



Government of India  
Ministry of Youth Affairs and Sports



D.O.No 17-3/SAI/Fit India/MD/2020

19<sup>th</sup> Jan, 2021

*Respected Sir,*

**Subject: Fit India Awareness Programme for School Education Department of Tamil Nadu with Sports Authority of India (SAI) under the Khelo India National Fitness Programme for Schools in Online mode**

'Khelo India', a National Programme for Development of Sports in India, was introduced in December 2017 by the **Ministry of Youth Affairs and Sports, Govt. of India** to revive the sports culture in India and to identify the talent at grass-root level by building a strong framework. "Physical Fitness of School going Children" is one of vital vertical out of 12 key verticals of Khelo India.

2. Sports Culture needs to be an integral part of Education System. Sports Authority of India is developing a 4-stage framework - Grassroots, Development, Excel and Elite - to capture different sporting pathways. Physical fitness assessment of school going children is first step towards grass root talent identification. This needs to be done by all teacher inclusive PE Teachers in schools.

3. Due to the Coronavirus (COVID-19) outbreak, schools were shut down for quite a long time. However, the new academic session has begun across India in form of Online Classes / Webinars. Keeping this in mind, the initiative taken by the Tamil Nadu state board Schools is appreciable wherein 1783 schools are registered and 3,76,938 Students data had been uploaded, Since there are lot of potential in schools under Tamil Nadu state Education Board, we would like to request that Khelo India Fitness Programme needs to be implemented in each school of each district of Tamil Nadu.

4. Post this, along with your effort, we would like to organise online Training of training Program under Khelo India Fitness Assessment Programme for the PETs. In order to make teachers equipped with the Knowledge, Skills and Attitude to perform Physical Fitness Assessment tests in their schools, we would like to propose to conduct 2 days (1.5 hour each) online training programme/ webinar for PE Teachers.

5. SAI proposes to do the 2 days training session in 15 Feb, 2021(tentative). Post the training, PETs will be able to register their schools, create profile for themselves, upload students' data, Usage of KIFA and learn how to do Assessment. Once schools reopen they will be start Assessments using Mobile app in their schools and also a half day (2 hours) on-ground training may be conducted for practical experience of Assessments.

Kindly intimate to us the confirmation regarding the same, and also inform us about any impact in the context of the proposed plan.

With regards,

*Ekta Vishnoi* Yours sincerely,  
(Ekta Vishnoi)  
Mission Director, Fit India

Thiru Apurva Varma, IAS,  
Addl Chief Secretary to Government  
Higher Education Department Secretariat,  
Chennai 600 009

## Annexure A: “Whole of School Approach to Fitness” Session

Kick-Off webinar by Fit India

15<sup>th</sup> Feb 2020, 2.30 – 3.30 PM (Principals/Head Teachers/Master Trainers)

Intended for: Representatives from School Education Departments/ School Boards, Sports Coordinators, School Principals

TOPICS COVERED	DURATION
<ul style="list-style-type: none"><li>• Special Address by DG sir</li></ul>	10 minutes
<ul style="list-style-type: none"><li>• Key Note address by State Board Official</li></ul>	10 minutes
<ul style="list-style-type: none"><li>• Fit India Movement<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>• Distinctive Address by on e- Pathshala</li></ul>	5 minutes
<ul style="list-style-type: none"><li>• Structured Physical Education Community Coaching program by SAI LNCPE</li></ul>	5 minutes
<ul style="list-style-type: none"><li>• Fit India and KIMA Videos</li></ul>	3 minutes
<ul style="list-style-type: none"><li>• Introduction to Khelo India Fitness Assessment for School Going Children<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, PETs 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>• Questions and Answers</li></ul>	15 minutes

## Annexure B: “How to do Khelo India Fitness Assessment of School Going Children”

(Online TOT for All teachers including PE teachers) - by Khelo India

Date **16 Feb– 19 Feb 2021**

**Target participants:** Principals, PE Teachers/ Sports Coaches from schools SAI proposes Online Training for Principals / Head Teachers and All subject teachers including PE teachers / Nodal Sports Teachers during **16 Feb– 19 Feb 2021**. Post the training, Teachers will be able to register their schools, create profiles for themselves, upload student data and learn how to do Assessment. Once schools reopen, they will start Assessments in their schools.

	Dates	Time
<b>Batch-A</b>	<b>16 Feb– 17 Feb 2021</b>	2.30 – 4.00 PM
<b>Batch-B</b>	<b>18 Feb– 19 Feb 2021</b>	2.30 – 4.00 PM
<b>Online Examination</b>	<b>27 Feb 2021</b>	Anytime from 6 AM to 10 PM (60 Minutes) - as convenient to participants  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 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 [schoolfitness.kheloindia.gov.in](https://schoolfitness.kheloindia.gov.in) or PE Teachers who have not registered on “Khelo India (School version)” App (can be downloaded from Google Play Store) do their registrations and upload student data on the portal as a preparedness for Physical Fitness Assessment when schools reopen.

### **Certification Levels:**

1. **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
2. **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
3. **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
4. **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>

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

1. State Regional Manager : Muthu Selvan, [muthu.selvan@seqfast.com](mailto:muthu.selvan@seqfast.com)
2. Ms Ritu Singh, General Manager: [fitness.kheloindia@gmail.com](mailto:fitness.kheloindia@gmail.com) / [ritu.singh@seqfast.com](mailto:ritu.singh@seqfast.com)