



# केन्द्रीय माध्यमिक शिक्षा बोर्ड

(मानव संसाधन विकास मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

## CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation under the Ministry of Human Resource Development, Govt. of India)



Annexure

### Virtual Activities For Fit India School Week Celebrations 2020

Day	Activities
1	(i) Virtual Assembly - Free hand exercises (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> <a href="https://drive.google.com/drive/folders/1t14ZOGyh9biDsw8CmxhogMwB0A8E2II?usp=sharing">https://drive.google.com/drive/folders/1t14ZOGyh9biDsw8CmxhogMwB0A8E2II?usp=sharing</a>
2	(i) 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> (ii) Debates, Symposium, Lectures on “ <i>Re-strengthening of the mind post pandemic</i> ”- Mental Fitness Activities for Students, Staff and Parents (iii) Open letter to Youth of the Nation on “ <i>Power of Fitness</i> ” (iv) Open mic on topics such as “ <i>Exercise is a celebration of what your body can do, not a punishment for what you ate</i> ” etc.
3	(i) Brain Games to improve concentration/problem solving capacity – e.g. Chess, Rubik’s cube etc. (ii) Poster making Competition on theme “ <i>Hum Fit Toh India Fit</i> ” or “ <i>New India Fit India</i> ” (iii) Preparing advertisements on “ <i>Hum Fit Toh India Fit</i> ”, “ <i>Emotional and Physical well-being are interconnected</i> ” etc.
4	(i) Debates, Symposium, Lectures etc. about diet & nutrition during pandemic for Students / Staff & Parents (ii) Essay/Poem Writing Competition on theme “ <i>Fitness beats pandemic</i> ” (iii) Podcast/Movie making on suggested themes – “ <i>Get fit, don’t quit</i> ”; “ <i>Mental Health is not a destination but a journey</i> ” etc.
5	(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. (iii) Session(s) by motivational speakers for students, parents and school staff
6	1 day dedicated to Family Fitness: (i) Activities for fitness sessions at home involving students and parents - <i>Fit India Active Day capsules could be used for demonstration purposes:</i> <a href="https://drive.google.com/drive/folders/18ophVtYf3qB0hpLQpX66y_ywCK_kqTsS?usp=sharing">https://drive.google.com/drive/folders/18ophVtYf3qB0hpLQpX66y_ywCK_kqTsS?usp=sharing</a> (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



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