

KENDRIYA VIDYALAYA ARUVANKADU

First Anniversary of Fit India Movement and 2nd Edition of

Fit India School Week

Daily Reports

Day – Two

10-12-2020

Fit India Movement

Activities

- ☺ **Free Hand Exercises**
- ☺ **Fun and Fitness Aerobic Dance forms**
- ☺ **Rope skipping, Zig Zag Shuttle Run**

Fit India school week celebration 2nd day program was conducted very successfully and completed. Students of Kendriya Vidyalaya, Aruvankadu performed various activities mentioned in their house and sent the photos and Videos to our Vidyalaya. The performances of photo have been compiled and sent to your kind notice.

Freehand exercises have a tonic effect on the muscles and internal organs. They tone up the circulatory system and are beneficial in safeguarding the general health of the body. Advanced freehand exercises shape and muscularize the body.

Push-Ups - Chest, Shoulders, Triceps

Dips Between Chairs Or On A Bench - Chest, Shoulders, Triceps

Handstand Push-Ups - Shoulders and Triceps

Squats – Thighs

Most of these exercises can be done in our home or hotel room when you are out of town. There is never an excuse not to exercise or "tone up!"

Glimpses of Second Day Fit India Celebration - 2020



Easy Free Hand Exercise



Shuttle Run



Rope Skipping



On the Spot Knee up Exercise



Running



Aerobic Dance



Squat Exercise



BY

Kendriya Vidyalaya, Aruvankadu.