

KENDRIYA VIDYALAYA Banikhet NHPC, Dalhousie Catt.

KVS Gurugram Region

Vidyalaya Level Committee for Fit India School Week 2020

Committee	Duty allotted	Responsibilities
Monitoring committee	Sh. Sanjay Kumar -Principal Mrs. Rekha Mahajan	Timely submission of reports to Regional office
Organizing Committee	Mr. Dhian Singh PRT Mrs Anusuya Roy Mr. Deepak Chand- PGT CS	To prepare the schedule of the Events
Conduct of Literary Competitions	Mr. Karamvir Singh - PGT Hindi (I/C) Mr. Neeraj Chauhan– TGT- Bio Mrs. Anusuya Chatterjee. - PGT English Mrs. Neena Dogra -TGT Hindi Mr. Pradeep Prasad Bhatt- TGT SKT Mrs Deep mala	<ul style="list-style-type: none">• Debates/Symposiums/Lecture• Lecture on Diet & Nutrition (Day-4 First Event)• Open Mic (Talk by Students) on given theme• Open letter to youth of nations• Essay /Poem writing competitions
Conduct of Art Competitions	Ms. Yashwant Maurya TGT Art (I/C) Mrs. Jyoti-Lib Mr. Vimal Jaiswal and Mrs. Kavita Bhardwaj - TGT SST Mrs. Vidhi Sharma - PRT Music	<ul style="list-style-type: none">• Poster making competitions• Preparing advertisement• Podcast• Movie making
Guest Lectures	Mr. Dhian Singh -PRT Mrs. Anusuya Chatterjee- CCA Coordinator	Guest Lecture/ Motivational speakers reputed sports personality for students, teachers, parents
Brain Gym Activities	Mr. Neeraj Sharma- PGT Maths (I/C) Mr. Vikram Singh and Yudhveer- TGT Maths	Activities to be planned

Online Sports Quiz	Mr. Dhian Singh–PRT-	Link will be shared with all the class teachers
IT Assignments and Report submission to RO and HQ	Mr. Deepak chand- PGT CS Mr Satish PRT Mr Anil JSA	<ul style="list-style-type: none"> • Registration & Uploading of Photographs/ Videos • Downloading certificates • Creating a separate page on school website for FISW • Sending Photograph/ Video of the event to the KVS RO Gurugram on prescribed email address by RO
Virtual Assembly Class teachers	<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 or Decent Video from You Tube may be shared by class teachers in the classes. 	
Virtual Competitions Class teachers	<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 	

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/1t14ZOGyh9biDsw8CxmXhogMwB0A8E2II?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.

Day-4 14.12.2020 Monday	<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.
Day-5 15.12.2020 Tuesday	<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
Day-6 16.12.2020 Wednesday	<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> https://drive.google.com/drive/folders/18ophVtYf3qBOhpLQpX66y_ywCK_kgTsS?usp=sharing <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 09.12.2020 Wednesday	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 25 minute fun work out for kids at home https://www.youtube.com/watch?v=5if4cjO5nxo 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=T4mIfqBUO4M

		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=pCpитеBel8E
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 Tuesday	Virtual Challenges <ul style="list-style-type: none"> • 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
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=VGQGUMX5xl

Ball Tapping: <https://youtu.be/tbyFXZTtQdk>

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

Jogging: https://www.youtube.com/watch?v=t7I_zgmtzUY&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>