



केन्द्रीय माध्यमिक शिक्षा बोर्ड

(मानव संसाधन विकास मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation under the Ministry of Human Resource Development, Govt. of India)



No.COORD/SPORTS/2020

08.10.2020

To,
All the Principals/Head of Institutions
affiliated to CBSE

Sub: Age Appropriate Fitness Protocols titled as G.O.A.L.S – reg.

Madam/Sir,

You are aware that the Hon'ble Prime Minister has launched Age Appropriate Fitness Protocols titled as G.O.A.L.S (Goals for Active Life Style) on 24th September, 2020 for different age groups categorized as 05-18 years, 18-65 years and 65+ years. These protocols also consist of fitness test based on various fitness components and suggestive activities and are available in both the language i.e. Hindi & English. These Protocols and Guidelines will pave the way towards improved awareness about fitness levels as well as to motivate towards adopting age-appropriate exercise and yoga asanas a part of daily lifestyle. This would be a big step in improving the fitness level of people and thus will help in moving towards a fitter, healthier and prosperous India.

The protocols and guidelines will enable schools to conduct Physical Fitness Assessments and parents to monitor and track the fitness and health indicator of each child as per the Khelo India battery of tests for Class 1-3(5-8 years) and Class 4-12(9 to 18+ years). This protocol document would become a handy tool for schools Physical Education Teachers and all other stakeholders of school education system.

The protocols can be downloaded with the help of link given below –

<https://sites.google.com/view/fitindiaoff/home>

Above link is also available on CBSE website.

Yours faithfully,

(DR. SANYAM BHARDWAJ)
CONTROLLER OF EXAMINATIONS





Santosh Kumar Yadav,
Joint Secretary (SS-I)
Tel: - 011-23387781

भारत सरकार
शिक्षा मंत्रालय
स्कूल शिक्षा और साक्षरता विभाग
शास्त्री भवन
नई दिल्ली - 110 115
GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF SCHOOL EDUCATION & LITERACY
SHASTRI BHAVAN
NEW DELHI-110 115

Date :- 06th October, 2020

DO. No. 12-1/2020-IS.4 (E)

I hope you are ensuring the wearing of masks, following physical distancing and maintaining of hand hygiene in your office functioning on a regular basis. Hon'ble Prime Minister has launched Age Appropriate Fitness Protocols titled as G.O.A.L.S. (Goals for Active Life Style) on 24th September 2020, for different age groups categorised as 05-18 years, 18-65 years and 65+ years. These protocols also consist of fitness test based on various fitness components and suggestive activities and are available in both the language i.e. Hindi & English. These Protocols and Guidelines will pave the way towards improved awareness about fitness levels as well as to motivate towards adopting age-appropriate exercise and yoga asanas as part of daily lifestyle. This would be a big step in improving the fitness level of people and thus will help in moving towards a fitter, healthier and prosperous India.

2. The protocols can be downloaded with the help of link given below;

<https://sites.google.com/view/fitindiaoff/home>

3. The protocols and guidelines will enable schools to conduct Physical Fitness Assessments and parents to monitor and track the fitness and health indicator of each child as per the Khelo India battery of tests for Class 1-3 (5- 8 years) and Class 4-12 (9 to 18+ years). This protocol document would become a handy pool for Schools, Physical Education Teachers and all other stakeholders of school education system.

4. I would request you to issue necessary instructions for dissemination of this link in schools for utilization by teachers, Students, Parents and Community for wider use of these protocols.



5. You are also requested to provide the link of Protocols and Guidelines (<https://sites.google.com/view/fitindiaoff/home>) on your website / other online platforms from where it can be easily accessed by the people.

Yours Sincerely,

Sd:-

(Santosh Kumar Yadav)

To

The Additional Chief Secretary / Principal Secretary / Secretary (Education), States and UTs

Copy for similar action :


1. The Chairperson, Central Board of Secondary Education,
2. The Commissioner, Kendriya Vidyalaya Sangathan,
3. The Commissioner, Navodaya Vidyalaya Samiti,
4. The Director, Central Tibetan Schools Administration (CTSA)
5. The Chairman, National Institute of Open Schooling (NIOS)
6. Director, NCERT
7. Director, NIC, Ministry of Education- with request to upload the link in Ministry's Website and SE Shagun Portal.

Copy to also: (For information)

Sh. Ravi Mittal,

Secretary,

Ministry of Youth Affairs and Sports


(Santosh Kumar Yadav)