CIRCULAR

Read : Circular no. Acad/Circular/2019/2567, dated 13/11/2019

As per above cited circular it was informed to all the schools to organize “FIT INDIA Week” in 3rd week of November 2019 to promote the culture of fitness by doing suggested activities.

In continuation to the above it is proposed to conduct Essay/Poem Writing competition for all students on the theme “Fit India School” and take up “Ek-Bharat-Shreshtha Bharat” on sixth day of the week program.

For this purpose schools in ‘Partner State 1’ are expected to take up indigenous game of ‘Partner State 2’. As for the State of Goa the Partner State 2 is Jharkhand, any indigenous game from Jharkhand i.e. Kati, Kabaddi, Pari Khandha (Martial Art) and Gutte (Small Stones) may be taken up.

It is therefore enjoined upon all the heads of Govt./Govt. aided/unaided primary/secondary/higher secondary and special schools to organize Indigenous Games in addition to the activities organized for the FIT INDIA WEEK 2019 involving parents, staff, Management and to display photographs of the above program on the school notice boards.

Head of the schools are also informed to create a new page on its website titled “Fit India Movement” and a brief about the activities undertaken and related pictures/videos be uploaded on it. The same maybe submitted through Google form using link:https://forms.gle/NzAz6Wxg5StKTE3DA

Rating of school is to be done by the Head of the school as per enclosed criteria for FIT INDIA Compliance and to be registered on www.fitindia.gov.in

Enclosed: As above.

To,
The Heads of all Govt./Govt. Aided /Unaided Primary/Secondary/Higher Secondary & Special Schools in the State of Goa.

Copy to:-

1. The Jt. Secretary (E.E.II), Govt. of India, Ministry of Human Resource Development, Department of School Education & Literacy, Shastri Bhawan, New Delhi – 110 115.
2. The Dy. Director of Education, North/South/Central Educational Zone, Mapusa/Margao/Panaji-Goa.
3. All section of this Directorate.
4. The ADEIs of all Talukas.
5. The Nodal Officer, I.T. for uploading on the website of this Directorate.
Criteria for the rating of the school:-

A) **FOR FIT INDIA COMPLIANCE/FIT INDIA FLAG**

- One Physical Education Teacher (PET) or a teacher trained in PE shall be there in the school who himself/herself is physically fit.
- The School has playground(s)/facilities for at least two outdoor sports.
- The School provides a PE period each day for every section where physical activities take place.
- Every student is encouraged to spend at least 60 minutes on physical activity per day.

B) **Schools with 3 star rating**

- School has facilities for 4 sports including 2 outdoor sports facilities.
- Every teacher is fit and spends 60 minutes on fitness per day.
- Every student plays at least two sports. One should be an Olympic sport & one should be an indigenous/traditional sport.
- School has at least two trained teachers (including one PET) well versed with any two sports.

C) **Schools with 5 Star rating.**

Apart from the above mentioned points under “Schools with 3 Star rating” following parameters are also required:-

- School conducts intra-school competitions and participates in interschool competition. (Including an Annual Sports Day)
- The School has at least four trained teachers. (Including two PETs) well versed with any two sports.
- School follows structured P.E. Curriculum, prescribed by NCERT/School board.
- School conducts annual fitness assessment for all children.
- School makes school playground(s) available beyond school hours for neighbouring communities.