



HIMIS FIT INDIA 2020

VIRTUAL CHALLENGES FOR STUDENTS, STAFF/TEACHERS

Starting Date	26th November 2020
Date of Submission	30 th November 2020
Timing	9.30 am to 9:40 am (Briefing)

Virtual challenge on fitness is a manoeuvring of fitness activities as given below. The activities have to be video-graphed without break and send to the school.

Video Content

No	Activity	Duration/counts
1.	Full Squats	20 Counts
2.	Spot Jogging	30 Seconds
3.	Push Up Challenge	10 Counts
4.	Skip Jump Challenge	50 Counts

Who can participate?

The virtual fitness challenge is open for all. The School invite all the parents, students and staff to participate in the the virtual challenge which will be uploaded in the school website, Facebook, and YouTube channel.

Instructions

- Participants have to present the given challenges as per the given counts.
- All participants need to video record the challenges and forward to the respective class teachers.
- Videos should not exceed more than 5 minutes.
- Submit the video on or before 30th November 2020.
- Perform the activities with school Sports attire if possible.
- Read the instruction properly or ask your respective class teachers to clarify any doubts.
- All the students are requested to perform the activity.
- Respective class teachers will brief the students about the events prior to the competition on 26th at 9:30 after taking attendance.
- Respective class teachers will also collect the videos of each participant.
- Inform the students to forward the videos on time with proper detail (Name, class etc)

G. S. Gadhare
Sports HOD 24/11/20

Principal signature

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