

ASSISI FITNESS CHALLENGE 2020

Students, please note that the Fitness Challenge is on!

We sincerely hope that you are practising and getting ready to participate by presenting your Challenge Video.

CHANGED DATES FOR SENDING YOUR CHALLENGE VIDEO

1 OCTOBER – 20 OCTOBER, 2020

- **Kindly follow all the Instructions provided earlier.**
- **In addition tips for quality recording on mobile phone are given below :**
 1. **Keep the mobile in horizontal position while recording.**
 2. **Use the backside camera of mobile phone.**
 3. **Ensure that light source is on the subject being recorded.**

Avoid back light.
- **Video to be submitted in the Physical Education Google Classroom.**
- **Please refer to the accompanying list of events to find out the serial number of the event you are presenting for the challenge**
- **Video File Name should be: Serial No. of Event, Name of Student, Class & Section**

Eg.: 15 - ANAND A.- 6 – A
- **Time limit of the given challenge should be strictly adhered to.**

Anticipating your sporting and enthusiastic participation,

With regards,

PRINCIPAL

ASSISI VIDYANIKETAN PUBLIC SCHOOL, KOCHI – 21
ASSISI FITNESS CHALLENGE - 2020

SL. No	CLASS	EVENT	CATEGORY	TIME LIMIT	CHALLENGE CATEGORY	DESCRIPTION OF CHALLENGE
1.	I & II	PLATE TAPPING	Boys & Girls	30 sec.	Fitness	No. of taps without stopping
2.		FLAMINGO BALANCE		1 min.		Without losing balance
3.		TOY - TOWEL RELAY		1 min.		Recreation
4.	III	PLATE TAPPING	Boys & Girls	30 sec.	Fitness	No. of taps without stopping
5.		FLAMINGO BALANCE		1 min.		Without losing balance
6.		BALL THROW & CATCH		30 sec.		Continuous against the wall using alternate hands
7.		BADMINTON JUGGLING		1 min.	Recreation	Juggle the cock without dropping
8.	IV & V	BENT – KNEE PUSH - UP	Boys & Girls	30 sec.	Fitness	Total no. of continuous push-ups
9.		SIT - UP	Boys & Girls	30 sec.		Total no. of continuous sit-ups
10.		SKIPPING		1 min.		Total no. of skips without stopping
11.		BADMINTON JUGGLING	Boys & Girls	1 min.	Recreation (any one)	<ul style="list-style-type: none"> • Max. no. of juggles/ knocks without stopping) • One participant is permitted to choose <u>any one challenge</u> only.
12.		FOOTBALL JUGGLING				
13.		KNOCKING WITH CRICKET BAT				
14.	VI, VII & VIII	PUSH – UP	Boys only	1 min.	Fitness (any three)	Total no. of continuous push-ups
15.		BENT – KNEE PUSH - UP	Girls only	1 min.		Total no. of continuous push-ups
16.		SIT – UP	Boys & Girls	1 min.		Total no. of continuous sit-ups
17.		SKIPPING		1 min.		Total no. of skips without stopping
18.		HALF – SQUAT POSITION WITH WALL SUPPORT		No time limit		Max. time without losing balance



19.		SURYA NAMASKARAM (WITH BOTH LEGS) OR GOMUKHASANA		No time limit	Fitness Yogasana (any one)	Perfection		
20.		BADMINTON WALL DRILL	Boys & Girls	1 min.	Recreation (any one)	<ul style="list-style-type: none"> • Max. no. of hits / juggles/ knocks without stopping) • One participant is permitted to choose <u>any one challenge only</u>. 		
21.		FOOTBALL JUGGLING						
22.		KNOCKING WITH CRICKET BAT						
Sl. No	CLASS	EVENT	CATEGORY	TIME LIMIT	CHALLENGE CATEGORY	DESCRIPTION OF CHALLENGE		
23.	IX, X, XI & XII	PUSH – UP	Boys only	1 min.	Fitness (any three)	Total no. of continuous push-ups		
24.		BENT – KNEE PUSH - UP	Girls only	1 min.		Total no. of continuous push-ups		
25.		SIT – UP		1 min.		TOTAL NO. OF CONTINUOUS SIT-UPS		
26.		SKIPPING		1 min.		TOTAL NO. OF SKIPS WITHOUT STOPPING		
27.		HALF – SQUAT POSITION WITH WALL SUPPORT	BOYS & GIRLS	NO TIME LIMIT		MAX. TIME WITHOUT LOSING BALANCE		
28.		PLANK		NO TIME LIMIT		FITNESS YOGASANA (ANY ONE)	MAX. TIME WITHOUT LOSING BALANCE	
29.		SURYA NAMASKARAM (WITH BOTH LEGS) OR DHANURASANA						
30.			BADMINTON WALL DRILL	BOYS & GIRLS		1 min.	RECREATION (ANY TWO)	<ul style="list-style-type: none"> • MAX. NO. OF WALL HITS/JUGGLES/ KNOCKS / PASSES WITHOUT STOPPING) • ONE PARTICIPANT IS PERMITTED TO CHOOSE <u>ANY TWO CHALLENGES</u>.
31.			FOOTBALL JUGGLING					
32.			KNOCKING WITH CRICKET BAT					
33.		UPPER ARM & UNDER ARM PASS						

34. FAMILY FITNESS CHALLENGE

ALL PARENTS ARE INVITED TO JOIN WITH FAMILY TO SHOWCASE THEIR FAMILY FITNESS

- **ANY EXERCISE/ EXERCISES OF YOUR CHOICE (MAY / MAY NOT INCLUDE ANY OF THE ABOVE)**



**Assisi Vidyaniketan
Public School**
KAKKANAD

AVPSK/25/2020

01 October 2020

- **EACH FAMILY MEMBER MAY SHOWCASE DIFFERENT EXERCISES OR ALL MAY DO THE SAME EXERCISE**
- **MINIMUM 3 PARTICIPANTS**
- **VIDEO TIME LIMIT 2 MINUTES.**

SUMA PAUL
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