

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

S.no	Month	Theme based Activities Planned	All Teachers to be engaged smooth and successful completion of activities		
1	February	<b>Magical Monday:</b>			
		<b>Khelo India song</b>	<a href="https://youtu.be/bFPdRbrCGM">https://youtu.be/bFPdRbrCGM</a>		
		1 Organisation of Indigenous/Traditional Sports	TGT(P&HE) , Coach, Yoga Teacher , PRT		
		Populr Games of the states	<a href="https://youtu.be/49VhuGxzkoU?t=23">https://youtu.be/49VhuGxzkoU?t=23</a>		
		2.Students Profile ( Name, Age, weight, Height, Sleeping Hours, Breakfast/Lunch/Dinner Timing, Favorite Dishes etc.)	<a href="https://fitindia.gov.in/indigenous-games/">https://fitindia.gov.in/indigenous-games/</a> <a href="https://parenting.firstcry.com/articles/magazine-15-traditional-games-of-india-that-probably-internet-generation-dont-know/">https://parenting.firstcry.com/articles/magazine-15-traditional-games-of-india-that-probably-internet-generation-dont-know/</a> Class Teacher & Co-Class Teacher		
2	March	<b>Mental Fitness week: The following activities to be brought into CCA activity schedule</b>			
		1. Words Picture making	CCA incharge, Language teachers, Class teachers <a href="https://youtu.be/R-iBVPeVUTU">https://youtu.be/R-iBVPeVUTU</a> <a href="https://youtu.be/JKT3IP2kEiq">https://youtu.be/JKT3IP2kEiq</a> <a href="https://youtu.be/rLKWWMFrlJl">https://youtu.be/rLKWWMFrlJl</a> <a href="https://www.pinterest.ca/bymyword/sports-word-art/">https://www.pinterest.ca/bymyword/sports-word-art/</a>		
		2. Puzzle solving ( suddokko, Crosswords & Jumbles) sudoku ( Maths Teachers)	CCA incharge, Language teachers, Class teachers 1) <a href="https://youtu.be/OtKxtvMUahA_2j">https://youtu.be/OtKxtvMUahA_2j</a> <a href="https://www.youtube.com/watch?v=MnP0vs19ISj">https://www.youtube.com/watch?v=MnP0vs19ISj</a>		
		Crosswords ( Language teachers)	<a href="https://www.youtube.com/watch?v=sBx5rMm_oIM">https://www.youtube.com/watch?v=sBx5rMm_oIM</a> <a href="https://www.youtube.com/watch?v=FeixN2iBIMc">https://www.youtube.com/watch?v=FeixN2iBIMc</a> <a href="https://www.youtube.com/watch?v=4ZB6GnTHBu8">https://www.youtube.com/watch?v=4ZB6GnTHBu8</a>		
		word Jumbles ( language teachers)	<a href="https://www.youtube.com/watch?v=DVCoxo3--Ps">https://www.youtube.com/watch?v=DVCoxo3--Ps</a> <a href="https://www.youtube.com/watch?v=BljnSfDUZZM">https://www.youtube.com/watch?v=BljnSfDUZZM</a>		
		3. Meditation / Mindfulness activities ( 5 Minutes) Mind fullness sleep	TGT(P&HE) , Yoga Teachers , Class teachers <a href="https://www.youtube.com/watch?v=SEfs5TJZ6Nk">https://www.youtube.com/watch?v=SEfs5TJZ6Nk</a> <a href="https://www.youtube.com/watch?v=rIKiGL8uC6w__">https://www.youtube.com/watch?v=rIKiGL8uC6w__</a>		
		<b>Fitness awareness Week : TGT(P&amp;HE) , Coach , Class Teachers</b>			
		1. Mass PT ( Including all staff of School)	<a href="https://youtu.be/N8ZtmNTPGKo?t=10">https://youtu.be/N8ZtmNTPGKo?t=10</a>		
		2. Ringing of Fit India Bell ( 10 minutes stretching and	<a href="https://www.youtube.com/watch?v=De0rzr0V14U">https://www.youtube.com/watch?v=De0rzr0V14U</a>		
		3. Awareness generation Rally on themes " We Fit – India Fit"	<a href="https://youtu.be/fBxqv6qtnr4?t=21">https://youtu.be/fBxqv6qtnr4?t=21</a>		
		4	May	<b>Funny Tuesday:</b>	
				1. Free Hand Exercise , Dance & follow the leader activities. Free Hand exercise	TGT(P&HE) , Coach , ART, primary teachers Class Teachers <a href="https://youtu.be/VjrrLXb_tm4?t=48">https://youtu.be/VjrrLXb_tm4?t=48</a>
Fallow the leader	<a href="https://youtu.be/riicsTE2TzQ?t=13">https://youtu.be/riicsTE2TzQ?t=13</a> <a href="https://youtu.be/fbDNDHJ7E6s?t=197">https://youtu.be/fbDNDHJ7E6s?t=197</a> <a href="https://youtu.be/rjV9o_NEbNq?t=1562">https://youtu.be/rjV9o_NEbNq?t=1562</a>				
dance	<a href="https://youtu.be/3qKwqRmVJNw?t=649">https://youtu.be/3qKwqRmVJNw?t=649</a> <a href="https://youtu.be/Vzi5-qH2RyE?t=165">https://youtu.be/Vzi5-qH2RyE?t=165</a>				
2. Fit India – Parents Teachers Meeting.	Class Teacher & Co-Class Teacher <a href="https://youtu.be/LmF0ACYR-ba?t=18">https://youtu.be/LmF0ACYR-ba?t=18</a>				
<b>Fit India Literary week : The following activities to be incorporated into CCA activity schedule</b>					
1. Quiz competition on Hygienic and Un Hygienic foods and	TGT(P&HE), TGT (LIB) , Class Teachers <a href="https://youtu.be/36VW9pqERsl?t=18">https://youtu.be/36VW9pqERsl?t=18</a>				
2. Essay, Quotes, Slogan writing on Themes "Fit India Essay Quotes Slogan	TGT(P&HE), TGT (LIB) , Class Teachers, CCA I/C <a href="https://youtu.be/4buvqsZm2I4?t=13">https://youtu.be/4buvqsZm2I4?t=13</a> <a href="https://youtu.be/bVKIaLfv7hE?t=5">https://youtu.be/bVKIaLfv7hE?t=5</a> <a href="https://youtu.be/dATnnPBnBPE?t=90">https://youtu.be/dATnnPBnBPE?t=90</a>				
3. Celebration of "Yoga Day" ( Age Appropriate Yoga	TGT ( P&HE) , Yoga Teachers, Class Teachers , CCA I/C <a href="https://youtu.be/FczFd5K6b4Q?t=4">https://youtu.be/FczFd5K6b4Q?t=4</a> <a href="https://youtu.be/CBko9JPMtHs?t=216">https://youtu.be/CBko9JPMtHs?t=216</a>				
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	TGT(P&HE) , TGT (Science) , PGT (BIO), Interested Teachers, Outstanding Sports personalities from parent side, Aluminis, nearby localities, SAI, Sports		
7	August	<b>Winner's Wednesday :</b>			
		Staff V/s Students Interclass Traditional games.	TGT(P&HE) , Coach , Class Teachers		
8	September	<b>Thursday Shiny morning :</b>			
		1. Indoor & Outdoor Games 2. Age appropriate Yoga Activities.	TGT(P&HE) , Coach, Yoga Teacher		
9	October	<b>Fit Friday : TGT(P&amp;HE), Coach , Class Teachers, CCA I/C , Yoga Teacher</b>			
		1. Fit India Cycling	<a href="https://youtu.be/2fL0CQRpbeq">https://youtu.be/2fL0CQRpbeq</a>		
		2. Plogging Run	<a href="https://youtu.be/Ar7YuuQXZRI?t=7">https://youtu.be/Ar7YuuQXZRI?t=7</a>		
		3. Hula Hoping	<a href="https://youtu.be/8cdCULEEQfcQ?t=6">https://youtu.be/8cdCULEEQfcQ?t=6</a> <a href="https://youtu.be/S-p5PPXvj3E?t=9">https://youtu.be/S-p5PPXvj3E?t=9</a> <a href="https://youtu.be/9AOS54yAgEg?t=14">https://youtu.be/9AOS54yAgEg?t=14</a> <a href="https://youtu.be/vzKryaN44ss?t=5">https://youtu.be/vzKryaN44ss?t=5</a> <a href="https://youtu.be/mjtfyuTTQFY?t=18">https://youtu.be/mjtfyuTTQFY?t=18</a>		
		4. Meditation / Mindfulness (5 Minutes Sleep) in Schools / Mind fullness			

10	November	<b>Sportier Saturday:</b>	
		Inter and Intra School competitions and National Games	TGT(P&HE) , all House Masters and Associate Housemasters
			<a href="https://youtu.be/49VhuGzkkpU?t=20">https://youtu.be/49VhuGzkkpU?t=20</a>
11	December	<b>Fit India Awards Week:</b>	
		1. Fit Star Kids: recognition of the Fit star Kids from the 2. Fit Teacher Award: recognition of Fit Teacher award from	TGT(P&HE) , all House Masters and Associate Housemasters
		Forgotten Traditional games	<a href="https://youtu.be/llFOdPxwH0U">https://youtu.be/llFOdPxwH0U</a>
		Indian Childhood Games On The Verge Of Extinction	<a href="https://youtu.be/4Xk29PX4ck">https://youtu.be/4Xk29PX4ck</a>