



G.D GOENKA PUBLIC SCHOOL, SARITA VIHAR
Khelo India National Fitness Assessment Program
(An Initiative of CBSE and Sports Authority of India)

THEME: Khelo India National Fitness Assessment Program
(CBSE and SAI)

REPORT: Fitness Assessment Program

DATE: 21 and 22 February 2019

VENUE: G.D. Goenka Public School, Sarita Vihar

EVENT REPORT



G. D. Goenka Public School, Sarita Vihar conducted **Khelo India National Fitness Assessment Program (An Initiative of CBSE and Sports Authority of India)** for classes I to III on 20th and 21st February in coordination with CBSE and Khelo India to check the physical fitness of each child at the primary level.



At the primary level (that is classes I to III), children should acquire Fundamental Movement Skills (FMS), leaving the learning of specific physical activities to later stages. FMS provides the building blocks for many physical activities, such as playing games, dance, and sports. Locomotor, Manipulative & Body Management abilities are the key to success in most sports and physical activities.

The abilities of children in classes I to III were measured and tracked are as follows :-

1. Body Composition (BMI)

Body Composition refers primarily to the distribution of muscle and fat in the body. Body size such as height, lengths and girths are also grouped under this component.



2. Coordination (Plate Tapping)

Tests speed and coordination of limb movement



3. Balance (Flamingo Balance)

Ability to balance successfully on a single leg. This single leg balance test assesses the strength of the leg, pelvic, and trunk muscle as well as Static balance.



Two Members from CBSE and Khelo India visited our school to supervise the assessment program, Mr. Harvinder Singh (Regional Manager) and Mr. Roshan (Application Technical Head)



They appreciated the way this program was conducted and went back with satisfaction. They met our principal and congratulated her. They specifically mentioned G.D. Goenka Public School as the first school which conducted this program and carried it off professionally.