



KRANTIAGRANI G.D. (BAPUSO) LAD SAMAJ JAGRUTI TRUST'S

**KRANTI INTERNATIONAL  
PUBLIC SCHOOL, KUNDAL**

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## VIRTUAL ACTIVITIES FOR FIT INDIA SCHOOL WEEK CELEBRATION 2020

Day & Date : Tuesday 08/12/2020

Sr.	Activity	For Grade	Activity By	Time	Approx. Time
(i)	Free Hand Exercise	1 – 10	Rahul Jagtap	09:30 am to 10:00 am	30 mins
(ii)	Aerobics	1 – 10	Rahul Jagtap	10:00 am to 10:20 am	20 mins
SHORT BREAK (15 mins)		10:20 am to 10:35 am			
(iii)	Zig Zag	3	Aparna Tr	10:35 am to 11:05 am	30 mins
(iv)	Shuttle Race	4	Rupali Tr, Sandhya Tr.	10:35 am to 11:05 am	30 mins
(v)	Dribbling	5	Savita Tr, Shubhada Tr	10:35 am to 11:05 am	30 mins
(vi)	Rope Skipping	6	Madhuri N. Tr, Pranita Tr.	10:35 am to 11:05 am	30 mins
				<b>TOTAL EVENT TIME</b>	<b>1 hr 35 mins</b>

  
PHYSICAL TRAINING INSTRUCTOR

  
CO-ORDINATOR

  
PRINCIPAL  
KRANTI INTERNATIONAL PUBLIC  
SCHOOL, KUNDAL (C.B.S.E.)

