



केन्द्रीय माध्यमिक शिक्षा बोर्ड
(मानव संसाधन विकास मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)
CENTRAL BOARD OF SECONDARY EDUCATION
(An Autonomous Organisation under the Ministry of Human Resource Development, Govt. of India)



CBSE/ DIR(SE&T)/SAI/KI/2020

Date: 28.05.2020
Circular No: Acad-38/2020

All Heads of Institutions affiliated to CBSE

Subject: Fit India Awareness Programme by CBSE in collaboration with Sports Authority of India (SAI) under the Khelo India National Fitness Programme for Schools in online mode

Greetings from CBSE!

This is in continuation to CBSE Notification no. 38/2018 dated 12.12.2018, Circular no. 01/2019 dated 09.01.2019 and Circular No: Acad-83/2019 dated 30.12.2019 regarding the Khelo India National Fitness Programme for Schools.

As you are aware that with a view to achieve the twin objective of mass participation and achieving excellence in sports, the Ministry of Youth Affairs & Sports is implementing a Central Sector Scheme, namely, Khelo India – National Programme for Development of Sports. The Scheme inter-alia includes a vertical ‘Physical Fitness of School Going Children’ under which the Khelo India Mobile Application (KIMA) has been developed by Sports Authority of India to assess physical fitness of school going children across the country.

The Khelo India Mobile Application (KIMA) is a first of its kind initiative by the Government for the youth of India to do physical fitness assessment of all school going children (Class 1-12) and give each child a Fitness Assessment Report Card.

Parameters for fitness assessment: The following parameters / fitness activities will be considered while assessing the fitness of the children under this scheme in their respective age-groups:

Class 1-3 (5 to 8 years)	Class 4 to 12 (9 to 18 years)
<ol style="list-style-type: none"> 1. BMI (Body Composition) 2. Flamingo Test (Static Balance) 3. Plate Tap Test (Coordination Test) 	<ol style="list-style-type: none"> 1. BMI (Body Composition) 2. 50 m. Standing Start (Speed) 3. 600 m. run / walk (Cardio-vascular Endurance) 4. Sit and Reach (Flexibility) 5. Partial Curl up 30 secs. (Core Strength) 6. Push Ups (Boys) / Modified Push Ups for Girls (Muscular Endurance)

Every child gets a unique Khelo India ID, and his/her Fitness Assessment scores are tagged with his unique ID. The fitness data collected will be used to map the fitness levels of the children across the country and help to motivate parents, teachers and children to achieve suggested fitness benchmarks. The Khelo India Mobile Application (KIMA) will also give a unique opportunity to develop the National fitness Index (NFI) for the first time for the children of our country. The available fitness data will also help us map and identify the potential sports talent amongst the children and further use it for mapping and recommending sports disciplines for shortlisted children.



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Role of CBSE/CBSE schools: CBSE has been entrusted the responsibility to organize Training of Trainers (TOT) programmes at school level through its COEs and train schools PE and Sports Staff on using the Khelo India Mobile Application (KIMA) and ensure uploading of student's assessment data on the App.

4 National Level TOTs and 163 Regional Level TOTs have been conducted by SAI in partnership with CBSE in which **193 Master Trainers** and **7723 Regional Trainers** have been trained till date.

Due to the Coronavirus (COVID-19) outbreak, schools have been shut down and the new academic session has begun across India in form of Online Classes / Webinars. In this current situation, TOTs in their original format and physical assessments of students in Schools will not take place till children and teachers start going to schools. During this lockdown period, CBSE in association with SAI has planned the following Online Awareness Programmes:

PROGRAMMES	DATES AND TIMINGS
1. "Whole School Approach to Fitness" Session with Principals and Heads of Institutions <i>by CBSE and Fit India</i>	Kick-Off Webinar 15 th June 2020 11 am to 12:30 pm
2. "Fitness Assessment of School Going Children" ONLINE TOT for PE Teachers / Coaches <i>by CBSE and Khelo India, SAI</i>	18 th -28 th June 2020 4.30 pm to 6 pm

E-certificate shall be issued by SAI and CBSE to the Principals / PETs based on successful completion each level of this training program and fitness assessment conducted in your school.

It is expected that post the Online TOT Program, CBSE Schools which have not yet registered on www.schoolfitness.kheloindia.gov.in or the PE Teachers who have not registered on the "Khelo India Mobile App (School version)*", do their registration and upload student data on the portal as a preparedness for the Physical Fitness Assessment when the schools reopen. (*The Khelo India Mobile App - School version, can be downloaded from Google Play Store.)

Certification Levels:

- Level I - Attending Online Sessions - Certificate to be given to Principals and PETs**
 - "Whole School Approach to Fitness" Session for Principals
 - "How to do Khelo India Fitness Assessment of School Going Children for PE Teachers"
- Level II - Certificate to be given to School upon completion of:**
 - Registration of Schools
 - Creation of Assessors and linking to School
 - Uploading of Student Data
- Level III - Certificate to be given to School, Principal and PETs upon Completion of:**
 - Fitness Assessment of all Students by PETs

Registration: The link for registration for attending these Live Webinars is available on <https://schoolfitness.kheloindia.gov.in/tot.aspx>.



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Note: It is mandatory to nominate atleast one PE teacher/ Sports head from each school for TOT program.

For any further query or feedback, the schools may contact:

- **SAI:** Ms Ritu Singh, General Manager, Khelo India Fitness Assessment at fitness.kheloindia@gmail.com or ritu.singh@seqfast.com
- **CBSE:** Joint Secretary, Skill Education at jsse.cbse@gmail.com

Please refer to the annexures for more details about the programme and registering your school.

Biswajit Saha

(Dr. Biswajit Saha)

Director (Training and Skill Education)

Encl:

- **Annexure A:** "Whole School Approach to Fitness" Session with Principals on 15th June 2020
- **Annexure B:** "Fitness Assessment of School Going Children" (ONLINE TOT for PE Teachers) on 18th - 28th June 2020

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 Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, Delhi-110016.
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida 201309.
3. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110054
4. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
5. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim -737101
6. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar -791 111
7. The Director of Education, Govt. of A&N Islands, Port Blair - 744101
8. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini
9. The Additional Director General of Army Education, A-Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
10. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt - 110010
11. 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 for compliance.
12. All Director/Heads/ In-Charges, COEs of the Board with request to disseminate the information
13. All Joint Secretary/Deputy Secretary/Assistant Secretary, CBSE
14. In charge IT Unit with the request to put this circular on the CBSE Academic website
15. The Public Relations Officer, CBSE
16. PS to Chairperson, CBSE
17. SPS to Secretary, CBSE
18. SPS to Controller of Examinations, CBSE
19. SPS to Director (Information Technology), CBSE
20. SPS to Director (CTET)
21. SPS to Director (Edusat)
22. SPS to Director (Academics) CBSE.
23. SPS to Director (Professional Exam), CBSE
24. SPS to Director (Skill Education), CBSE



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Annexure A

“Whole School Approach to Fitness”

Session with Heads of Institutions / Principals - by Fit India

Kick-Off webinar on 15th June 2020

Timings: 11.00 AM – 12.30 PM

Target participants: Heads of Institutions / Principals of CBSE affiliated schools.

Registration: The link for registration for attending these Live Webinars is available on <https://schoolfitness.kheloindia.gov.in/tot.aspx>.

TOPICS TO BE COVERED	DELIVERED BY OFFICERS FROM	DURATION
1. Fitness is Integral to Education 2. Association of CBSE and SAI in Khelo India and Fit India initiatives	CBSE	20 min
1. Fit India Movement 2. Fitness Starts with Schools 3. Concept of Fit India School, Flag and Star Rating of schools 4. Fit India Protocols for Children, Adults and Seniors 5. Fit India Initiatives for CBSE Schools	Mission Director, Fit India	15 min
Questions and Answers		15 min
Fit India and KIMA Videos	2 Videos	3-5 min
1. Introduction to Khelo India Fitness Assessment for School Going Children 2. Khelo India Battery of Fitness Assessment Tests for 5-8, 9-18 Years 3. Khelo India Mobile App for Schools, PETs and Parents 4. Fitness Report Cards - Fitness Level Indicators, Recommendations for Improvement, Next Steps 5. Talent Identification Roadmap 6. Role of Principals in implementation of quality Khelo India Fitness Assessment	CEO, fitness365	25 min
Questions and Answers		15 min



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Annexure B

“Fitness Assessment of School Going Children”

Online TOT for PE Teachers by Khelo India, SAI

Date: 18th and 28th June 2020 (2 days per batch followed by online evaluation)

Timings: 4.30 PM – 6.00 PM

Target participants: PE Teachers/ Sports Coaches of CBSE affiliated schools

Registration: The registration link for attending these Live Webinars is available on
<https://schoolfitness.kheloindia.gov.in/tot.aspx>

TOPICS TO BE COVERED	DURATION
Day 1 - 18th June 2020	60 + 60 = 120 min
1. Introduction to Khelo India Fitness for School Going Children and Fit India and their linkage 2. Role and Responsibilities of Master/Regional Trainers 3. Fitness Protocols for 5-18 Years 4. Purpose for collecting correct Data 5. How to undertake Khelo India Battery of Tests	60 min
1. Visit to Khelo India Test Protocols for: a) Age 5-8 years (Class 1-3) b) Age 9-18 years (Class 9-12) 2. Registration of Schools followed by Video 3. Registration of Assessors on KIFA followed by Video 4. Upload and Manage Student Data on Portal followed by Video 5. How to conduct these tests using Assessor App followed by Video	60 min
Day 2 - 19th June 2020	60 + 60 = 120 min
1. Generation of Report Cards followed by Video 2. Interpretation of Report Card 3. Precautionary measures to conduct battery of tests 4. Purpose and Conducting RE-Test of Identified students 5. Talent Identification Roadmap 6. Way Forward / Goals for 20-21 7. Challenges faced till now by PETs 8. Questionnaire with Important Link	60 min
Questions and Answers	60 Minutes



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Structure of the Program

DAY BATCH	TIME	CBSE COE DETAILS	APPROX. NO. OF SCHOOLS
Day 1 Batch A	4.30 pm – 6.00 pm	Delhi-East, Delhi-West, Noida and Dehradun	4,863
Day 2 Batch A			
Day 3 Batch B	4.30 pm – 6.00 pm	Panchkula, Chandigarh and Prayagraj	5,538
Day 4 Batch B			
Day 5 Batch C	4.30 pm – 6.00 pm	Pune, Ajmer and Bhopal	4,075
Day 6 Batch C			
Day 7 Batch D	4.30 pm – 6.00 pm	Bhubaneswar and Guwahati and Patna	3,933
Day 8 Batch D			
Day 9 Batch E	4.30 pm – 6.00 pm	Kakinada, Thiruvananthapuram, Chennai	4,386
Day 10 Batch E			
Day 11	Off days for preparation of online evaluation of all participants of all batches.		
Day 12			
Day 13	09:00 – 11:00 AM	Online Evaluation of all PETs to test their Knowledge (They can refer to training material, Admin Manuals and SOPs which will be made available to them)	All Schools



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