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| Fit India Movement 13 th August 13, 2021 To 2nd October 2021

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| Date | class | Name of Activity | Pics/videos | Cultural Activities |
| 9th sept | 1st class | Running with parents & Grand parents | Best 5 pics & videos | Any Rhyme |
| 10th sept | Staff of kv no1 Halwara | Ploging Run | Best 5 pics & videos | Address by sports Coach |
| 11th sept | 2nd class | Run the Race of own once own pace warm up Exercises | Best 5 pics & videos | Role played |
| 12th sept | 3rd class | warm up Exercises  | Best 5 pics & videos | Eassy on Fitness 10 lines |
| 13th sept | 4th class | Any In Door Game(with Family members) | Best 5 pics & videos | Aerobics Dance |
| 14th sept | 5th class | Any indigenous Game | Best 5 pics & videos | Solo singing |
| 15th sept | 6th class | cycling ,Skipping | Best 5 pics & videos | Collage Making(Olympic games)  |
| 16th sept | 7th class | 100 mt Race | Best 5 pics & videos | Paintings(Fitness ki Dose Aadha Ghanta Roz) |
| 17th sept | 8th class | 200 Mt Run/Cycling | Best 5 pics & videos | Ppt on Freedom Fighters &collage |
| 18thSeptember | 9th class | Any out Door Game | Best 5 pics & videos | On line quiz |

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| 19thsept | 10h class | Any out Door Game | Best 5 pics & videos | Solo Dance |
| 20thSeptember | 11thclass | cycling ,Skipping | Best 5 pics & videos | Solo Dance |
| 21st sept | 12th class | 100 mt Race for Girls400 mt for boys orGardening,cleaning | Best 5 pics & videos | Solo Dance |
| 22ndSept | 1stclass | Skipping/Cycling | Best 5 pics & videos | Solo Dance |
| 23rdSeptember | 9th class | Any out Door Game | Best 5 pics & videos |  |

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| Fit India Movement 13 th August 13, 2021 To 2nd October 2021

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| --- | --- | --- | --- | --- |
| Date | class | Name of Activity | Pics/videos | Cultural Activities |
| 24th sept | 1st class | Running with parents & Grand parents | Best 5 pics & videos | A Solo Dance  |
| 25th sept | Staff of kv no1 Halwara | Ploging Run | Best 5 pics & videos | Address by sports Coach |
| 26th sept | 2nd class | Run the Race of own once own pace warm up Exercises | Best 5 pics & videos | Role played |
| 27tsept | 3rd class,12th class | warm up Exercises  | Best 5 pics & videos | Eassy on Fitness 10 lines,Eassy competiton ‘’FREEDOM STRUGGLE OF INDIA’’ |
| 28th sept | 4th class | Any In Door Game(with Family members) | Best 5 pics & videos | Aerobics Dance |
| 29th sept | 5th class | Any indigenous Game | Best 5 pics & videos | Solo singing |
| 30th sept | 6th class,9th class | cycling ,Skipping | Best 5 pics & videos | Solo Dance |
| 1st oct | 7th class 10th class | 100 mt Race | Best 5 pics & videos | Paintings(Fitness ki Dose Aadha Ghanta Roz) |
| 2nd Oct | 8th class ,11th class | 200 Mt Run/Cycling | Best 5 pics & videos | Ppt on Freedom Fighters &collage |
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