

Virtual Activities for Fit India School Week Celebrations 2020

Day Activity

01 (i) Virtual Assembly – Free .

hand exercises

(ii) Fun and Fitness- Aerobics, Dance forms, Rope Skipping, Hopscotch, Zig Zag and Shuttle Running etc. Fit India Active Break capsules could be used for demonstration purposes.

Link below:

<https://drive.google.com/drive/folders/1t14ZOGyh9biDsw8CxmXhogMwB0A8E2II?usp=sharing>

02 (i) Virtual Assembly – Common Yoga Protocols <https://yoga.ayush.gov.in/yoga/common-yoga-protocol>

(ii) Debates, Symposium, Lectures on “Re-strengthening of the mind post pandemic”– Mental Fitness Activities for Students, Staff and Parents

(iii) Open letter to Youth of the Nation on “Power of Fitness”

(iv) Open mic on topics such as “Exercise is a celebration of what your body can do, not a punishment for what you ate” etc.

03 (i) Brain Games to improve concentration/problem solving capacity – e.g Chess, Rubik’s cube etc.

(ii) Poster making competition on theme “Hum Fit Toh India Fit” or “New India Fit India”

(iii) Preparing advertisements on “Hum Fit Toh India Fit”, “Emotional and physical well-being are interconnected” etc.

04 (i) Debates, Symposium, Lectures etc about diet & nutrition during pandemic for Students / Staff & Parents

(ii) Essay/Poem Writing Competition on theme “Fitness beats pandemic”

(iii) Podcast/Movie making on suggested themes – “Get fit, don’t quit”; “Mental Health is not a destination but a journey” etc.

05 (i) Online Quiz related to fitness/sports

(ii) Virtual challenges for students, staff/ teachers e.g.

Squats challenge

Step-up challenge

Spot jogging

Rope skipping

Ball dribbling etc.

(iii) Session(s) by motivational speakers for students, parents and school staff

06 1 day dedicated to Family Fitness:

(i) Activities for fitness sessions at home involving students and parents – Fit India Active Day capsules could be used for demonstration purposes

https://drive.google.com/drive/folders/18ophVtYf3qBOhpLQpX66y_ywCK_kgTsS?usp=sharing

(ii) Creatively using home-based equipment for sports & fitness. E.g.

Hacky sack at home (juggling with feet & hand – warm up activity)

Aluminium foil inside a sock – ball and any wooden piece – bat to play cricket

Mosquito bat and TT ball to play badminton/tennis

Fitness circuit – Draw a ladder on the floor with a chalk piece or crayon.