

**CIRCULAR****Date: 16<sup>th</sup> August, 2020**

Dear Parent

*Education is not the learning of facts,**But the training of the mind to think----- Albert Einstein*

For any society or Nation to progress, it's important that their citizens are physically fit. The challenges of the modern day life has brought along with it the need to be more physically proactive and fit in order to face its challenges with optimum energy and positivity. Fit children are able to handle day-to-day physical and emotional challenges better. However, for a holistic and intrinsically healthy lifestyle, awareness and support for fitness movement is more essential than ever.

With respect to school education, we all stand united to face the challenges posed by this pandemic. As a school, we have devised a method of teaching-learning that helps the students not only to keep up a steady pace with their academics but also sharpen their skills in co-curricular activities.

Going ahead keeping the spirit of oneself fit Sarvottam International School will be celebrating "**FIT INDIA WEEK**" from 24<sup>th</sup> August, 2020 to 29<sup>th</sup> August, 2020. This week long celebration includes a plethora of fun-filled activities for all children across all grades. The details of the same are given below:

**FIT INDIA WEEK PLAN****PLATFORM: ZOOM****MORNING SESSION**

Classes	Timings	Facilitator (Facilitators will be sharing the Zoom ID)	Student Volunteers
Class 6	8:15-8:55 am.	Ms. Kajal	Palak Singhal
Class 7	8:15-8:55 am.	Mr. Vikram	Aakansha (sp.capt.)
Class 8+9+10+11	8:15-8:55am.	Mr. Amit, Mr. Vivek	Sarthak(sp.capt.)/Priyanshu

**EVENING SESSIONS**

Timings	Class/Sec	Facilitator	Teacher Incharge for sharing the Zoom ID
4:00-4:40pm	5 A	Ms. Kajal along with 2 Student volunteer	Ms. Rashmi Singh
4:00-4:40pm	5 B	Mr. Vivek along with 2 Student volunteer	Ms. Harleen
4:00-4:40pm	5 C	Mr. Amit along with 2 Student volunteer	Ms. Akansha

Timings	Class/Sec	Facilitator	Teacher Incharge for sharing the Zoom ID
4:50-5:30	4A+Roll.no 1-9 of 4-D	Ms. Kajal along with 2 Student volunteer	Ms. Faiza
4:50-5:30	4B+ Roll.no 10-18 of 4-D	Mr.Vivek along with 2 Student volunteer	Ms. Harpreet
4:50-5:30	4C+ Roll.no 19-27 of 4-D	Mr.Amit along with 2 Student volunteer	Ms. Tishi

Timings	Class/Sec	Facilitator	Teacher Incharge for sharing the Zoom ID
5:40-6-15pm	3A&B Group A	Ms. Kajal along with 2 Student volunteer	Ms. Mithila
5:40-6-15pm	3C&D Group B	Mr.Vivek along with 2 Student volunteer	Ms. Anika
5:40-6-15pm	3E&F Group C	Mr.Amit along with 2 Student volunteer	Ms. Supriya

### **PROGRAMME DETAILS**

Days/Dates	PPT Topic	Fitness sessions
Day 1 24-08-20	Fitness videos	Warming up and cooldown session
Day 2 25-08-20	PPT Sports Legends (old)	Circuit Training
Day 3 26-08-20	PPT Sports Legends (New)	Yoga for wellness
Day 4 27-08-20	Various cups and Tournaments	Fun Games
Day5 28-08-20	Sports Quiz	Fitness challenges

NOTE: Students should keep some general sports stuff (easily available at home) along with them during the sessions. The list is as follows:

1. Skipping Rope
2. Different types of balls (Ones available at home)
3. Soft toys
4. Medium size stool (Bathroom stool)
5. 4-5 Plastic bottles
6. Yoga mat
7. Empty bucket

OVERALL IN-CHARGE- Ms. Barkha and Mr. Vikram.

Looking forward for the funfilled learning ahead with our children!

Warm Regards

Team Sarvottam