

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

No. F.42/DE/PE/2020/752-801

Dated:- 18/08/2020

**CIRCULAR**

**Sub-Off line Sessions of Physical Activities for the students of DOE during Covid-19  
Lock Down period.**

Schools under Directorate of Education are closed and classes are suspended to curtail the spread of Novel Corona virus (Covid-19) pandemic. It is a proven fact that participating in Physical activity or change in routine helps in reducing stress and anxiety. Aiming at a healthy body in a healthy mind, online practical sessions of Yoga, Aerobics, Zumba etc. are developed, targeting age groups and levels Viz-Primary, Middle and Secondary levels. The sessions are so well designed that students can perform them in small space and without equipments. A YouTube channel is created to access to the sessions by the students.

**For Students of K.G to V Class (Primary)**

Duration of the session:- 20-25 minutes.

**List of activities (6 sessions):-**

- Yogic Exercise.
- Balance development exercise.
- Muscular-Strength Exercise-Aerobics and Anaerobic Exercises.
- Muscular and Cardio-Vascular Endurance-Activities.
- Rhythmic/Dance Activities- 4counts, 8counts and 16 counts.
- Fitness activities-any type of Handmade Equipment made of Soft material.

**For students of VIth to VIIIth Class (Middle)**

Duration of the session:-30-35 minutes.

**List of Activities (8 sessions):-**

- Aerobics.
- Zumba(Rhythmic and coordinative skill).
- Yoga(Meditation and Flexibility).
- Upper Body Strengthening (Muscular Strength).
- Lower Body Strengthening (Muscular Strength).
- Self Defence/Martial Art (Combative Strength).
- Agility Work-Out(speed).
- Assessment of Physical Fitness Level (one test- Based on motor fitness components).

**For students IX & X Class (Secondary)**

Duration of the session:-30-35 minutes.

## List of Activities:-

- Exercises to develop strength.
- Exercises to develop flexibility.
- Self-Defence activities.
- Yoga and meditation for mental health.
- Indoor exercises for speed development.
- Exercise for weight management.
- Small Indoor activities to develop coordinative abilities.
- High intensity workout through TABATA format.

**Note:-**Warming up and cooling down will be compulsory part of every fitness class. Meditation exercises will be performed after every session for mental health.

All DDEs (Districts & Zones), SPEs and HOSs are requested to ensure that students get support of their teachers for these classes. On every Wednesday the recorded sessions as fixed earlier, for each level, will be uploaded on the YouTube channel-

### **FITNESS SESSIONS DOE, DELHI**

[https://www.youtube.com/channel/UCJV\\_1hiExOSoM-f5qoVcXcQ](https://www.youtube.com/channel/UCJV_1hiExOSoM-f5qoVcXcQ).

Teachers must share the channel for activities through SMS. Participating students are advised to wear sports kit while performing the activities and maintain a record of their participation in the form of picture/Report etc, which can be utilized for their Internal Assessment for the session 2020-21. The concerned class teacher/P.E Teacher should keep a track of these activities and observe the students regularly through whatsapp.group of their respective classes.

This issues with the prior approved of the competent authority.



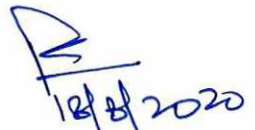
**DHARMENDER SINGH**  
**DDE (SPORTS)**

Dated:-

**No. F.42/DE/PE/2020/**

**Copy to-**

1. PS to Secretary(Education),Delhi.
2. PS to Director (Education),Delhi.
3. PA to Addl.DE (School/Exam).
4. All RDEs, Directorate of Education.
5. All DDEs, Directorate of Education.
6. All ADEs, Directorate of Education
7. All Zonal DDEs/ SPEs
8. Principals with the request to kindly ensure that the Students from their schools participate in the Fitness sessions.
9. OS (IT) with the request to upload the circular on website.



12/11/2020

**DHARMENDER SINGH**  
**DDE (SPORTS)**