

LIST OF ACTIVITIES FOR “FIT INDIA WEEK”

DAY-1	S.No.	Track & Field Event	Group	Class	No. of Students
	1.	High Jump	Boys/Girls	VI to VIII	3 students from each house
	2.	1500m	Boys/Girls	VI to VIII	3 students from each house
	3.	1500m	Boys/Girls	IX to XII	3 students from each house
	4.	Pithoo	Boys/Girls	IX to XII	15 students from each house

DAY-2	S.No.	Track & Field Event	Group	Class	No. of Students
	1.	High Jump	Boys/Girls	IX to XII	3 students from each house
	2.	800m	Boys/Girls	VI to VIII	2 students from each house
	3.	800m	Boys/Girls	IX to XII	2 students from each house
	4.	Pithoo	Boys/Girls	VI to VIII	15 students from each house

DAY-3	S.No.	Track & Field Event	Group	Class	No. of Students
	1.	Long Jump	Boys/Girls	IX to XII	3 students from each house
	2.	400m	Boys/Girls	VI to VIII	2 students from each house
	3.	400m	Boys/Girls	IX to XII	2 students from each house
	4.	Ball Throw	Boys/Girls	VI to VIII	3 students from each house
	5.	Standing Broad Jump	Boys/Girls	IX to XII	3 students from each house
	6.	Cross Country	Boys/Girls	VI to VIII	3 students from each house
	7.	Cross Country	Boys/Girls	IX to XII	3 students from each house

DAY-4	S.No.	Track & Field Event	Group	Class	No. of Students
	1.	Long Jump	Boys/Girls	VI to VIII	3 students from each house
	2.	200m	Boys/Girls	VI to VIII	2 students from each house
	3.	200m	Boys/Girls	IX to XII	2 students from each house
	4.	Ball Throw	Boys/Girls	IX to XII	3 students from each house
	5.	Standing Broad Jump	Boys/Girls	VI to VIII	3 students from each house

DAY-5	S.No.	Track & Field Event	Group	Class	No. of Students
	1.	Flat Races	Boys/Girls	I to V	2 students from each house
	2.	Fun Races	Boys/Girls	I to V	2 students from each house
	3.	100m	Boys/Girls	VI to VIII	2 students from each house
	4.	100m	Boys/Girls	IX to XII	2 students from each house
	5.	Tug of War	Boys/Girls	VI to VIII	15 students from each house

DAY-6	S.No.	Track & Field Event	Group	Class	No. of Students
	1.	4X100m Relay	Boys/Girls	IV to V	4 students from each house
	2.	4X100m Relay	Boys/Girls	VI to VIII	4 students from each house
	3.	4X100m Relay	Boys/Girls	IX to XII	4 students from each house
	4.	4X400m Relay	Boys/Girls	IV & V	4 students from each house
	5.	4X400m Relay	Boys/Girls	VI to VIII	4 students from each house
	6.	4X400m Relay	Boys/Girls	IX to XII	4 students from each house
	7.	Tug of War	Boys/Girls	IX to XII	15 students from each house