



**All the Heads of the CBSE schools affiliated to CBSE**

**SUBJECT: FIT INDIA SCHOOL RATING – Reg.**

On 29 Aug 2019, the Honorable Prime Minister of India launched nation-wide “Fit India Movement” aiming to encourage people to inculcate physical activity and sports in their everyday lives and daily routine. To take this mission forward, the Ministry of Youth Affairs and Sports has launched **Fit India School Week and Fit India School Rating** to integrate Fitness as an essential part of School Education where Physical Fitness is taught and practiced, apart from home.

As part of the initiative undertaken to promote Fit India Movement involving students, teachers and parents, CBSE schools are enthusiastically participating in Fit India School Week. Further the Ministry of Youth Affairs and Sports has prepared a system of FIT INDIA SCHOOL RATING with simple and easy parameters as detailed below for ranking of schools. The level of Fit India School Rating will depend on how much importance the school gives for inculcating Fitness among its students and teachers in addition to the facilities available for Fitness Activities

**Fit India School - Parameters**

- Having one Teacher trained in PE, and such teacher is Physically Fit and active;
- Having a playground where two or more outdoor games can be played.
- Having one PE period each day for every class and physical activities (sports, Dance, Games, Yoga etc.) take place during the class.
- Having all students spending minimum 60 minutes or more on physical activities daily.

**Fit India Three - Star School – Parameters** - The following additional parameters would apply for claiming the 3 – Star rating.

- All teachers to be Physically Fit and spending 60 minutes or more every day for physical activities.
- School has at least two trained Teachers (including one PET), and each well versed with at least two sports.
- Sports facilities for four sports including the two outdoor sports.
- Every student learns and plays two sports – one of which could be a traditional/indigenous/local game





**Fit India Five - Star School – Parameters** - The following additional parameters (over and above 3 Star rating) would apply for claiming the 5 – Star rating.

- School conducts monthly Intra-school sports competitions, participates in Inter-school Sports Competition and celebrates Annual Sports Day.
- All teachers are trained in PE.
- School has two or more sports Coaches. These may be PE teachers.
- School follows structured PE Curriculum prescribed by NCERT/ Board.
- School conducts Annual Fitness Assessment of all children.
- School opens its playground(s) after school hours for neighboring communities for its active use (Reasonable fee can be levied for maintenance and security)

### **Procedure for Schools to get Fit India Star Rating**

- For FIT INDIA SCHOOL Rating, the school would certify itself and will register online at [www.fitindia.gov.in](http://www.fitindia.gov.in)
- On registration, an online Certificate would be issued to the School recognizing it with the permission to use Fit India Logo and Fit India Flag.
- For FIT INDIA 3-Star or 5-Star Rating the school would have to apply online at [www.fitindia.gov.in](http://www.fitindia.gov.in)
- The Fit India Mission would verify the claim and thereafter will issue an online Certificate and Commendation Letter. The hard copy of the Certificate and Letter would be sent by post.
- FIT INDIA is going to be included for the Prime Minister's Award also and it is likely that the Fit India 5-Star Schools would be felicitated during the Republic Day and Independence Day functions at respective State level.

It is requested that all the Heads of Affiliated Schools of CBSE should participate in this National mission and complete the procedure to get Fit India star ratings for their school latest by 31<sup>st</sup> December, 2019.

**For queries please contact FIT INDIA MISSION OFFICE, Sports Authority of India, Jawaharlal Nehru Stadium Complex (East Gate), Lodhi Rd, New Delhi, Delhi 110003**

**Helpline: 1800 208 5155, email: [fitindia.sai@gmail.com](mailto:fitindia.sai@gmail.com), website: <http://fitindia.gov.in>**

With Best Wishes

  
**Dr Joseph Emmanuel**  
**Director (Academics)**



केन्द्रीय माध्यमिक शिक्षा बोर्ड  
CENTRAL BOARD OF SECONDARY EDUCATION

**Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:**

1. The Director General, Sports Authority of India, Jawaharlal Nehru Stadium Complex (East Gate), Lodhi Road, New Delhi - 110003
2. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
3. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
4. The Secretary School Education - Chandigarh / Sikkim / Arunachal Pradesh / A&N Islands / Delhi / Odisha / Chhattisgarh
5. The Director, SCERT – Chandigarh / Sikkim / Arunachal Pradesh / A&N Islands / Delhi / Odisha / Chhattisgarh
6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
7. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
10. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
11. The Director of Education, S.I.E., CBSE Cell, VIP Road, Junglee Ghat, P.O. 744103, A&N Island
12. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini
13. The Additional Director General of Army Education, A – Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
14. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
15. The Under Secretary (EE-1), MHRD, Govt. of India, Department of SE&L, Shastri Bhawan, New Delhi-01
16. All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions (and ensure 100% participation)
17. All Joint Secretary/ Deputy Secretary/ Assistant Secretary / Analyst, CBSE
18. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
19. In charge IT Unit with the request to put this circular on the CBSE Academic website
20. In-Charge, Library
21. The Senior Public Relations Officer, CBSE
22. PPS to Chairperson, CBSE
23. SPS to Secretary, CBSE
24. SPS to Director (CTET), CBSE
25. SPS to Director (Information Technology), CBSE
26. SPS to Director (EDUSAT), CBSE
27. SPS to Director (Academics), CBSE
28. SPS to Controller of Examinations, CBSE
29. SPS to Director (Skill Education & Training), CBSE
30. SPS to Director (Professional Examinations), CBSE
31. Record File

**Director (Academics)**