



APS CLEMENT TOWN, DEHRADUN
REPORT ON “FIT INDIA CHALLENGE”
05-09 JAN 2021

PHYSICAL ACTIVITIES CONDUCTED FOR CLASSES I TO VIII ON THE BASIS OF
‘FIT INDIA WEEK’

The COVID-19 pandemic means that many of us are staying at home and sitting down more than we usually do. It is hard for a lot of us to do the sort of exercise we normally do. But at a time like this, it's very important for all the people to be as active as possible. Keeping in mind to make our young children active we planned different physical activities for them. They really enjoyed the activity and had a lot of fun. As we all know regular physical activity benefits both the body and mind. It helps us to manage weight and reduce the risk of various chronic diseases. It also improves bone and muscle strength and increases balance, flexibility and fitness of our body. Regular physical activity can help give our day a routine and be a way to stay fit and healthy. It is also good for our mental health-reducing the risk of depression, cognitive decline and improve overall feelings. So keeping in mind the age group of children and interest different physical activities were assigned from classes 1 to 8.

- PT EXERCISES
- AEROBICS
- CYCLING
- YOGA

All the children enthusiastically participated in the physical activity assigned to them. They shared their videos in their class group. These activities helped our students to gain confidence and remain physically, emotionally and mentally fit.

PHOTOGRAPHS

