Kendriya Vidyalaya Sangathan : Chennai Region

First Anniversary of Fit India Movement and 2nd Edition of Fit India School Week

**SCHEDULE OF ACTIVITIES**

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| Day | Date | Activity |
| 1 | 09-12-2020 | Fit India Thematic campaign virtual |
| 2 | 10-12-2020 | Virtual Assembly – Free hand exercises  Fun and Fitness –Aerobics,Dance forms,Ropeskipping,Zig Zag and Shuttle Run. |
| 3 | 11-12-2020 | 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  3. Open letter to Youth of the Nation on *II Power of Fitness"*  4. Open mic on topics such as *"Exercise is a celebration of what your body can do, not apunishment for what you ate"* etc |
| 4 | 13-12-2020 | 1- Brain Games to improve concentration/problem solving capacity- like Chess, Rubik's cubeetc  2. Poster making competition on theme *"Hum Fit Toh India Fit"* or *"New India Fit India"*  3. Preparing advertisements on "Hum Fit Toh India Fit", *"Emotional and physical well-being*  *are interconnected"* etc. |
| 5 | 14-12-2020 | 1.Debates, Symposium, Lectures etc about diet &nutrition during pandemic for Students/Staff &Parents  2.Essay/Poem Writing Competition on theme *"Fitness beats pandemic"*  3.Podcast/Movie making on suggested themes- *"Get fit, don't quit"; "Mental Health is not adestination but a journey"* etc. |
| 6 | 15-12-2020 | 1. Online Quiz related to fitness/sports  2. 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.  3. Session(s) by motivational speakers for students, parents and school staff. |
| 7 | 16-12-2020 | Fit India Cyclothon |
|  |  | Fit India Quiz  ( Date of launch will be communicated later) |
|  |  | Fitness Assessment through Fit India App  (Date of launch of Fit India App will be communicated later) |

1. Fit India Thematic Campaign to be made on digital platform
2. A separate page on web site of KVs to be created for Fit India Movement and upload details of all activities viz. photos, videos, data of participation, etc.
3. Students / staff should adhere to SOP while participating in Fit India Cyclothon
4. The Nodal Officer /TGT of KV should send daily reports to Sports Cell @ [kvsnsmchennai47@gmail.com](mailto:kvsnsmchennai47@gmail.com) by 04.00 pm of respective day
5. Dr P Chandrasekar, TGT KV Sulur & In-Charge Sports Cell KVS RO Chennai may be contacted for any clarification.

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