

Dear Parents,
Greeting of the Day !!

As you are aware that “Fit India Movement” aimed to encourage people to inculcate physical activity and sports in everyday and daily routine.

Due to ongoing pandemic CBSE has decided that this year “Fit India School Week” will be celebrated during the Third and Fourth week of December 2020.

The proposed and selected set of activities of Blossom School to be undertaken during the Fit India School Week 2020 are as follows :-

| | | | | |
|--|-----------|-------------|----------|---|
| 1 | Nur - VII | 17/12/ 2020 | Thursday | Virtual Assembly (Free hand Exercise) While having a live session students needs to carry 2 bottles of half litre fill with water. |
| Join Zoom Meeting :- Time: Dec 17, 2020 09:00 AM Sharp https://us04web.zoom.us/j/75940625409?pwd=VIVmVmxcrcFBMcy9wdmgvbzMzdTVBZz09 Meeting ID: 759 4062 5409 Passcode: 3FBTh1 | | | | |
| 2 | Nur - VII | 18/12/ 2020 | Friday | Virtual Assembly (Fun and Fitness) While having a live session students needs to carry 3 bottles of half litre fill with water, 1 small steel bowl and 1 Jumping rope. |
| Join Zoom Meeting :- Time: Dec 18, 2020 09:00 AM Sharp https://us04web.zoom.us/j/71741360875?pwd=NXdyUXhzcRtc1RmOENoMzJITlo2UT09 Meeting ID: 717 4136 0875 Passcode: 4QVbWM | | | | |
| 3 | Nur -VII | 19/12/ 2020 | Saturday | Virtual Assembly (Common Yoga Protocols) |
| 1) Join Zoom Meeting :- Time: Dec 19, 2020 09:00 AM https://us04web.zoom.us/j/78931426348?pwd=VWZKSfK1U3hlMEVGNC9Td25sRXhsdz09 Meeting ID: 789 3142 6348 Passcode: 4ZG8gg 2) Join Zoom Meeting :- Time: Dec 19, 2020 10:30 AM https://us04web.zoom.us/j/72027736614?pwd=S0RDQk43ZVdmYVdLSWJCd2JjaWM3Zz09 Meeting ID: 720 2773 6614 Passcode: 2eQu1a | | | | |

| | | | | |
|--|----------------------|-------------|-----------|--|
| 4 | Nur - VII | 21/12/2020 | Monday | Poster Making Competition/ Advertisement Preparing Competition on "Hum Fit toh India Fit" Duration of Video :- 2min Submission date :- 20 th Dec 2020 before 4pm. |
| 5 | Nur - VII | 22/12/ 2020 | Tuesday | Essay / Poem writing competition "Fitness beats pandemic" Words limit – (I – V) – 100 words Words limit – (VI – VII) – 200 words Submission Date :- 21 st Dec 2020 before 4pm. |
| 6 | I – VII | 23/12/2020 | Wednesday | Online Quiz related to fitness / sports Google link at School WhatsApp No. |
| 7 | Nur - VII Parents | 2/12/ 2020 | Thursday | FAMILY FITNESS WARM UP ACTIVITY SESSION. |
| <p>1) Join Zoom Meeting :- Time: Dec 24, 2020 08:30 AM https://us04web.zoom.us/j/71770838570?pwd=MlRjc1dmK3lSVTZ4YUNNKzMzdGszUT09 Meeting ID: 717 7083 8570 Passcode: 2Mfr7M</p> | | | | |
| <p>2) Join Zoom Meeting :- Time: Dec 24, 2020 09:30 AM https://us04web.zoom.us/j/73848524770?pwd=YTJpc1phY2l5VVNlRUZ4NGJUYVgydz09 Meeting ID: 738 4852 4770 Passcode: 0JADaP</p> | | | | |

All respective parents of Blossom School are requested to ensure that their ward is actively participating in CBSE "Fit India Movement School Week" which is going to be commenced from 17th Dec 2020 to 24th Dec 2020. Kindly go through forwarded CBSE attached Annexure for reference purpose **only**.

Regards,
Blossom School,
Bharatwada Road,
Nagpur, Maharashtra.



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> https://drive.google.com/drive/folders/1t14ZOGyh9biDsw8CxmXhogMwB0A8E2II?usp=sharing |
| 2 | (i) Virtual Assembly – Common Yoga Protocols https://yoga.ayush.gov.in/yoga/common-yoga-protocol (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> https://drive.google.com/drive/folders/18ophVtYf3qBOhplQpX66y_ywCK_kqTsS?usp=sharing (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 |