|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Fit India Movement 13 th August 13, 2021 To 2nd October 2021   |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | 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 | | 18th  September | 9th class | | Any out Door Game | Best 5 pics & videos | On line quiz | | | | | |
| 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 Girls  400 mt for boys or  Gardening,cleaning | Best 5 pics & videos | Solo Dance |
| 22ndSept | 1stclass | Skipping/Cycling | Best 5 pics & videos | Solo Dance |
| 23rd  September | 9th class | Any out Door Game | Best 5 pics & videos |  |

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