

**Virtual Inter School Competition for
PG, Junior KG, Senior KG / Primary / High School**

One - Minute Fitness Challenge

24/09/2020 to 13/10/2020

There will be eight different stations for fitness challenge, where you can choose any station and compete in a minute online fitness challenge

Entry fee per station - Rs.100/-

S.NO	STATIONS	GUIDELINES AND RULES
1.	Hula hoop	Fit your legs together and rotate the hula-hoop with your hip. Judging will be based on number of rotations
2.	Push Up	How many pushups can you do in a minute?
3.	Sit-Ups	How many sit-ups can you do in a minute?
4.	Throw, squat And Catch	Need to throw a ball over the head, do a deep squat and catch the ball without a miss for a minute. The ball should be thrown continuously overhead and only one ball can be used at a time
5.	Side lunges	How many side lunges can you do in a minute?
6.	Jump And Think	Kids have to jump and also say the name of a fruit. For every jump one has to say the name of a different fruit for a minute
7.	Balance And Think	How many vegetables can you name while balancing on one foot for a minute?
8.	Jump Rope Tricks	How many jump rope tricks can you do continuously for a minute?

NOTE: Activity Guidelines

- a. A child can compete in one or more fitness station.
- b. Registration link will be shared on Google forms.
- c. Each participant will receive an e-certificate.
- d. Winners will be awarded a medal and an e-certificate.
- e. The Competition will be held in three grade categories.

Grade Categories: (BOYS AND GIRLS)

1. Play Group , Junior KG and Senior KG
2. Grade I to IV
3. Grade V to XII

FLOW OF EVENTS:

- f. When the judge says 'start' you need to begin the challenge which you have opted to compete, when judge says 'stop' one has to report to the judge and hang up from the call.
- g. Be prepared with the props (**Hula-hoop, Ball, and Rope**) that are required for your respective fitness stations. No pause or breaks will be allowed during the challenge.
- h. The challenge will be held in **Zoom platform. Zoom ID will be shared with the participants after registration.**
- i. Every participant will be called individually at a given time slot to compete in the competition according to their fixtures.

Payment details

To register, online payment has to be made Using QR Code. Entry Fee is Rs.100/- per Station. Once the Payment is made, use the account details and mention the transaction Id in the Google registration form, choose the fitness Station and register.

Account Details:

GOPALAN SPORTS CENTRE

A/C NO: 106102000010210

IFSC: IOBA0001061

Branch: INDIAN OVERSEAS BANK

APPAREDDYPALYA _ISRO VIEW BRANCH

QR CODE



VPA - GOPALANSPTS@IOB

Online
Fitness
Challenge



GOPALAN
INTERNATIONAL
SCHOOL

Registration link: <https://forms.gle/a9T9v1qTN9xQjdMz5>

Last Date for Registration: 22/09/2020

Date and Time:

SL/NO	STATION	DATE	TIME
1.	Hula Hoop	24 th To 25 th Sep 2020	9am to 4:30 pm
2.	Push Up	26 th And 28 th Sep 2020	9am to 4:30 pm
3.	Sit-Ups	29 th To 30 th Sep 2020	9am to 4:30 pm
4.	Throw, squat And Catch	01 st And 03 rd Oct 2020	9am to 4:30 pm
5.	Side Lunges	05 th To 06 th Oct 2020	9am to 4:30 pm
6.	Jump And Think	07 th To 08 th Oct 2020	9am to 4:30 pm
7.	Balance And Think	09 th To 10 th Oct 2020	9am to 4:30 pm
8.	Jump Rope Tricks	12 th To 13 th Oct 2020	9am to 4:30 pm

For more information, reach us at
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