

FIT INDIA SCHOOL WEEK CELEBRATION

09 - 12 December 2020

INTER HOUSE ACTIVITY FOR CLASS VI

Skipping Challenge - 30 seconds

DATE: 12 DECEMBER 2020 **TIME :** 9:00 AM

VENUE: Class VI Physical Education Team (Both Trials & Competition)

TRIALS ON : 5 December 2020 **TIME:** 8:30 AM

RULES & INSTRUCTIONS

- 4 students will be selected from each House.
- Make sure that the internet connection is stable and do arrange for backup. If any student gets disconnected during the competition, it will not be conducted again.
- One device will be used for the competition, another device can be used by any family member to shoot the video at the same time. This can be used later on to keep a record of the score of the participant in case of any network issue.
- The participant with the maximum number of skips within the time frame, wins the competition.
- The competition will start at 9 :00 am. All the participants are requested to join their Class VI PE Team by 8:45 am.
- Participants **MUST** wear their respective House PE uniform or decent sports wear preferably in their House colour in case they are out of station .

INTER HOUSE ACTIVITY FOR CLASS VII

POSTER MAKING COMPETITION

DATE: 9 DECEMBER 2020

DURATION: 40 Minutes **VENUE:** Class VII Art Class (MS Teams)

THEMES:

1. 'HUM FIT TOH INDIA FIT'
2. Any other topic related to 'FITNESS'

RULES & INSTRUCTIONS

- Make sure that the internet connection is stable .
- A4 size sheet must be used to make the poster.
- The poster must be immediately uploaded in the assignment section once the time is up.
- Best 4 posters from each House will be selected.
- The students are allowed to use paints,sketch pens,coloured pencils/pens or oil pastels.
- The winners will be selected on the basis of ;
 1. Originality
 2. Creativity
 3. Presentation
 4. And overall message.

INTER HOUSE ACTIVITY FOR CLASS VIII

Scarf Juggling Challenge : 30 seconds

DATE : 10 DECEMBER 2020 **TIME** : 1:45 PM

VENUE: Class VIII Physical Education Team (Both Trials & Competition)

TRIALS ON : 5 December 2020 **TIME**: 8:30 AM

RULES & INSTRUCTIONS

- 3 students from each House will be selected.
- Make sure that the internet connection is stable and do arrange for backup. If Any student gets disconnected during the competition, it will not be conducted again.
- One device will be used for the competition, another device can be used by any family member to shoot a video at the same time. This can be used later on to keep a record of the score of the participant in case of any network issue.
- The competition will start sharp at 1:45 p.m. Therefore, all the participants are requested to join the class VIII Physical Education MS Team by 1:30 p.m.
- Participants **MUST** wear their respective House PE uniform or else they will not be allowed to participate.
- The juggling cloth has to be **rectangular** in shape, 20 -30 cm in length, 15 to 20 cm width and preferably dupatta material (georgette, chiffon or net).

INTER HOUSE ACTIVITY FOR CLASS IX

Extempore Competition

DATE: 9 -11 DECEMBER 2020

VENUE: Class IX English MS TEAMS

TOPIC will be given on the spot based on Fitness, Sports and Games, Sports Personalities etc.

RULES & INSTRUCTIONS

- Competition will be conducted by their respective English teacher in their respective English classes .
- Make sure that the internet connection is stable and do arrange for backup. If any student gets disconnected during the competition, it will not be conducted again.
- One device will be used for the competition and another device can be used by any family member to shoot the video at the same time for the record.
- Time duration for the extempore is 45-60 seconds.
- The camera **MUST** be switched on during the speech.
- 4 speakers will be selected from each Section.

INTER HOUSE ACTIVITY FOR CLASSES X and XII

Quiz Competition

DATE: 11 DECEMBER 2020 **TIME:** 8:40 to 8:55 AM

VENUE : MS TEAMS via FORMS

RULES & INSTRUCTIONS

- Quiz form will be uploaded on class X and XII HPE Team.
- Topics Fitness, Sports and Games, Sports Personalities etc.
- WINNERS will be chosen on the following criteria;
 1. Number of correct answers
 2. How fast the quiz was submitted.

INTER HOUSE ACTIVITY FOR CLASS XI

Movie Making Competition

Themes :

1. 'Get Fit Don't Quit'
2. Mental Health is not a Destination, but a Journey.
3. Emotional and Physical well being are interconnected.

RULES & INSTRUCTIONS

- Movie duration can range from 1.5 to 2.5 minutes. It should not exceed 3 min .
- Movies are to be submitted by **12 December 2020**
- The movie can include skits/plays , animation / props.
- The softwares for movie making are PPT, Windows Movie Making, Scratch Movie Maker etc.
- Parents can be involved in the skits/plays.
- Assignment will be created in the Physical Education Class XI Team. The movie to be uploaded in the Assignment Section .
- Shooting of the movie must take place within the COVID-19 guidelines released by the government of India.

ACTIVITIES FOR THE MEMBERS OF THE STAFF

30 seconds challenge

skipping, squat, step-up, spot jogging .

VENUE: Staff Group (MS Team)

RULES & INSTRUCTIONS

- Perform any ONE activity for 30 seconds.
- Make a video of the activity.
- MS FORM will be pasted on the Staff group. Fill the form and upload the video.

All the participants will receive a Certificate of Participation issued by Fit India Movement .

ALL THE BEST !