



KRANTIAGRANI G.D. (BAPUSO) LAD SAMAJ JAGRUTI TRUST'S

**KRANTI INTERNATIONAL
PUBLIC SCHOOL, KUNDAL**

Kranti sugar factory site, Vita Road, Kundal, Tal. Palus, Dist. Sangli - 416 309.

✉ kips.educat@gmail.com 📱 /kips_kundal

☎ 7666970703. 02346-271601 Ext. 262,248,249 🌐 www.kipskundal.education



VIRTUAL ACTIVITIES FOR FIT INDIA SCHOOL WEEK CELEBRATION 2020

Day & Date : Tuesday 08/12/2020

Sr.	Activity	For Grade	Activity By	Time	Approx. Time
(i)	Free Hand Exercise	1 – 10	Rahul Jagtap	09:30 am to 10:00 am	30 mins
(ii)	Aerobics	1 – 10	Rahul Jagtap	10:00 am to 10:20 am	20 mins
SHORT BREAK (15 mins)		10:20 am to 10:35 am			
(iii)	Zig Zag	3	Aparna Tr	10:35 am to 11:05 am	30 mins
(iv)	Shuttle Race	4	Rupali Tr, Sandhya Tr.	10:35 am to 11:05 am	30 mins
(v)	Dribbling	5	Savita Tr, Shubhada Tr	10:35 am to 11:05 am	30 mins
(vi)	Rope Skipping	6	Madhuri N. Tr, Pranita Tr.	10:35 am to 11:05 am	30 mins
				TOTAL EVENT TIME	1 hr 35 mins


PHYSICAL TRAINING INSTRUCTOR


CO-ORDINATOR


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VIRTUAL ACTIVITIES FOR FIT INDIA SCHOOL WEEK CELEBRATION 2020

Day & Date : Wednesday 09/12/2020

Sr.	Activity	For Grade	Activity By	Time	Approx. Time
(i)	Warm up Exercise	1 – 10	Rahul Jagtap	09:30 am to 09:50 am	30 mins
(ii)	Yoga	1 – 10	Rahul Jagtap	09:50 am to 10:10 am	20 mins
SHORT BREAK (15 mins) 10:10 am to 10:25 am					
(iii)	Lecture on "Re-strengthening of the mind post pandemic" – Mental Fitness		Sampata Tr.	10:25 am to 10:045 am	20 mins
(iv)	Spot Speech "Exercise is a celebration of what your body can do, not a punishment for what you ate"	6 - 10	Anita Tr., Madhuri P.,	10:045 am to 10:55 am	10 mins
(v)	Letter Writing "Power of Fitness"	8 - 10	Suvarna Tr, Meena Tr, Vanita Tr, Sampata Tr, Rupali H.	10:55 am to 11:05 am	10 mins
TOTAL EVENT TIME 1 hr 35 mins					


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VIRTUAL ACTIVITIES FOR FIT INDIA SCHOOL WEEK CELEBRATION 2020

Day & Date : Thursday 10/12/2020

Sr.	Activity	For Grade	Activity By	Time	Approx. Time
(i)	Exercise	1 – 10	Rahul Jagtap	09:30 am to 10:10 am	30 mins
(ii)	Spot Jogging	1 – 10	Rahul Jagtap	10:10 am to 10:20 am	10 mins
SHORT BREAK (15 mins)		10:20 am to 10:40 am			
(iii)	Poster Presentation "Hum Fit Toh India Fit" & "New India Fit India"	3 – 7	Dinesh Sir, Dhanajay Sir,	10:40 am to 11:00 am	20 mins
(iv)	Advertisement on "Hum Fit Toh India Fit" or "Emotional And Physical well-being are interconnected"	8 - 10	Madhuri P, Ujwala Tr, Madhuri N, Anita Tr.	11:00 am to 11:40 am	40 mins
TOTAL EVENT TIME 1 hr 35 mins					


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School Code
30757

VIRTUAL ACTIVITIES FOR FIT INDIA SCHOOL WEEK CELEBRATION 2020

Day & Date : Friday 11/12/2020

Sr.	Activity	For Grade	Activity By	Time	Approx. Time
(i)	Exercise	1 – 10	Rahul Jagtap	09:30 am to 09:50 am	20 mins
SHORT BREAK (15 mins)		09:50 am to 10:05 am			
(ii)	Lecture on "Diet and Nutrition during pandemic"	1 – 10	Dr. Jarandikar	10:05 am to 10:35 am	30 mins
(iii)	Documentary / Street Play on "Get Fit, Don't Quit" & "Mental health is not a destination but a journey"		Pranita Tr, Savita Tr, Madhuri N. Tr.	11:00 am to 11:40 am	40 mins
TOTAL EVENT TIME 1 hr 35 mins					


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VIRTUAL ACTIVITIES FOR FIT INDIA SCHOOL WEEK CELEBRATION 2020

Day & Date : Saturday 12/12/2020

Sr.	Activity	For Grade	Activity By	Time	Approx . Time
(i)	Free Hand Exercise	1 – 10	Rahul Jagtap	09:30 am to 10:10 am	30 mins
SHORT BREAK (15 mins) 10:20 am to 10:40 am					
(ii)	Zig Zag Race	1	Aparna Tr, Manisha Tr Sandhyarani Tr	10:40am to 11:10 am	30 mins
(iii)	Zig Zag Race	2	Archana Tr, Priyanka Tr	11:10 am to 11:40 am	30 mins
(iv)	Shuttle Race	3	Sampata Tr,, Rupali D	11:40 am to 12:10am	30 mins
(v)	Shuttle Race	4	Rupali H, Meena Tr	12:10 am to 12:40am	30 mins
(vi)	Dribbling	5	Savita Tr,, Shubhada Tr	12:40 am to 01:10am	30 mins
(vii)	Rope Skipping	6	Madhuri P, Dhanajay B	01:10 am to 01:40am	30 mips
(viii)	Standing long jump	7	Anita Tr, Dinesh V	01:40 am to 02:10am	30 mins
(ix)	Sit-ups	8	Pranita Tr, Suvarna S	02:10am to 02:40am	30 mins
(x)	Push ups	9	Ujwala Tr, Jayshree D	02:40am to 03:10am	30 mins
(xi)	50 mtrs dash	10	Madhuri N Tr , Swati Tr	03:10am to 03:40am	30 mins
(xii)	Online Quiz Competition	1 – 10	Sunil P (Incharge) All Class Teachers		30 mins
TOTAL EVENT TIME 1 hr 35 mins					


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VIRTUAL ACTIVITIES FOR FIT INDIA SCHOOL WEEK CELEBRATION 2020

Day & Date : Sunday 13/12/2020

Sr.	Activity	For Grade	Activity By	Time	Approx. Time
(i)	Exercise with students and parents	1 – 2	Rahul Jagtap	07:00 am to 07:30 am	30 mins
(ii)	Exercise with students and parents	3 – 4	Rahul Jagtap	07:35 am to 08:05 am	30 mins
(iii)	Exercise with students and parents	5 – 6	Rahul Jagtap	08:10 am to 08:40 am	30 mins
(iv)	Exercise with students and parents	7 – 10	Rahul Jagtap	08:45 am to 09:15 am	30 mins
TOTAL EVENT TIME					2 hr


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