Entries may be invited in advance and event may be conducted during online classes</li><li>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</li></ol>

## Details of the Activities to be conducted during Fit India School Week 2020

Day	Activity
<b>Day-1</b> <b>09.12.2020</b> <b>Wednesday</b>	<ul style="list-style-type: none"> <li>• Virtual Assembly: Free Hand Exercise</li> <li>• Fun &amp; Fitness: Aerobics, Dance forms, Rope Skipping, Hopscotch, Zig Zag and Shuttle Running etc.</li> </ul> <p style="text-align: center;">Link below:  <a href="https://drive.google.com/drive/folders/1t14ZOGyh9biDsw8CxmXhogMwB0A8E2II?usp=sharing">https://drive.google.com/drive/folders/1t14ZOGyh9biDsw8CxmXhogMwB0A8E2II?usp=sharing</a></p>
<b>Day-2</b> <b>10.12.2020</b> <b>Thursday</b>	<ul style="list-style-type: none"> <li>• Virtual Assembly – Common Yoga Protocols  <a href="https://yoga.ayush.gov.in/yoga/commonyoga-protocol">https://yoga.ayush.gov.in/yoga/commonyoga-protocol</a></li> <li>• Debates, Symposium, Lectures on “Re-strengthening of the mind post pandemic”- Mental Fitness Activities for Students, Staff and Parents</li> <li>• Open letter to Youth of the Nation on “Power of Fitness”</li> <li>• Open mic on topics such as “Exercise is a celebration of what your body can do, not a punishment for what you ate” etc.</li> </ul>
<b>Day-3</b> <b>11.12.2020</b> <b>Friday</b>	<ul style="list-style-type: none"> <li>• Brain Games to improve concentration/problem solving capacity – e.g. Chess, Rubik’s cube etc.</li> <li>• Poster making Competition on theme “Hum Fit Toh India Fit” or “New India Fit India”</li> <li>• Preparing advertisements on “Hum Fit Toh India Fit” , “Emotional and Physical well-being are interconnected” etc.</li> </ul>
<b>Day-4</b> <b>14.12.2020</b> <b>Monday</b>	<ul style="list-style-type: none"> <li>• Debates, Symposium, Lectures etc. about diet &amp; nutrition during pandemic for Students / Staff &amp; Parents</li> <li>• Essay/Poem Writing Competition on theme “Fitness beats pandemic”</li> <li>• Podcast/Movie making on suggested themes – “Get fit, don’t quit” ; “Mental Health is not a destination but a journey” etc.</li> </ul>
<b>Day-5</b> <b>15.12.2020</b> <b>Tuesday</b>	<ul style="list-style-type: none"> <li>• Online Quiz related to fitness/sports</li> <li>• Virtual challenges for students, staff/ teachers e.g. <ul style="list-style-type: none"> <li>❖ Squats challenge</li> <li>❖ Step-up challenge</li> <li>❖ Spot jogging</li> <li>❖ Rope skipping</li> <li>❖ Ball dribbling etc.</li> </ul> </li> <li>• Session(s) by motivational speakers for students, parents and school staff</li> </ul>
<b>Day-6</b> <b>16.12.2020</b> <b>Wednesday</b>	<ul style="list-style-type: none"> <li>• 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>  <a href="https://drive.google.com/drive/folders/18ophVtYf3qBOhpLQpX66y_ywCK_kgTsS?usp=sharing">https://drive.google.com/drive/folders/18ophVtYf3qBOhpLQpX66y_ywCK_kgTsS?usp=sharing</a></li> <li>• Creatively using home-based equipment for sports &amp; fitness. E.g.</li> <li>• Hacky sack at home (juggling with feet &amp; hand – warm up activity)</li> <li>• Aluminum foil inside a sock - ball and any wooden piece - bat to play cricket</li> <li>• Mosquito bat and T.T. ball to play badminton/tennis</li> <li>• Fitness circuit - Draw a ladder on the floor with a chalk piece or crayon</li> </ul>

## 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 09.12.2020 Wednesday	Virtual Assembly – ❖ Free hand exercises	<a href="https://www.youtube.com/watch?v=HYIfP59jRvo">https://www.youtube.com/watch?v=HYIfP59jRvo</a> <a href="https://www.youtube.com/watch?v=oc4QS2USKmk">https://www.youtube.com/watch?v=oc4QS2USKmk</a>
	Fun and Fitness	<a href="https://www.youtube.com/watch?v=McD6_oOWs-M">https://www.youtube.com/watch?v=McD6_oOWs-M</a> 25 minute fun work out for kids at home <a href="https://www.youtube.com/watch?v=5if4cjO5nxx">https://www.youtube.com/watch?v=5if4cjO5nxx</a> family fun cardio work out
	Aerobics	<a href="https://www.youtube.com/watch?v=zqv2QKyggCk">https://www.youtube.com/watch?v=zqv2QKyggCk</a> <a href="https://www.youtube.com/watch?v=4PeYc-RAMsw">https://www.youtube.com/watch?v=4PeYc-RAMsw</a>
	Rope skipping	<a href="https://www.youtube.com/watch?v=T4mlfgBUO4M">https://www.youtube.com/watch?v=T4mlfgBUO4M</a> KVS nationals <a href="https://www.youtube.com/watch?v=PUWg7fXnCf0">https://www.youtube.com/watch?v=PUWg7fXnCf0</a> Rope Skipping display
	Fit India Active breaks	<a href="https://www.youtube.com/watch?v=X54eSy7SEZc">https://www.youtube.com/watch?v=X54eSy7SEZc</a> <a href="https://www.youtube.com/watch?v=XA5BpTEQ4VQ">https://www.youtube.com/watch?v=XA5BpTEQ4VQ</a>
Day-2 10.12.2020 Thursday	Virtual Assembly – Common Yoga Protocols	<a href="https://yoga.ayush.gov.in/yoga/common-yoga-protocol">https://yoga.ayush.gov.in/yoga/common-yoga-protocol</a> <a href="https://www.youtube.com/watch?v=xn-aQZ2LfpM">https://www.youtube.com/watch?v=xn-aQZ2LfpM</a> SUPER BRAIN YOGA
Day-3 11.12.2020 Friday	Brain Games to Improve concentration/problem solving capacity	<a href="https://www.youtube.com/watch?v=388Q44ReOWE">https://www.youtube.com/watch?v=388Q44ReOWE</a> Brain Breaks <a href="https://www.youtube.com/watch?v=rmtz-70IKQs">https://www.youtube.com/watch?v=rmtz-70IKQs</a> concentration increasing activities <a href="https://www.youtube.com/watch?v=pCpитеBel8E">https://www.youtube.com/watch?v=pCpитеBel8E</a>
Day-4 14.12.2020 Monday	Podcast	<a href="https://www.youtube.com/watch?v=ZiZhcc4P6Y8">https://www.youtube.com/watch?v=ZiZhcc4P6Y8</a> <a href="https://www.youtube.com/watch?v=rVzYL8vdpGc">https://www.youtube.com/watch?v=rVzYL8vdpGc</a>
Day-5 15.12.2020 Tuesday	Virtual Challenges <ul style="list-style-type: none"> <li>• Squats challenge</li> <li>• Step-up challenge</li> <li>• Spot jogging</li> <li>• Rope skipping</li> <li>• Ball dribbling etc</li> </ul>	<a href="https://www.youtube.com/watch?v=psOKDKrRn4o">https://www.youtube.com/watch?v=psOKDKrRn4o</a> on line competition Rope Skipping <a href="https://www.youtube.com/watch?v=yXh9ktZ7FPY">https://www.youtube.com/watch?v=yXh9ktZ7FPY</a> squat challenge <a href="https://www.youtube.com/watch?v=-2CImFvfUuc">https://www.youtube.com/watch?v=-2CImFvfUuc</a> Step up challenge <a href="https://www.youtube.com/watch?v=e2-fL78W5s">https://www.youtube.com/watch?v=e2-fL78W5s</a> Ball dribbling
Day-6 16.12.2020 Wednesday	Hacky sack at home (juggling with feet & hand – warm up activity	<a href="https://www.youtube.com/watch?v=g5KOWnr-A6o">https://www.youtube.com/watch?v=g5KOWnr-A6o</a>
	Aluminum foil inside a sock – ball and any wooden piece – bat to play cricket	<a href="https://www.youtube.com/watch?v=WqMmpoFQ4ul">https://www.youtube.com/watch?v=WqMmpoFQ4ul</a> <a href="https://www.youtube.com/watch?v=x7X4fZEudNo">https://www.youtube.com/watch?v=x7X4fZEudNo</a> <a href="https://www.youtube.com/watch?v=JQYXFqm_gNo">https://www.youtube.com/watch?v=JQYXFqm_gNo</a>
	Mosquito bat and TT ball to play badminton/tennis	<a href="https://www.youtube.com/watch?v=T5DEtmq7YMU">https://www.youtube.com/watch?v=T5DEtmq7YMU</a> <a href="https://www.youtube.com/watch?v=a5m8ypqkNNU">https://www.youtube.com/watch?v=a5m8ypqkNNU</a> <a href="https://www.youtube.com/watch?v=AWtsOZmV-Ds">https://www.youtube.com/watch?v=AWtsOZmV-Ds</a>

	Fitness circuit – Draw a ladder on the floor with a chalk piece or crayon	<a href="https://www.youtube.com/watch?v=wcYi1dw5t2I">https://www.youtube.com/watch?v=wcYi1dw5t2I</a> <a href="https://www.youtube.com/watch?v=VGQGUMX5lxI">https://www.youtube.com/watch?v=VGQGUMX5lxI</a>
--	---	--

Ball Tapping

<https://youtu.be/tbyFXZTtQdk>

MASSPT

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

Jogging

[https://www.youtube.com/watch?v=t7I\\_zqmtzUY&feature=youtu.be](https://www.youtube.com/watch?v=t7I_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=Eyp0SjkHWhs&feature=youtu.be>

Khelo India Them song

<https://www.youtube.com/watch?v=B1JarLfNHR8&feature=youtu.be>