

Report on Physical Health & Fitness Week - II

24- 28 May, 2021

Under the flagship of CBSE FIT INDIA MOVEMENT, Sports Department of N. C Jindal Public School successfully conducted online sessions on 'PHYSICAL HEALTH AND FITNESS WEEK' for the holistic development of the students.

In continuation of celebration of the first Physical Health & Wellness Week w.e.f. 17/05/2021 to 21/05/2021, another week was celebrated in school w.e.f. 24/05/21 to 28/05/21 through the virtual-online mode wherein a number of students from class 6th to class 10th took active participation in the fitness exercises. This further enhanced their knowledge on fitness and body wellness, skills, and positive attitude towards their health.

School is the first place where habits are formed. School children should be encouraged to indulge in active field time during school hours involving fitness and sports activities. This Health & Wellness Week instilled in students the understanding for regular physical activity and higher levels of fitness, thus enhancing self-esteem and confidence in them.

Pep-Talk through virtual mode was carried out where students were expounded the importance of exercise in their daily lives. The school sports staff team illustrated the students on how regular exercising not only makes us physically fit, but it also improves our mental health and general sense of well-being. They further exemplified, that exercise is the key to good health and fresh mind. It does not mean to take stress on body, but it is actually a stress relieving activity. Students were happy to understand that good health is mandatory for doing a good work and how important it is to have a fresh mind before commencing any work.

Various types of exercises and fitness patterns were practiced with students through the live mode. Following are the day wise activities and tasks organised by the PHE Team in this regard:

S. No.	ACTIVITY	CLASSES	DATE & TIME	Teacher I/C
1.	30Sec Half Squat Challenge	1. 6 th & 7 th 2. 8 th 3. 9 th & 10 th	24/05/2021 9am to 9:30am	Ms Shikha Gurung Mr. Azad Mr. Gaurav
2.	30 sec. Plank Challenge in push up position (For VI to VIII) and 45 sec. Plank Challenge (For IX & X)	1. 6 th & 7 th 2. 8 th 3. 9 th & 10 th	25/05/2021 9am to 9:30am	Mr. Azad Ms. Shikha Gurung Mr. Gaurav
3.	One Minute Jumping Jack Challenge	1. 6 th & 7 th 2. 8 th 3. 9 th & 10 th	26/05/2021 9am to 9:30am	Mr. Gaurav Mr. Azad Ms. Shikha Gurung

4.	30Sec Flamingo Balance activity	<ol style="list-style-type: none"> 1. 6th & 7th 2. 8th 3. 9th & 10th 	<p>27/05/2021</p> <p>9am to 9:30am</p>	<p>Ms. Shikha Gurung</p> <p>Mr. Azad</p> <p>Mr. Gaurav</p>
5.	45 sec one leg - on the spot hopping	<ol style="list-style-type: none"> 1. 6th & 7th 2. 8th 3. 9th & 10th 	<p>28/05/2021</p> <p>9am to 9:30am</p>	<p>Mr. Azad</p> <p>Mr. Shikha</p> <p>Ms. Gaurav</p>

Here are some glimpses of the fitness activities undertaken –





To conclude, the Fitness week celebrations were truly a fun filled and learning experience for our students.