



**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

12.04.2021

**NOTIFICATION**

**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**

This is in continuation to CBSE Circular No. Acad-25/2021 dated 19.03.2021 on the above cited subject whereby the schedule of the awareness programme on 'Whole School Approach to Fitness' and online training programmes on the 'Khelo India National Fitness Assessment Programme' to be conducted by CBSE in collaboration with Sports Authority of India (SAI) under the Fit India Mission were announced.

In response to the huge demand by schools, CBSE will be organizing the next batches of these programmes for all Principals, PE Teachers/Sports Coaches of CBSE affiliated schools from 15<sup>th</sup> April 2021 onwards as per the following schedule:

TOPIC	DATE	TIMINGS
• Online Awareness Programme on 'Whole School Approach to Fitness'	15 <sup>th</sup> April 2021 Thursday	10:30 AM to 11:30 AM
• Online Training Programmes on the 'Khelo India National Fitness Assessment Programme' Batches 5, 6 & 7	15 <sup>th</sup> April 2021 to 23 <sup>rd</sup> April 2021	2:00 PM to 4:30 PM
• Online examination for Batches 1, 2, 3 & 4	19 <sup>th</sup> April 2021 Monday	Anytime from 6 AM to 10 PM (60 Minutes) as convenient to participants
• Online examination for Batches 5, 6 & 7	26 <sup>th</sup> April 2021 Monday	

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

**Registration/ Joining link** is available on: <https://schoolfitness.kheloindia.gov.in/tot.aspx>

**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>

*Biswajit Saha*  
(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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**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. Incharge, Hindi Cell, CBSE HQ – for Hindi Translation of this circular.

**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”

**Date: 15<sup>th</sup> April 2021, 10.30 AM – 11.30 AM**

**Target Group/Intended for:** Representatives from School Education Departments/ School Boards, Sports Coordinators, 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>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

## ‘How to do Khelo India Fitness Assessment of School Going Children’

Online TOT for All teachers including PE teachers

**Target participants:** Principals / Head Teachers PE Teachers and all subject teachers including PE teachers / Nodal Sports Teachers / Sports Coaches from schools.

DAY 1		DAY 2
<b>BATCH 5</b>	<b>15 April 2021</b> 2.30 – 4.00 PM	<b>16 April 2021</b> 2.30 – 4.00 PM
<b>BATCH 6</b>	<b>20 April 2021</b> 2.30 – 4.00 PM	<b>21 April 2021</b> 2.30 – 4.00 PM
<b>BATCH 7</b>	<b>22 April 2021</b> 2.30 – 4.00 PM	<b>23 April 2021</b> 2.30 – 4.00 PM
<b>ONLINE EXAMINATION</b>	<b>19 April 2021</b>	Anytime from 6 AM to 10 PM (60 Minutes) – as convenient to participants
<b>ONLINE EXAMINATION</b>	<b>26 April 2021</b>	Online Evaluation to test their Knowledge (they can refer to training material, Admin Manuals and SOPs which will be made available to them)

Each batch will undergo 2 days of training (90 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 PE Teachers

**Outcome:** Post the training, participants will be able to register their schools, create profiles for themselves, upload student data and learn to do Assessment.

Once schools reopen they will start Assessments in their schools.

**Registration Link:** The link for attending these Live Training Programmes is available on:  
<https://schoolfitness.kheloindia.gov.in/tot.aspx>

**Certification:** E-certificates shall be issued by SAI to the participants based on the 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 that have not yet registered on **[schoolfitness.kheloindia.gov.in](https://schoolfitness.kheloindia.gov.in)** or PE Teachers who have not yet registered on the 'Khelo India (School version)' App (This App can be downloaded from Google Play Store), shall be able to do their registrations and upload students' data on the portal as a preparedness for the Physical Fitness Assessment, as and when schools reopen.

**Certification Levels:**

- I. Certificate of Participation (Level I) – for Attending Online Sessions - Certificate to be given to Principals and PE Teachers**
  - 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**

**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)