

BAL BHARATI SCHOOL, REWA

VIRTUAL ACTIVITIES FOR FIT INDIA SCHOOL WEEK CELEBRATIONS-2020

| Date | Activity | Time | Teacher Incharge |
|-------------------|--|---|--|
| 14.12.2020 | Virtual Assembly-Primary –Start Time- Prayer-5min Pledge-2 min Thought-1 mi News-1 min Poem-2 min Free Hand Exercises (a) Exercises-5 min (b) Aerobics-2 min (c) Rope Skipping -1 min | 9.00 am | |
| 15.12.2020 | Virtual Assembly- Secondary –Start Time (a) Prayer-5 min (b) Pledge-2 min (c) Thought-1 min (d) News-1 min Common Yoga Protocols-2 min Asanas-10 min | 10.00 am | All Class teacher + Subject teachers Dr. Neelu Shukla + Dr. Nischal Singh Mr Anand & Mr. Pradeep |
| 16.12.2020 | Brain Game- Rubic's Cube- Start time Class-III-2 min Class-IV-2 min Class-V-2 min Class-VI -2 min Mental Fitness- Class-VII-3 min Poster Making- IX,X,XI,XII- 5min | 9.30 am --9.40 am | Primary Teachers Mrs. Rashmi Khare Mrs. Nischal Singh Mr. Sudhir Singh/ Dr. Nischal Singh |
| 17.12.2020 | 1. Lecture about diet & nutrition- 5min Start 2. Speech- Class-IX-2 min 3. Letter- Class-X -2 min 4. Essay/ Poem Competition-Class VIII (Live Only One Student's Poem)-2 min 5. Virtual Challenges –Start Time-- (a) Ball Dribbling- VI- (b) Spot Jogging- VII- (c) Rope Skipping- VIII- | 10.45 am 10.00 am | Dr. Neelu Shukla Dr. Neelu Shukla Mrs. Anuradha /Dr. Jhuma Mrs. Mamta Ghuley Mr. Anand Singh & Mr. Pradeep Shukla |
| 18.12.2020 | Online Quiz related to fitness/sports Primary- Class-IV & V-(20 min)-Start Time Secondary- Class- VI & VII-(20 min)Start Time | 9.30 am 10.00 am | Mrs. Rashmi Khare Mrs. Avantika Agrawal Mrs. Ritu Pandey Ms. Jyoti Kesharwani Mrs. Preeti Singh Mrs. Yajushi Gautam |
| 19.12.2020 | Family fitness (Primary)-Start Time Yoga with parents (a) Surya Namaskar (b) Asanas -1,2,3,4,5 (c) Yoga by students----- Home based equipments (a) Soft Ball ----- (b) Dumbbell (c) Dandia | 9.00 am a& b- 8 min 2 min 2 min 1min 2 min | |