

**GOVT. OF NATIONAL CAPITAL TERRITORY OF DELHI
DIRECTORATE OF EDUCATION: PHYSICAL EDUCATION BRANCH
CHHATRASAL STADIUM: MODEL TOWN : DELHI 110009**

NO.F.42/DE/PE/2019/15714-24

DATED: 13/12/2019

Circular

SUBJECT: FIT INDIA SCHOOL RATING – Reg.

On 29 Aug 2019, the Honorable Prime Minister of India launched nation-wide “Fit India Movement” aiming to encourage people to inculcate physical activity and sports in their everyday lives and daily routine. To take this mission forward, the Ministry of Youth Affairs and Sports has launched Fit India School Week and Fit India School Rating to integrate Fitness as an essential part of School Education where Physical Fitness is taught and practiced, apart from home.

As part of the initiative undertaken to promote Fit India Movement involving students, teachers and parents, schools under DOE are enthusiastically participating in Fit India School Week. Further the Ministry of Youth Affairs and Sports has prepared a system of FIT INDIA SCHOOL RATING with simple and easy parameters as detailed below for ranking of schools. The level of Fit India School Rating will depend on how much importance the school gives for inculcating Fitness among its students and teachers in addition to the facilities available for Fitness Activities

Fit India School - Parameters

The following parameters would apply:

- Having one Teacher trained in PE, and such teacher is Physically Fit and active;
- Having a playground where two or more outdoor games can be played.
- Having one PE period each day for every class and physical activities (sports, Dance, Games, Yoga etc.) take place during the class.
- Having all students spending minimum 60 minutes or more on physical activities daily.

Fit India Three - Star School – Parameters

The following additional parameters would apply for claiming the 3 – Star rating.

- All teachers to be Physically Fit and spending 60 minutes or more every day for physical activities.

- School has at least two trained Teachers (including one PET), and each well versed with at least two sports.
- Sports facilities for four sports including the two outdoor sports.
- Every student learns and plays two sports – one of which could be a traditional/indigenous/local game

Fit India Five - Star School – Parameters –

The following additional parameters (over and above 3 Star rating) would apply for claiming the 5 – Star rating.

- School conducts monthly Intra-school sports competitions, participates in Inter-school Sports Competition and celebrates Annual Sports Day.
- All teachers are trained in PE.
- School has two or more sports Coaches. These may be PE teachers.
- School follows structured PE Curriculum prescribed by NCERT/ Board.
- School conducts Annual Fitness Assessment of all children.
- School opens its playground(s) after school hours for neighboring communities for its active use (Reasonable fee can be levied for maintenance and security)

Procedure for Schools to get Fit India Star Rating

- For FIT INDIA SCHOOL Rating, the school would certify itself and will register online at www.fitindia.gov.in
- On registration, an online Certificate would be issued to the School recognizing it with the permission to use Fit India Logo and Fit India Flag.
- For FIT INDIA 3-Star or 5-Star Rating the school would have to apply online at www.fitindia.gov.in
- The Fit India Mission would verify the claim and thereafter will issue an online Certificate and Commendation Letter. The hard copy of the Certificate and Letter would be sent by post.
- FIT INDIA is going to be included for the Prime Minister's Award also and it is likely that the Fit India 5-Star Schools would be felicitated during the Republic Day and Independence Day functions at respective State level.

It is requested that all the Heads of Schools under DOE should participate in this National mission and complete the procedure to get Fit India star ratings for their school latest by 31st December, 2019.

For queries please contact FIT INDIA MISSION OFFICE, Sports Authority of India, Jawaharlal Nehru Stadium Complex (East Gate), Lodhi Rd, New Delhi, Delhi 110003

Helpline: 1800 208 5155, email: fitindia.sai@gmail.com, website: http://fitindia.gov.in

- Action Taken Report of the activities mentioned above to be sent along with the picture to their respective SPE's (Zones) for onward submission.

This issues with the prior concurrence of Competent Authority.

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(RomiJohri)
Asstt. Director of Education (PE & NI)

**All the Principals/HOS of Govt./ Govt. Aided Schools Directorate of Education
(THROUGH MIS), For strict compliance of above Instructions.**

No. F.42/DE/PE&NI/2019/

Dated :

Copy forwarded to:-

1. The Under Secretary, GOI, MHRD, Deptt. of School Education & Literacy, ShastriBhawan, New Delhi- 110001.
2. All Spl. DEs
3. All Addl. DEs
4. All RDEs
5. All DDEs of Districts and zones
6. All ADEs
7. All SPEs with the request to kindly monitor the training activity and furnish weekly report to Phy. Edn.branch.
8. All HOSs
9. PS to Pr. Secy. (Edn.)
10. PS to Director (Edn.)
11. OS (IT) with the request to place the circular on website.

RomiJohri

(RomiJohri)
Asstt. Director of Education (PE & NI)

Annexure-A

Report Format							: Date of circular	
Subject:- As per circular								
S.no.	Zone NO.	School ID	Name of School	Name of Activity Conducted/ Organized	Name of Sub activity (if any)	Number of Students who participated	Photographs / Videos uploaded on portal	
							Photos link	videos link

Note: The link for Photographs/ Videos can be generated through school E-mail → My drive → Upload concern Photographs/ Videos and generate Link.