

**CALENDAR OF SPORTS ACTIVITIES FOR THE SESSION 2021-22**  
**KV NO.1 AKHNOOR**

S.no	Month	Theme based Activities Planned
1	February	<b>Magical Monday:</b>
		<b>Khelo India song</b>
		1 Organisation of Indigenous/Traditional Sports
		Populr Games of the states
		2.Students Profile ( Name,Age,weight,Height,Sleeping Hours, Breakfast/Lunch/Dinner Timing, Favorite Dishes etc.)
2	March	<b>Mental Fitness week: The following activities to be brought into CCA</b>
		1. Words Picture making
		2. Puzzle solving ( suddokko,Crosswords & Jumbles)
		suduko ( Maths Teachers)
		Crosswords ( Language teachers)
		word Jumbles ( language teachers)
3. Meditation / Mindfulness activities ( 5 Minutes)		
Mind fullness		
sleep		
3	April	<b>Fitness awareness Week : TGT(P&amp;HE) , Coach , Class Teachers</b>
		1. Mass PT ( Including all staff of School)
		2. Ringing of Fit India Bell ( 10 minutes stretching and Simple exercise)
		3. Awareness generation Rally on themes “ We Fit – India Fit”
4	May	<b>Funny Tuesday:</b>
		1. Free Hand Exercise , Dance & follow the leader activities.
		Free Hand exercise
		Fallow the leader
		dance
2. Fit India – Parents Teachers Meeting.		
5	June	<b>Fit India Literary week : The following activities to be incorporated into</b>
		1. Quiz competition on Hygienic and Un Hygienic foods and nutrition.
		2. Essay, Quotes, Slogan writing on Themes “Fit India Movement”.
		Essay
Quotes		

		Slogan
		3. Celebration of “Yoga Day” ( Age Appropriate Yoga activities)
6	July	<b>Fit India Talks:</b> 1. Physical Education Teacher or any eminent person from related field will talk on or may use any creative method to aware the students / fellow Teachers /
7	August	<b>Winner’s Wednesday :</b> Staff V/s Students Interclass Traditional games.
8	September	<b>Thursday Shiny morning :</b> 1. Indoor & Outdoor Games 2. Age appropriate Yoga Activities.
9	October	<b>Fit Friday : TGT(P&amp;HE), Coach , Class Teachers, CCA I/C , Yoga Teacher</b> 1. Fit India Cycling 2. Plogging Run 3. Hula Hoping 4. Meditation / Mindfulness (5 Minutes Sleep) in Schools / Community. Mind fullness
10	November	<b>Sportier Saturday:</b> Inter and Intra School competitions and National Games across the country.
11	December	<b>Fit India Awards Week:</b> 1. Fit Star Kids: recognition of the Fit star Kids from the school on the basis of 2. Fit Teacher Award: recognition of Fit Teacher award from the school on the
		Forgotten Traditional games
		Indian Childhood Games On The Verge Of Extinction