



Jaypee Public School, Noida 'Online Fit India School Week'



Day wise activities for students:

Day-1 Yoga Se Hi Hoga: Yoga session

Day-2 Fit Hai Tou Hit Hai: Fitness session

Day-3 Let Us Witness Your Fitness: Take the fitness challenge as per your capacity and skill, make your video and share it with us on any of these below mentioned activities:
Yoga Asana ,Ball Drill ,Rope Skipping, Fitness Move, Aerobics skill ,Show us the Game skill of your choice, You may also team up and perform with your parent or sibling.

Day-4 Power Of Knowledge: Sports Movie Time

Day-5 Time For Mental Fitness: Quiz activity/competition

Please do not miss any of these sessions