

GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI
DIRECTORATE OF EDUCATION: SPORTS BRANCH
CHHATRASAL STADIUM: MODEL TOWN: DELHI-110009

No. DE.41/2016/Sports/

25808-25857

Dated: 21.3.2017

CIRCULAR

Sub.: Awareness about the National Physical Fitness Programme among school children

It is bring to your kind notice that Govt. of India is going to introduce a **National Physical Fitness Programme** under which the physical fitness level of children in the age group of 10-18 years will be measured, complemented by a physical fitness programme to be conducted at **JLN Stadium** wef 5th April, 2017 to 7th April, 2017.

It is believed that every student who is physically fit would be an asset to the nation whereas those unfit, a liability. The endeavor of the programme is to build FIT India and Physical fitness of children would also improve academic performance.

These are items to be tested during the physical fitness programme :-

Variable	Test	Age Group
Cardio-respiratory endurance	600 mtr. run / walk test	10-12 years boys & girls
	800 mtr. run / walk test	12+ - 15 years boys & girls
	1000 mtr. run / walk test	15+ - 18 years boys & girls
Speed	50 mtr. Dash	10 - 18 years boys & girls
Muscular Strength	Modified push-ups	10-18 years boys & girls
Flexibility	Sit & reach test	10-18 years boys & girls
Body Mass Index	Height , age , weight	10 – 18 years boys & girls

Schedule

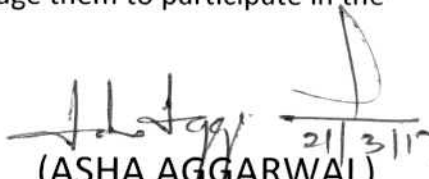
Date of testing programme	Age Group	Sex
5 th April 2017	10 to 12 years	Boys & Girls
6 th April 2017	12+ to 15 years	Boys & Girls
7 th April 2017	15+ to 18 years	Boys & Girls

The measurement protocol would be very simple requiring only stop watches, a measuring tape and a weighing machine. Once the measurement is done, result of each student would be reflected in the report card so that parents are aware of fitness level of their wards and would be interested in ensuring that it is not below the national norms.

It is desired from all the schools who are sending their children for the collection of data for the norms to please ensure that children coming for the test are free from any medical ailment.

The D.O. letter No. 11-18/2016-RMSA-1 dated 28th Feb., 2017 received from Shri Maneesh Garg, Joint Secretary (SE-1), Govt. of India, Ministry of Human Resource Development, Department of School Education & Literacy, Shastri Bhavan, New Delhi is enclosed herewith for perusal.

All the Heads of the Schools are directed to bring the above contents into the knowledge of all the students of their respective schools & encourage them to participate in the National Physical Fitness Programme, as detailed above.


(ASHA AGGARWAL)

Dy. Director of Edn. (SPORTS)

Copy forwarded to the following for information and necessary action :-

1. Sh. Maneesh Garg, Joint Secretary (SE-1), Govt. of India, Ministry of Human Resource Development, Department of School Education & Literacy, Shastri Bhavan, New Delhi with reference to his D.O. letter No. 11-18/2016-RMSA-1 dated 28th Feb., 2017.
2. All Spl. Des
3. All Addl. Des
4. All RDEs
5. All District DDEs
6. All DDEs of the zones
7. All ADEs
8. All SPEs (Zone 1 – 29)
9. PS to Secretary (Education)
10. PS to Director of Education
11. Guard File
12. O.S. (IT) with the request to place the circular on website.



Maneesh Garg,
Joint Secretary (SE-1)
Tel.-011-23386232
Email: maneesh.garg@nic.in



सूचना का
अधिकार

भारत सरकार
मानव संसाधन विकास मंत्रालय
स्कूल शिक्षा और साक्षरता विभाग
शास्त्री भवन

नई दिल्ली - 110 115
GOVERNMENT OF INDIA

MINISTRY OF HUMAN RESOURCE DEVELOPMENT
DEPARTMENT OF SCHOOL EDUCATION & LITERACY
SHASTRI BHAVAN
NEW DELHI-110 115

Dated:- 28th February, 2017

D. O . No. 11-18/2016-RMSA-1

Respected ma'am/sir,

I would like to refer to the D.O. letter No. 70-211/2016-SP.VI dated 6th February, 2017 (copy enclosed) of the Secretary, Department of Sports regarding the National Physical Fitness Programme to measure the physical fitness level of children in the age group of 10-18 years.

2. In order to address the issue of physical fitness among school children in the age group of 10-18 years, Department of Sports has introduced a National Physical Fitness Programme under which the physical fitness level of children will be measured in terms of endurance, speed, strength, flexibility and body mass index.

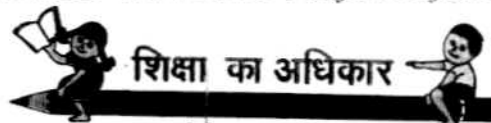
3. The measurement protocol would be very simple requiring only stop watches, a measuring tape and a weighing machine. Once the measurement is done, result of each student would be reflected in the report card so that parents are aware of fitness level of their wards and would be interested in ensuring that it is not below the national norms.

4. You may like to participate in this initiative. The parameters and schedule for conducting random sample for development of fitness norms are annexed with the copy of the letter.

Yours sincerely,


(Maneesh Garg)

The Principal Secretary/Secretaries, Secondary Education of Andhra Pradesh, Arunachal Pradesh, Assam, Chhattisgarh, Goa, Gujarat, Haryana, J&K, Karnataka, Kerala, Madhya Pradesh, Meghalaya, Maharashtra, New Delhi, Punjab, Rajasthan, Telangana, Uttar Pradesh and West Bengal



शिक्षा का अधिकार

सर्व शिक्षा अभियान

सब पढ़ें सब बढ़ें

101/SE/401
08/3/17

DE
let us
7/3

participate
copy

SPD (PSA/RMSA)
to DDO (Sports)
PR. coordinate

regards,
2/3

4664/DE
08/3/17

Injeti Srinivas, IAS
Secretary



217/KM-177
खेल विभाग
शास्त्री भवन, डॉ. राजेन्द्र प्रसाद रोड
नई दिल्ली-110 001
Department of Sports
Shastri Bhavan, Dr. Rajendra Prasad Road
New Delhi-110 001

D.O.No.70-211/2016-SP.VI

February 6, 2017

Dear Shri. Swarup,

With a view to addressing the issue of physical fitness among school children in the age group of 10 – 18 years, it is proposed to introduce a National Physical Fitness Programme under which the physical fitness level of children will be measured, complemented by a Physical Fitness Programme.

2. A similar programme was introduced in early 1960's, but it was a pilot programme, which got discontinued in 1986. The present proposal is to not only revive the earlier programme, but introduce universal coverage.

3. Action is already underway to develop physical fitness norms for boys and girls in the age group of 10 – 12 years, 12+ to 15 years and 15+ to 18 years. The fitness level would be measured in terms of endurance, speed, strength, flexibility and body mass index. The measurement protocol would be very simple requiring only stop watch, a measuring tape and a weighing machine. It is proposed to dovetail this programme with the 'Sarva Shiksha Abhiyan'/RTE and 'Madhyamik Shiksha Abhiyan'. Once the measurement is done, result of each student would be reflected in the report card so that parents are aware of fitness level of their wards and would be interested in ensuring that it is not below the national norms.

4. As you would agree, every student who is physically fit would be an asset to the nation whereas those unfit, a liability. The endeavour of the programme is to build FIT India. We also believe that physical fitness would also improve academic performance.

5. I seek your kind support in advising all State Governments to join this movement of making India fit. The parameters and schedule for conducting random sample for development of fitness norms are annexed for kind information.

With warm regards,

Yours sincerely,

(Injeti Srinivas)

Encl. as above

Shri Anil Swarup,
Secretary
Department of School Education & Literacy)
Ministry of Human Resource Development
Shastri Bhawan,
New Delhi

Annexure

These are items to be tested during the physical fitness programme.

Variable	Test	Age group
Cardio-respiratory endurance	600 mtr. run/walk test	10-12 years boys & girls
	800 mtr run/walk test	12+ - 15 years boys & girls
	1000 mtr run/walk test	15+ - 18 years boys & girls
Speed	50 mtr. dash	10- 18 years boys & girls
Muscular Strength	Modified push-ups	10- 18 years boys & girls
Flexibility	Sit & reach test	10- 18 years boys & girls
Body Mass Index	Height, age, weight	10- 18 years boys & girls

Equipments required:

1. Stop watch.
2. Measuring Tape.
3. Weighing machine.

The Govt. of India is planning to prepare the norms for children of Indian schools so that the present status of children of school is known. The norms will be prepared, so that they can be graded accordingly and perform various exercises to improve various components of physical fitness.

The following test centers have been selected to collect the data on physical fitness of the school children. The children will include the students of Kendriya Vidyalaya, Govt. Schools of various states and they will report to the testing centers according to the schedule given below.

1. North Zone

- a. SAI Center, Srinagar (Jammu & Kashmir)
- b. Guru Nanak Dev University, Amritsar (Punjab)
- c. SAI Center, Sonapat (Haryana)
- d. JLN Stadium, New Delhi

2. East Zone

- a. SAI Center, Itanagar (Arunachal Pradesh)
- b. LNIPE -NERC, Sonapur, Guwahati (Assam)
- c. SAI Center, Shillong (Meghalaya)
- d. SAI Center, Salt Lake, Kolkatta (West Bengal)

3. West Zone

- a. SAI Center, Pune (Maharashtra)
- b. SAI Center, Goa
- c. SAI Center, Gandhi Nagar (Gujrat)

4. South Zone

- a. SAI Center, Bangalore (Karnataka)
- b. LNCPE, Trivandrum (Kerala)
- c. Kakatiya University, Warangal (Telangna)
- d. Acharya Nagarujn University, Guntur (Andra Pradesh)

5. Central Zone

- a. LNIPE, Gwalior (Madhya Pradesh)
- b. SAI Center, Jaipur (Rajasthan)
- c. BHU, Varanasi (Uttar Pradesh)
- d. Pandit Ravi Shankar Shukla University, Raipur (Chhattisgarh)

Schedule

Date of testing programme	Age Group	Sex
5 th April 2017	10 to 12 years	Boys & Girls
6 th April 2017	12+ to 15 years	Boys & Girls
7 th April 2017	15+ to 18 years	Boys & Girls

It is desired from all the schools who are sending their children for the collection of data for the norms to please ensure that children coming for the test are free from any medical ailment.

The NFPF programme will definitely find out the status of the children which will help them to improve upon all the aspects of physical fitness and will certainly do well in academics and sports.