



केन्द्रीय माध्यमिक शिक्षा बोर्ड  
( शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन )  
**CENTRAL BOARD OF SECONDARY EDUCATION**  
(An Autonomous Organisation under the Ministry of Education, Govt. of India)



CBSE/ DIR(SE&T)/KIFA/2020

19.03.2021

Circular No: Acad-25/2021

Heads of all the Institutions affiliated to CBSE

**Subject: Awareness Programme on 'Whole School Approach to Fitness' and 'Khelo India National Fitness Assessment Programme' by CBSE in collaboration with Sports Authority of India (SAI) under the FIT INDIA MISSION in online mode**

Dear Principal

This is in continuation to CBSE Notification no. 38/2018 dated 12.12.2018, Circular no. 01/2019 dated 09.01.2019, Circular No: Acad-83/2019 dated 30.12.2019 and Acad-38/2020 dated 28.05.2020 regarding the 'Khelo India National Fitness Assessment Programme for Schools'.

Ministry of Youth Affairs and Sports, under the aegis of FIT INDIA and as per NEP, CBSE is organizing an Online Physical Education Training Programme for all PE Teachers. These programmes are aimed at equipping the Physical Education Teachers of CBSE schools with the Knowledge, Skills and Attitude to perform Physical Fitness Assessment tests in their schools. These programmes shall be conducted from 24<sup>th</sup> March 2021 onwards. These trainings are being offered free of cost to all participants.

Post the training, PE Teachers will be able to register their schools, create profile for themselves, upload student's data, usage of KIFA and learn how to do Assessment. Once the schools reopen, they will be able to start Assessments using Mobile app in their schools.

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


**Registration/ Join link** will be available on: <https://schoolfitness.kheloindia.gov.in/tot.aspx>

All the Principals/Heads of Institutions must ensure that few teachers from their schools join these Training Programmes.

The Principals/Heads of Institutions must also ensure that after attending the training programme, the PE Teachers start taking fitness assessment in their schools on priority basis. Each and every students of the school must be assessed and correct data must be recorded in the app so that the data/entries can be used for future references.

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

- From CBSE: Joint Secretary, Department of Skill Education at [jsse.cbse@gmail.com](mailto:jsse.cbse@gmail.com)
- From SAI: Ms Ritu Singh, GM, KIFA at [fitness.kheloindia@gmail.com](mailto:fitness.kheloindia@gmail.com) / [ritu.singh@seqfast.com](mailto:ritu.singh@seqfast.com)
- Contact the Regional Managers and Technical Experts as provided on <https://schoolfitness.kheloindia.gov.in/StaticPage/ContactUs.aspx>

  
(Dr. Biswajit Saha)

Director (Skill Education and Training)



'शिक्षा सदन', 17, राऊज़ एवेन्यू, इंस्टीटूशनल एरिया, नई दिल्ली-110002  
'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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( शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन )

## CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation under the Ministry of Education, Govt. of India)



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 - 791111
7. The Director of Education, Govt. of Andaman & Nicobar 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. DS to Chairman, CBSE - for kind information of the Chairman, CBSE
12. All the Heads of Department of the Board.
13. All the Regional Directors/Regional Officers/Head-COEs, 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.
14. Head (Media & Public Relations), CBSE
15. Assistant Secretary (IT), CBSE, Rouse Avenue with the request to upload this notification on the CBSE Academic website.
16. Senior Hindi Translator, Hindi Cell, CBSE HQ –for Hindi Translation.

Director (Skill Education and Training)



‘शिक्षा सदन’, 17, राऊज़ एवेन्यू, इंस्टीट्यूशनल एरिया, नई दिल्ली-110002  
‘Shiksha Sadan’, 17, Rouse Avenue, Institutional Area, New Delhi – 110002



## “Whole School Approach to Fitness”

Kick-Off webinar

**Date: 24<sup>th</sup> March 2021, Wednesday, 9.00 – 10.00 AM**

**Target Group/Intended for:** Principals/Vice-Principals/Head Teachers/Master Trainers

TOPICS COVERED	DURATION
<ul style="list-style-type: none"> <li>• <b>Fit India Movement</b> <ol style="list-style-type: none"> <li>1. Fitness Starts with Schools</li> <li>2. Concept of Fit India School, Flag and Star Rating of schools</li> <li>3. Fit India Protocols for Children, Adults and Seniors</li> <li>4. Fit India Initiatives for Schools</li> </ol> </li> </ul>	15 minutes
<ul style="list-style-type: none"> <li>• <b>Key Note address by CBSE</b></li> </ul>	10 minutes
<ul style="list-style-type: none"> <li>• <b>Structured Physical Education Community Coaching program by SAI LNCPE</b></li> </ul>	5 minutes
<ul style="list-style-type: none"> <li>• <b>Fit India and KIMA Videos</b></li> </ul>	3 minutes
<ul style="list-style-type: none"> <li>• <b>Introduction to Khelo India Fitness Assessment for School Going Children</b> <ol style="list-style-type: none"> <li>1. Khelo India Battery of Fitness Assessment Tests for 5-8, 9-18 Years</li> <li>2. Khelo India Mobile App for Schools, PE Teachers and Parents</li> <li>3. Fitness Report Cards - Fitness Level Indicators, Recommendations for Improvement, Next Steps</li> <li>4. Talent Identification Roadmap</li> <li>5. Role of Principals in implementation of quality Khelo India Fitness Assessment</li> </ol> </li> </ul>	20 minutes
<ul style="list-style-type: none"> <li>• <b>Questions and Answers</b></li> </ul>	15 minutes

**“Khelo India Fitness Assessment of School Going Children”**  
(Online Training Programme for ALL TEACHERS including PE Teachers)

**Schedule**

	Day 1	Day 2
<b>Batch 1</b>	<b>24 March 2021</b> 2.00 – 3.00 PM	<b>25 March 2021</b> 2.00 – 3.00 PM
<b>Batch 2</b>	<b>24 March 2021</b> 3.30 – 4.30 PM	<b>25 March 2021</b> 3.30 – 4.30 PM
<b>Batch 3</b>	<b>30 March 2021</b> 2.00 – 3.00 PM	<b>31 March 2021</b> 2.00 – 3.00 PM
<b>Batch 4</b>	<b>30 March 2021</b> 3.30 – 4.30 PM	<b>31 March 2021</b> 3.30 – 4.30 PM
<b>Online Examination</b>	<b>3 April 2021</b>	
	Anytime from 6 AM to 10 PM (60 Minutes) - as convenient to participants	
	Online Evaluation shall test their Knowledge (Participants can refer to training material, Admin Manuals and SOPs which will be made available to them)	

**Each batch will undergo 2 days of training (60 minutes each) covering the following topics:**

**Day 1:**

1. Concept & Protocol of Khelo India Fitness Assessment Program
2. School registration
3. Uploading Student data
4. Managing Assessor
5. How to undertake Khelo India Battery of Tests

**Day 2:**

6. Conducting Assessment using KIFA
7. Generating Report card
8. Parent App and Talent Identification Road map
9. Discussions on Questions by PETs

**E-certificate** will be issued by SAI to the Participants based on successful completion of each level of this training program and fitness assessment conducted in your school. It is expected that post the Online TOT Program, Schools which have not yet registered on <https://schoolfitness.kheloindia.gov.in> or PE Teachers who have not registered on “Khelo India” App (School version) shall do their registrations and upload student data on the portal as a preparedness for Physical Fitness Assessment when schools reopen. The Khelo India Mobile App can be downloaded from Google Play Store.

**Certification Levels:**

- I. Certificate of Participation (Level I) - Attending Online Sessions - Certificate to be given to Principals and PETS**
  - a. Registration of Schools
  - b. “Whole School Approach to Fitness” Session for Principals
  - c. “How to do Khelo India Fitness Assessment of School Going Children for PE Teachers
- II. Certificate of Achievement 1 (Level II) - Certificate to be given to School upon completion of:**
  - a. Creation of Assessors and linking to School
  - b. Uploading of Student Data
- III. Certificate of Achievement 2 (Level III) - Certificate to be given to School, Principal and PE Teachers upon Completion of:**
  - a. Fitness Assessment of all Students by PE Teachers
- IV. Certificate of Merit (Level-IV)- Certificate to be given to PE Teachers /Coaches upon appearing for Online Evaluation**

**Registration link for attending these Live Webinars:** <https://schoolfitness.kheloindia.gov.in/tot.aspx>

**Target audience/ Intended for:** Principals, Vice-Principals, Teachers, Physical Education Teachers, Sports Coaches from schools.

**For any further query and feedback, the schools may contact:**

1. State Regional Manager : <https://schoolfitness.kheloindia.gov.in/StaticPage/ContactUs.aspx>
2. Ms Ritu Singh, General Manager: [fitness.kheloindia@gmail.com](mailto:fitness.kheloindia@gmail.com) / [ritu.singh@seqfast.com](mailto:ritu.singh@seqfast.com)