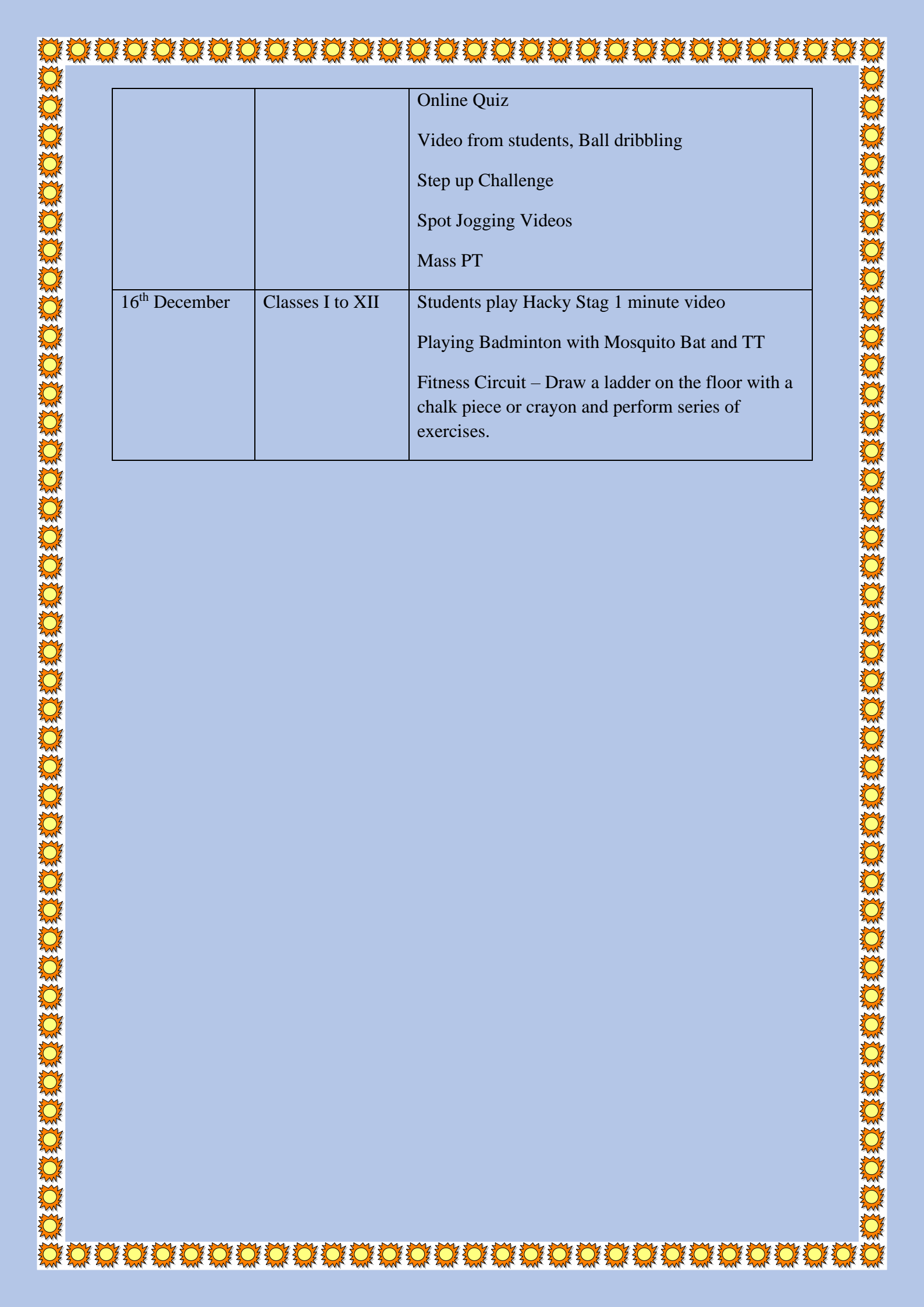




ACTIVITIES PLANNED UNDER THE EVENT

Schedule date	Classes	Programme /Activity
9 th December	Classes I to XII	Students from all the classes send 1 minute video in house dress performing activities like – Rope skipping/ Aerobics/ Free hand exercise. Classes will take Fitness Pledge along with class teachers and send video of the same.
10 th December	Classes I to XII	Students from all the classes should send 1 minute video while performing YOGA. Poster Making Competition (Topic—Fitness Ki Dose)
11 th December	Classes V to XII	Brain Games to improve concentration and problem solving (1 minute video) Hindi Poem Writing Competition
14 th Decenber	Classes V to XII	Podcast (audio files from students regarding (Fitness) Guest Lecture Slogan writing competition
15 th December	Classes I to XII	Virtual Fitness challenge (video) A virtual challenge is a fitness goal that tasks you to run, cycle or walk a certain distance over a specified period of time. Squat challenge



		Online Quiz Video from students, Ball dribbling Step up Challenge Spot Jogging Videos Mass PT
16 th December	Classes I to XII	Students play Hacky Stag 1 minute video Playing Badminton with Mosquito Bat and TT Fitness Circuit – Draw a ladder on the floor with a chalk piece or crayon and perform series of exercises.