



DELHI INTERNATIONAL SCHOOL

As you are aware that on 29th August 2019, the Honorable Prime Minister of India, launched nation- wide “Fit India Movement” which was aimed to encourage people to inculcate physical activity and sports in their everyday lives and daily routine.

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 event are being annexed as per CBSE Circular No. Acad-82/2020.

Teachers shall ensure that all Students, Parents, Staff and Management shall actively participate in the proposed celebration. The School will celebrate this event from 14th Dec to 19th Dec. The Planned activities are as follows:

- i) 1st Dec - 19th Dec Videos (Jr & Sr) to be posted on the School Face Book Page and virtual morning Assembly.
- ii) 1st Dec-Launching of the creative & circular on School website, School Face Book Page and School ERP Portal.
- iii) 14th Dec-19th Dec-Fit India School week celebration.
- iv) 23rd Dec-Culmination of the event through Plethora of activities mentioned below on School Facebook Page.

Virtual Activities For Fit India School Week Celebrations 2020

Day	Date	Activities
1	14/12/2020	<p>(i) Virtual Assembly - Free hand exercises</p> <p><i>(This activity is planned for all the classes from NUR-XII between 8.10 am to 8.30 am in the virtual morning assembly.)</i></p> <p>(ii) Fun and Fitness- Aerobics, Dance forms, Rope Skipping, Hopscotch, Zig Zag and Shuttle Running etc. <i>Fit India Active Break capsules could be used for demonstration purposes. Link below:</i></p> <p>https://drive.google.com/drive/folders/1t14ZOGyh9biDsw8C</p>

		<p>xmxhogMwB0A8E2II?usp=sharing</p> <p><i>(The above-mentioned link is for all the children and Parents to practice at home after School hours. The photographs while practicing will be clicked and send it on the mail id sudhir.mishra@dis.ac.in)</i></p>
2	15/12/2020	<p>Virtual Assembly – Common Yoga Protocols</p> <p><i>(This Yoga protocols are planned for all the classes from NUR-XII between 8.10 am to 8.30 am in the virtual morning assembly.)</i></p>
3	16/12/2020	<p>Poster making Competition on theme “Hum Fit Toh India Fit” or “New India Fit India”</p> <p><i>(Students for classes VI-VIII will participate in this competition. This activity will be a part of Inter-House Competition)</i></p>
4	17/12/2020	<p>(i) Poem Recitation</p> <p><i>(This competition will be organized for classes III-V students. This activity will be a part of Inter-House Competition)</i></p> <p>(ii) Essay/Poem Writing Competition on theme “Fitness beats pandemic”</p> <p><i>(Students for classes IX & XI will participate in this competition. This activity will be a part of Inter-House Competition)</i></p>
5	18/12/2020	<p>Virtual challenges for students, staff/ teachers e.g.</p> <p>(a) Squats challenge (20-For III-V)& (30-For VI-IX & XI)</p> <p>(b) Spot jogging (5 Min)</p> <p>(c) Rope skipping (50-For III-V) & (100-For VI-IX & XI)</p> <p>(d) Ball dribbling (30 -For III-V) & (50-For VI-IX & XI) in continuity.</p> <p><i>(The virtual challenges will be for students and teachers. The participants will make a video and send it on the mail id sudhir.mishra@dis.ac.in Kindly ensure to follow the guidelines of the competition mentioned above.</i></p>
6	19/12/2020	<p>One Day dedicated to Family Fitness:</p> <p>Activities for fitness sessions at home involving students and parents - <i>Fit India Active Day capsules could be used for demonstration purposes:</i></p> <p>https://drive.google.com/drive/folders/18ophVtYf3qBOhpLQpX</p>

[66y_ywCK_kqTsS?usp=sharing](#)

(The above mentioned link will be provided to the students and parents for demonstration purpose. Kindly click the Picture/Video it on the mail id sudhir.mishra@dis.ac.in It's aim is to encourage people to inculcate physical activity and sports in their everyday lives and daily routine.