

KENDRIYA VIDYALAYA VEHICLE FACTORY JABALPUR S-I

GAMES / SPORT CALENDAR

2022 - 2023

S. NO.	MONTH	ACTIVITIES
1	April-May 2022	<p>1- Class, Inter class, Inter house Championship (to be over by April probable)</p> <p>2- FIT INDIA FITNESS ASSESSMENT</p> <ul style="list-style-type: none">• fitness assessment by teachers and parents on fit India Mobile App Link for download <p>a) Android- https://play.google.com/store/app/details?id=com.sai.fitIndia</p> <p>b) iOS- https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890</p> <ul style="list-style-type: none">• Participant in Fit India quiz as audience on Fit India Mobile App.• Fitness ka Dose Aadha Ghanta Roz - doing daily physical activity like yoga/ free hand exercise/ dance playing sports etc. for half an hour at least. <p>3- PRE VOCATIONL CURRICULAM</p> <p>HANDBALL- History, Rules of the games, playing field and equipments.</p>
2	June- 2022	<p>1- Inter house competition for junior secondary and senior secondary students. (TEAM GAMES – KHO- KHO, HAND BALL, BASKET BALL, , FOOTBALL probable).</p> <p>2- MENTAL FITNESS AND YOGA</p> <ul style="list-style-type: none">• Learn common yoga protocol different poses of yoga through fit India Mobile App• Celebration of yoga day (Age appropriate yoga activities).• Rhythmic yoga on patriotic song and share your stories on fit India Mobile App.• Pranayam, Meditation, Mindfulness activities everyday.• Daily Yoga stretching hand exercises may be included in assembly to make fitness part of student teachers daily Lifestyle focus on mind games like chess, Sudoku and Puzzle etc.

3	July-August 2022	<p>1-i. Coaching camp for selected Vidyalaya teams by the Vidyalaya.</p> <p>ii. Team selection for regional sport meets.</p> <p>iii. Preparation for regional sport meets 2022.</p> <p>iv. Preparation of play grounds identified earlier to organize regional sport meet. (To be July 2022)</p> <p>v. Arrangement of medals & certificates to be distributed during KVS Regional sports meet(To be arranged 2nd week of August 2022)</p> <p>vi. Deputation of escorting teacher for Regional teams.</p> <p>Vii. Organization of regional sports meets on last week of august 2022 (probable).</p> <p>2- FITNESS ASSESSMENT OF STUDENTS THROUGH PE TEACHERS AND INDIGENOUS SPORTS</p> <p>Participant in khelo India National Fitness programme for school through Fit India Mobile App. Learn different Indigenous/ traditional sports on Fit India Mobile App. Organisation of Indigenous/traditional sports ,marital arts , dance with theme Hamari Sanskriti Se Fitness.</p> <p>3-PRE VOCATIONL CURRICULAM</p> <p>HANDBALL- Fundamental Skills Catching the ball, passing, shooting , dribbling, fake, screen, throws, Affensive and defensive movement, terminology.</p>
4	September – October 2022	<p>1-i. Organization of Regional coaching camps for all teams. (girls & boys)</p> <p>ii. Planning for participation in KVS National sports Meets (Rail Reservation, escorting arrangement, sport kit Distribution) Immediately after the completion of Regional Sport Meets (probable).</p> <p>2-FIT INDIA FREEDOM RUN</p> <ul style="list-style-type: none"> • Organising Fit India Freedom Run at iconic and historie importance place by registering on Fit India Mobile App . • Share your Run with friends ,family and challenge them on Fit India Mobile App. • Fit India Freedom Run to start culminate with a patriotic song stories on freedom struggle of local heroes (staff students and community). • Place Association with Independence Movement in state UTs to be selected for culmination starting of Freedom run. • In morning assembly plays role-plays may be conducted on various historically important events. • Stories Talks/ Essay competition on one Freedom Fighter local hero of Freedom struggle at least once every week.

		<p align="center">3-PRE VOCATIONL CURRICULAM YOGA- Importance , Asanas, Pranayam.</p>
5	November-December 2022	<p>1-i. Inter house Volleyball Tournament for girls and boys Under-17 ii. Annul sport Day & Mini Sport Day in December & Prize distribution (probable).</p> <p>FIT INDIA PLOG RUN</p> <ul style="list-style-type: none"> Organised and register FIT India Plogrun on Fit India Mobile App. Virtual connect with Plogging communities of fit India Mobile App with share your stories feature. Play/ Rallies with themes such as Swachhata . Ahinsa and other values of Mahatama Gandhi. Cultural programs depicting importance of Mahatma Gandhi in India's Independence. Swachhata Pledge/Water Saving Pledge. <p>2-FIT INDIA SCHOOLWEEK AND FITNESS ASSESSMENT</p> <ul style="list-style-type: none"> Celebrating 5-6 days in a week for fitness related activities Inter and Intra Sports Competition. Motivate and aware parents community regarding doing daily fitness activities. Participants in khelo, India national fitness program for school through fit India Mobile App. Fitness assessment by teachers and parents on fit India Mobile App. <p align="center">3-PRE VOCATIONL CURRICULAM (November) Yoga for preventing.</p> <p align="center">4-PRE VOCATIONL CURRICULAMD (December)</p> <p>Game of Football -</p> <ol style="list-style-type: none"> Introduction. Rules & Regulations of game.
6	January-February 2023	<p>1-i. Medical checkup of students. ii. Assessment of all the students in physical & health education under CCE: to be over by II week of February (probable).</p> <p>2-FIT INDIA NEW YEAR SPECIAL AND FITNESS ASSESSMENT</p> <ul style="list-style-type: none"> Welcoming new year with fitness events. Participate in khelo India National Fitness programme for school

		<p>through Fit India Mobile App.</p> <ul style="list-style-type: none"> • Fitness assessment by teachers and parents on Fit India Mobile App. Participation in Fit India Quiz as audience on Fit India Mobile App. <p>Collage making and poster competitions on Healthy Food Habits and Importance doing daily fitness activities.</p> <p>3-PRE VOCATIONL CURRICULAM</p> <p>Game of Football –</p> <ol style="list-style-type: none"> 1. Playing field and equipments 2. Fundamental skills of football- Juggling, throw, passing, heading, chesting, receiving, shooting, kicking, warm-up, exercise, offensive & defensive movements, running and techniques. 3. Terminology
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I/C GAMES& SPORTS

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