

DDMS (AMS) P. Obul Reddy Public School

SAI-KHELO INDIA FITNESS ASSESSMENT PROGRAMME

CBSE organised Khelo India Fitness Awareness programme at TIME School, Hyderabad on 27-07-2019, NSM School Vijaywada on 24-08-2019 and at Gitanjali Dvashray School, Secunderabad on 16-11-2019.

Dr.S.SRINIVASA RAO, HOD, Physical Education Department conducted the workshop as a resource person successfully. The workshop was attended by 68 Physical Education teachers from the state of Telangana.

He presented different forms of tests .They were Body mass Index, Plate tapping test, Flamingo balance test, partial curl up, push-ups (boys)/modified push-ups (Girls).

The 4 strands of Physical Education namely Games/sports, Health related fitness, Sewa and Healthy activity card were explained at length.

