



## PHYSICAL EDUCATION WORKSHOP BY KHELO INDIA

**DATE** : 28<sup>th</sup> and 29<sup>th</sup> December, 2018  
**NAME OF WORKSHOP** : Physical Education Workshop  
**CONDUCTED BY** : Khelo India in Nehru Stadium  
**NAME OF TEACHERS** : Ms. Savita Sharma

A very fruitful **Physical Education workshop** was organized by **Khelo India** at **Nehru Stadium** on **28<sup>th</sup> and 29<sup>th</sup> December, 2018**, where all the members of Khelo India took up the charge of conducting a workshop on the topic **National Level Training Programme**. The workshop was based on Fitness Assessment by Khelo India under the guidelines laid down by CBSE. Khelo India has launched a software to assess the fitness of the students of a school. The experts of Khelo India taught the PE teacher all about the working of the fitness portal. Importance of fitness and values of Olympic games and Paralympics were highlighted upon in the workshop. Videos were shown to all the participants to explain the procedure of taking fitness tests. All the participants conducted the fitness tests individually and the practical experience of conducting the tests solved all the queries of all the participants. All were allowed to develop their personal identification number with the help of which the Principal of the respective school could activate them in the school fitness portal. It was really a fruitful workshop as all the school are going to run this fitness Portal initiated by Khelo India. Through this portal students fitness curve and school fitness curve will be analysed. Various health problems can be diagnosed and treated by this Fitness Portal.



Workshop was really very enriching. Certain topics were discussed of XI Physical Education Syllabus which have been included by CBSE in the session 2018-19. The resource person gave tips on the practical aspects of Physical Education so the Physical Education Programmes can be implemented in much more meaningful manner. Fitness norms were given preference as the main aim of Physical Education is to make all the students fit and active. Different methodologies were discussed of teaching Physical Education to the students. Queries related to various topics of Physical Education syllabus were entertained by the resource person up to the satisfactory level of all the teachers.