



# FIT INDIA SCHOOL WEEK CELEBRATION 2020

KENDRIYA VIDYALAYA NO. 01, ARMAPUR, KANPUR

DATE:- 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup> & 16<sup>th</sup> of December, 2020



Government of India  
Ministry of Youth Affairs and Sports



फिटनेस है **मौज मस्ती**  
फिट इंडिया स्कूल सप्ताह  
दिसम्बर 2020



स्कूलों का पंजीकरण @ [www.fitindia.gov.in](http://www.fitindia.gov.in)



Government of India  
Ministry of Youth Affairs and Sports



मौज मस्ती का  
समय  
वापस लाओ

फिट इंडिया स्कूल सप्ताह  
दिसम्बर 2020

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# Few links

Day	Date	Events	Some useful Links
D A Y  1	9 <sup>th</sup>  Dec  2020	Virtual Assembly – Free hand exercises	<a href="https://www.youtube.com/watch?v=HYIfP59jRvo">https://www.youtube.com/watch?v=HYIfP59jRvo</a>
			<a href="https://www.youtube.com/watch?v=oc4QS2USKmk">https://www.youtube.com/watch?v=oc4QS2USKmk</a>
			<a href="https://www.youtube.com/watch?v=McD6_oOWs-M">https://www.youtube.com/watch?v=McD6_oOWs-M</a> 25 minute fun work out for kids at home
		Fun and Fitness	<a href="https://www.youtube.com/watch?v=5if4cjO5nxo">https://www.youtube.com/watch?v=5if4cjO5nxo</a> family fun cardio work out
			<a href="https://www.youtube.com/watch?v=zqv2QKyggqCk">https://www.youtube.com/watch?v=zqv2QKyggqCk</a>
		Aerobics	<a href="https://www.youtube.com/watch?v=4PeYc-RAMsw">https://www.youtube.com/watch?v=4PeYc-RAMsw</a>
			<a href="https://www.youtube.com/watch?v=psOKDKrRn4o">https://www.youtube.com/watch?v=psOKDKrRn4o</a> on line competition
		Rope skipping	<a href="https://www.youtube.com/watch?v=T4mIfqBUO4M">https://www.youtube.com/watch?v=T4mIfqBUO4M</a> KVS nationals
			<a href="https://www.youtube.com/watch?v=PUWg7fXnCf0">https://www.youtube.com/watch?v=PUWg7fXnCf0</a> display
		Fit India Active breaks Active breaks	<a href="https://www.youtube.com/watch?v=X54eSy7SEZc">https://www.youtube.com/watch?v=X54eSy7SEZc</a> <a href="https://www.youtube.com/watch?v=XA5BpTEQ4VQ">https://www.youtube.com/watch?v=XA5BpTEQ4VQ</a> <a href="https://www.youtube.com/watch?v=0xpp7qT5k_M">https://www.youtube.com/watch?v=0xpp7qT5k_M</a>

Day -2	10 <sup>th</sup> Dec 2020	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>
			<a href="https://www.youtube.com/watch?v=xn-aQZ2LfpM">https://www.youtube.com/watch?v=xn-aQZ2LfpM</a> SUPER BRAIN YOGA
			<a href="https://www.youtube.com/watch?v=388Q44ReOWE">https://www.youtube.com/watch?v=388Q44ReOWE</a>  Brain Breaks
Day-3	11 <sup>th</sup> Dec 2020	Brain Games to improve concentration/ problem solving capacity	<a href="https://www.youtube.com/watch?v=rmtz-70lKQs">https://www.youtube.com/watch?v=rmtz-70lKQs</a> concentration increasing activities
			<a href="https://www.youtube.com/watch?v=pCpiteBel8E">https://www.youtube.com/watch?v=pCpiteBel8E</a>
Day-4	14 <sup>th</sup> Dec 2020	Podcast	<a href="https://www.youtube.com/watch?v=ZiZhcc4P6Y8">https://www.youtube.com/watch?v=ZiZhcc4P6Y8</a>
			<a href="https://www.youtube.com/watch?v=rVzYL8vdpGc">https://www.youtube.com/watch?v=rVzYL8vdpGc</a>

Day-5

15<sup>th</sup>

Dec  
2020

1.)Online Quiz  
(related to  
Fitness/Sports).

<https://www.youtube.com/watch?v=psOKDKrRn4o>

**online competition Rope Skipping**

2.)Virtual  
Challenges

<https://www.youtube.com/watch?v=yXh9ktZ7FPY>

**squat challenge**

Squats challenge

<https://www.youtube.com/watch?v=-2CImFvfUuc>

Step-up  
challenge

**Step up challenge**

Spot jogging

<https://www.youtube.com/watch?v=e2-fLf78W5s>

Rope skipping

**Ball dribbling**

Ball dribbling etc

Day-6

16<sup>th</sup> Dec  
2020

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

<https://www.youtube.com/watch?v=g5KOWnr-A6o>

<https://www.youtube.com/watch?v=WqMmpoFQ4ul>

**with paper waste**

<https://www.youtube.com/watch?v=x7X4fZEudNo>

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

[https://www.youtube.com/watch?v=JQYXFqm\\_gNo](https://www.youtube.com/watch?v=JQYXFqm_gNo)

**with ballon and sand**

Mosquito bat and TT ball to play badminton/tennis

<https://www.youtube.com/watch?v=T5DEtmq7YMU>

<https://www.youtube.com/watch?v=a5m8ypqkNNU>

<https://www.youtube.com/watch?v=AWtsOZmV-Ds>

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

<https://www.youtube.com/watch?v=wcYi1dw5t2I>

<https://www.youtube.com/watch?v=VGQGUMX5Ixl>

<https://www.youtube.com/watch?v=m-XzvAUZxVc>