

AIR FORCE SCHOOL CHAKERI KANPUR

FIT INDIA SCHOOL WEEK 2020

On 29 Aug 2019, the Hon'ble Prime Minister launched nation-wide "Fit India Movement" aimed to encourage people to inculcate physical activity and sports in their everyday lives and daily routine.

School is the first place where habits are formed. School children should be encouraged to indulge in active field time during school hours involving fitness and sports activities. This will instil in students the understanding for regular physical activity and higher levels of fitness, thus enhancing self-esteem and confidence in them. Keeping these objectives in mind, Fit India School Week programme was launched in 2019.

This year "Fit India School Week" was to be celebrated virtually by schools in November. Air Force School Chakeri celebrated Fit India School Week 2020 online with great enthusiasm among staff and students.

AS a part of this celebration following activities were organised online:

ACTIVITY: 1

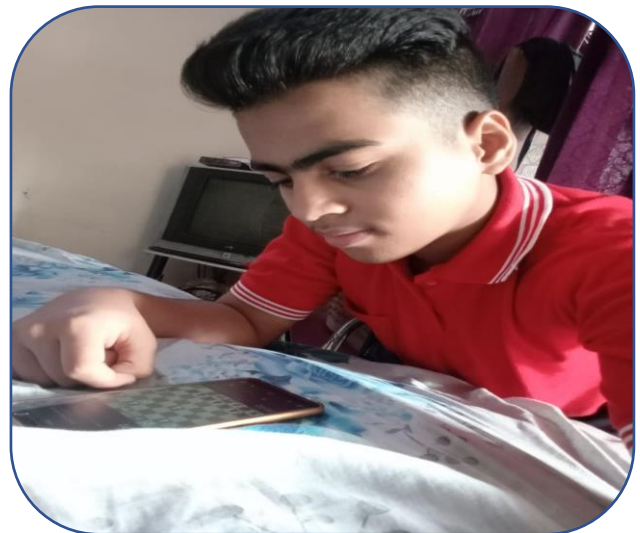
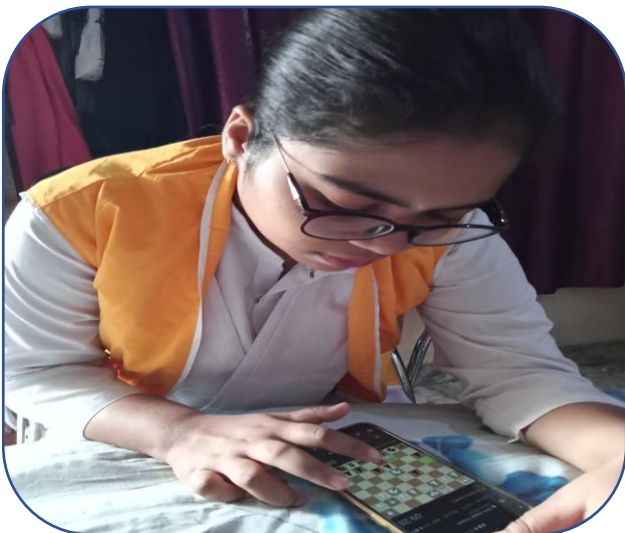
INTER HOUSE CHESS COMPETITION

“Chess holds its master in its own bonds, shackling the mind and brain so that the inner freedom of the very strongest must suffer.”

– Albert Einstein

Inter House Chess competition was conducted online. The participants showed great enthusiasm and thoroughly enjoyed playing Chess. The matches helped our students build their skills in Chess. Children adhered to the proper rules and regulations. The winning participants made their Houses proud.

Here are the glimpses of the competition...



ACTIVITY: 2

YOGA FOR ALL

Students participated in Yoga for All activity on a virtual platform, wherein PETs demonstrated various asanas followed by 'omkar' chanting. Warm up exercises were performed by the students and teachers and the importance of these was also explained simultaneously. In a video the PETs talked about the importance of yoga and motivated the students and parents to make that an important part of their lives.

Here are the glimpses of the activity...

https://drive.google.com/file/d/1jBBK3z_K4Byzk9WfAE6Jt0_6zRF0WZDF/view?usp=sharing



ACTIVITY: 3

EXERCISES ON FITNESS AND TALK ON NUTRITION

A video of daily basic exercises was made by the PETs and link was shared to all the students. All students were required do exercises after watching the videos and make video/click pictures of exercise and attach them in the link given. A talk was delivered by HWT teacher encouraging students to engage in different physical activities at home, for building up a healthy body and developing a habit of regular exercise so as to achieve an active and healthy lifestyle.

Here are the glimpses of the activity...

https://drive.google.com/file/d/1jBBK3z_K4Byzk9WfAE6Jt0_6zRF0WZDF/view?usp=sharing



ACTIVITY 4

FREE HAND EXERCISES

A sound mind in a sound body, this old Greek proverb emphasizes that the mind and body should be both healthy and sound. The enhancement of physical and mental development of children is certainly the most important contribution of sports for children. Keeping this view in mind, a Free Hand Exercise activity was organized as a part of Fit India School Week. Children performed different exercises like breathing, stretching, bending and many more. It helped them to improve their stamina, flexibility and energy level. These activities help in toning effects on our muscles and internal organs. They also improve our circulatory system. A video was shared with the students they were expected to practice them regularly.

Here are the glimpses of the activity...

<https://drive.google.com/file/d/19AzJ72F3wE2g-CHjWWKXEF9spxv9n4A/view?usp=sharing>



ACTIVITY 5

MENTAL FITNESS ACTIVITIES

Mental Fitness Activities keep one's mind sharp and prepares to improve academic performance. The students were advised to practice them daily. A talk was delivered by PTI's on Sports Psychology and its importance in physical and mental growth of a child. The HWT sensitized the students about influences of psychology in sports, athletic performance, exercise, and physical activity. All students were required do exercise after watching the videos Also, make a video/click Picture of exercise and attach them in the link given below.

Here are the glimpses of the activity...

<https://drive.google.com/file/d/19AzJ72F3wE2g-CHjWWKXEF9spxv9n4A/view?usp=sharing>

ACTIVITY 6

FITNESS ASSESSMENT

In this assessment all students were asked to take their height and weight and fill in the **google form** on following link-

After which the data was consolidated and BMI of each child was calculated and the fitness level of children was determined.

Here is the picture of the google form...



FITNESS ASSESSMENT			
Name of the student	Class and sec	HEIGHT	WEIGHT
Kartik yadav	6A€	143 cm	28 Kg
Shivam Verma	10-C	188	78
Abhinav kumar	9C	5ft 11inch	48
Shikhar Yadav	6B	150cm	34.4 kg
Aagrata Sahu	VB	4foot 8inch	32 kg
Ishika Bhatt	6 B	135 cm	36
Arnav Shama	VII -A	121CM	23
UNNATI SINGH	VI-C	146 cm	35
Anushka	VI-B	120cm	35kg
Rudransh	2A	9	9
Pratyush yadav	6b	154 cm	47.7
Pranay Chatterjee	4:00 AM	150cm	30
PRANAB RANJAN	4-A	134 cm	25 kg
Apoorv Agrahari	I-B	117cm	26kg
Rudresh Kumar	VI B	151 CM	40 Kg
Komal Singh	Class-6 , Sec -A	5'2	50
Manas Tripathi	V-A	15.4 cm	41.1 kg
CHINMAYI SARATH	IV B	51 Inches	22.5 kg
Abhishek Tiwari	5 B	151	56
Vidit Raj Singh	10 -A	171 cm	49.5 kg
Md Faizan Majid	X-A	165cm	72.5

ACTIVITY 7

POSTER MAKING COMPETITION

All students made posters on the theme 'Fit Body- Fit Mind-Fit Environment' and send in their WhatsApp class group. A detailed video was attached giving guidelines of the activity This the students could see by clicking on the following link-

Here are the glimpses of the activity...

https://drive.google.com/file/d/1CKThgKpFFHu7iOTFLC1dutDZIVP_NP/PF/view?usp=sharing



ACTIVITY 8

PHYSICAL ACTIVITIES

In this activity students made video/clicked pic while doing physical activities by referring to the videos shared in regular classes like on dancing, aerobics, yoga, martial art, rope skipping or gardening and send in class group.

Here are the glimpses of the activity...

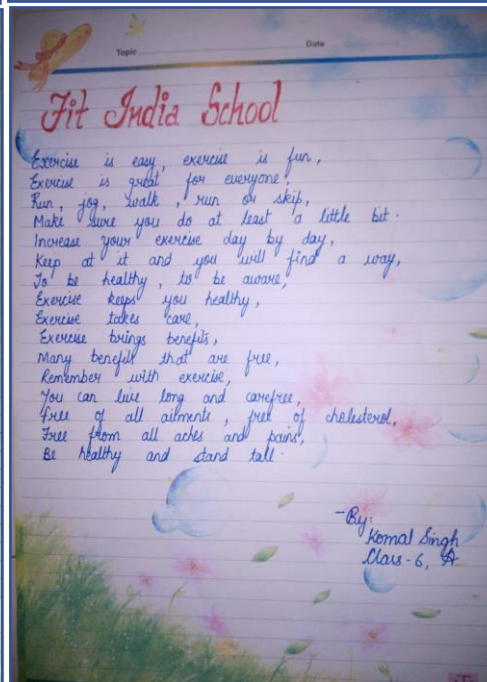
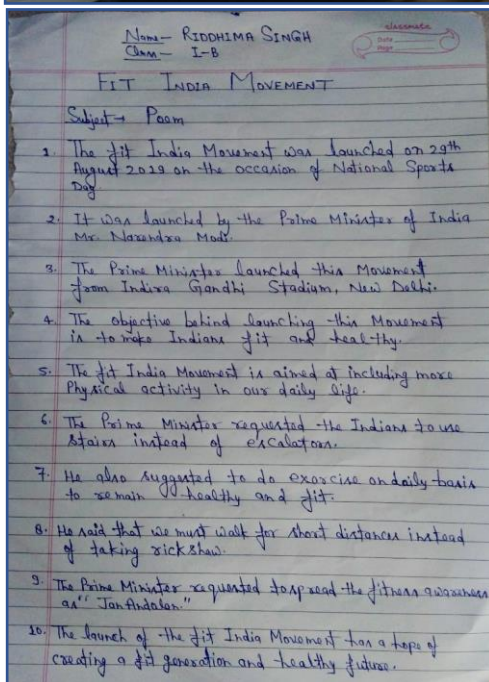
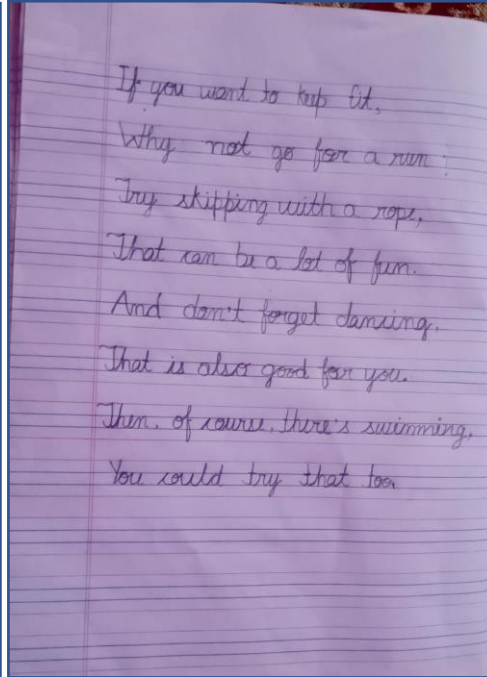
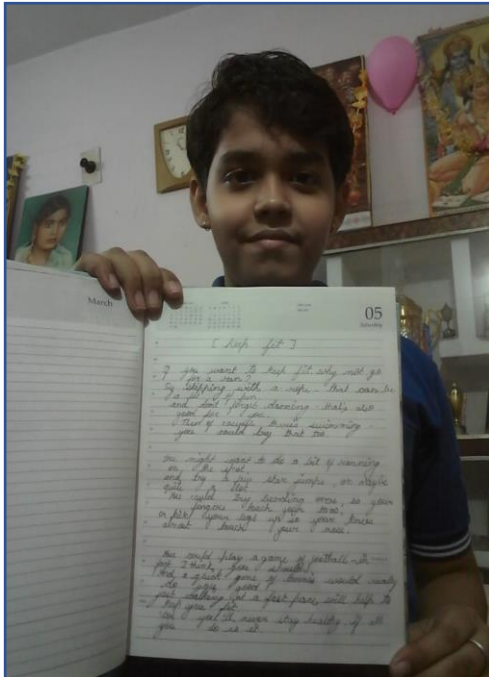


ACTIVITY 9

SHORT POEM WRITING COMPETITION

All students took part in the short poem writing competition and send them in class group. Theme: 'FIT INDIA SCHOOL'.

Here are the glimpses of the activity...

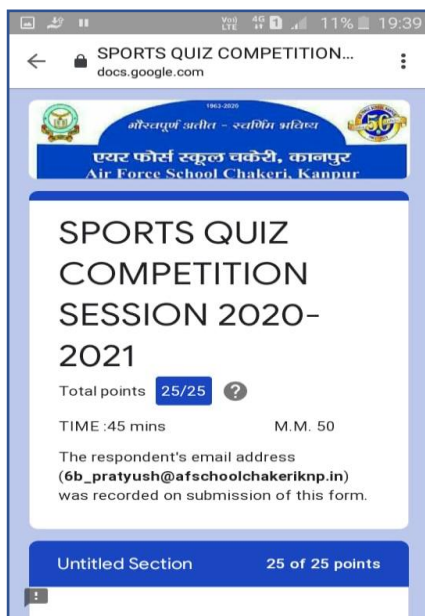


ACTIVITY 10

SPORTS QUIZ

A quiz on sports was conducted for all students in google form. The link was shared with the class on the day of the quiz. It was mandatory for all to participate.

Here is the picture of the google form...

The screenshot shows a Google Form titled "SPORTS QUIZ COMPETITION SESSION 2020-2021" from "Air Force School Chakeri, Kannur". The form header includes the school's name in Hindi and English, along with a logo. The main content area displays "SPORTS QUIZ COMPETITION SESSION 2020-2021" and "Total points 25/25". Below this, it says "TIME :45 mins" and "M.M. 50". A note mentions that the respondent's email address (6b_pratyush@afschoolchakeriknp.in) was recorded. At the bottom, there is a section titled "Untitled Section" with "25 of 25 points".

CONCLUSION

1. Winners of competition were given e-certificates.
2. All pics/video were made in school uniform (house dress).
3. All activities were completed by 30 Nov 20.

Fit School Activities were a great success. This was made possible with guidance and support of Principal sir. He always encourages students to actively participate in the plethora of co-curricular activities which the school offers from time to time.

Thanks

Submitted.