

CIR/02/2020-2021

Date: 7th April, 2020

Dear Parents

Greetings from Amanora School!

We are sure all of you are at home and practicing the safety guidelines that have been called out by the government. To ensure that learning continues we have already initiated online classes for some grades and are in the process of scheduling the same for the others. In addition to that, students are also availing the benefit of STEM AT HOME, a programme linked to the Innovation Lab sessions that are conducted at School.

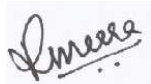
During this lockdown period, we want to ensure that our students remain physically active inspite of staying indoors. With this intent, we are pleased to share with you PLAY AT HOME programme. We have initiated this programme with our partner Sportz Village (EduSport Team). This is a 30-day programme, with fitness charts and videos, and clear instructions that children can follow to remain fit and more importantly, have fun. The programme also keeps children engaged mentally through General Knowledge Quizzes (SLAM), Puzzles (Brain Games) and mental exercises to maintain emotional well-being. There are also suggestions for sports inspirational movies that children can watch.

And, it is not just for children. Parents can also do these activities along with their children. Keep fit and have fun with the PLAY AT HOME programme.

Looking forward to your co-operation and support.

Best regards,

For **Amanora School**



Meera Nair
Principal

How to take part in “Play At Home” program

1. Click on the Link : <http://www.sportzville.com/schools/play-at-home> (The content is viewable on PC, mobile and tablets)
2. Choose the table based on the grade your child is in. (For children of grades Nursery to 6th it is strongly recommended that there is adult supervision during the activities)

Nursery to Grade 2							
Activity Type	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Physical Activity-Motor and Fundamental Movement Skills	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
Fitness Video Day	Fitness Video		Fitness Video		Yoga Video		Fitness Video
Fun Activity Videos			Fun Activity Video			Fun Activity Video	
Log sheet	Fill Your Log sheet	Fill Your Log sheet	Fill Your Log sheet	Fill Your Log sheet	Fill Your Log sheet	Fill Your Log sheet	Fill Your Log sheet

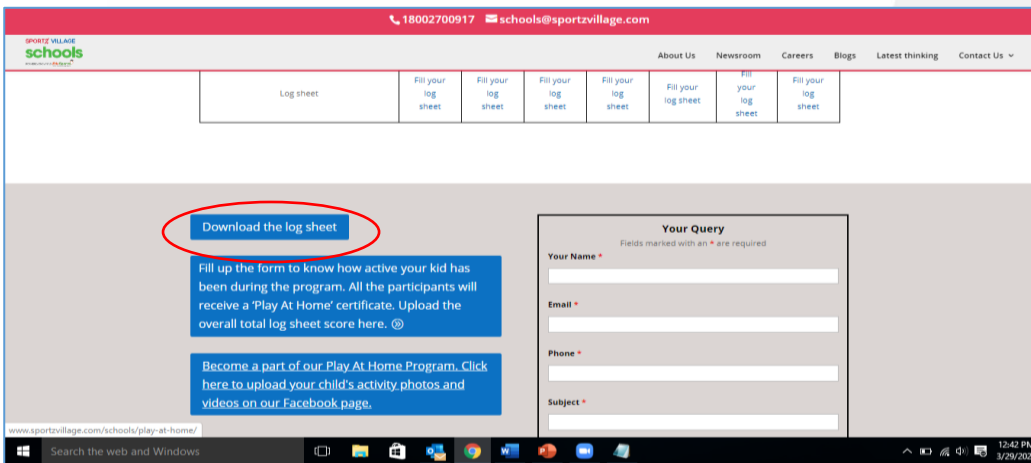
3. Get your child to do the activities mentioned for the particular day . The day you start is considered Day 1
4. Activity details can be seen by clicking on each of the activity text

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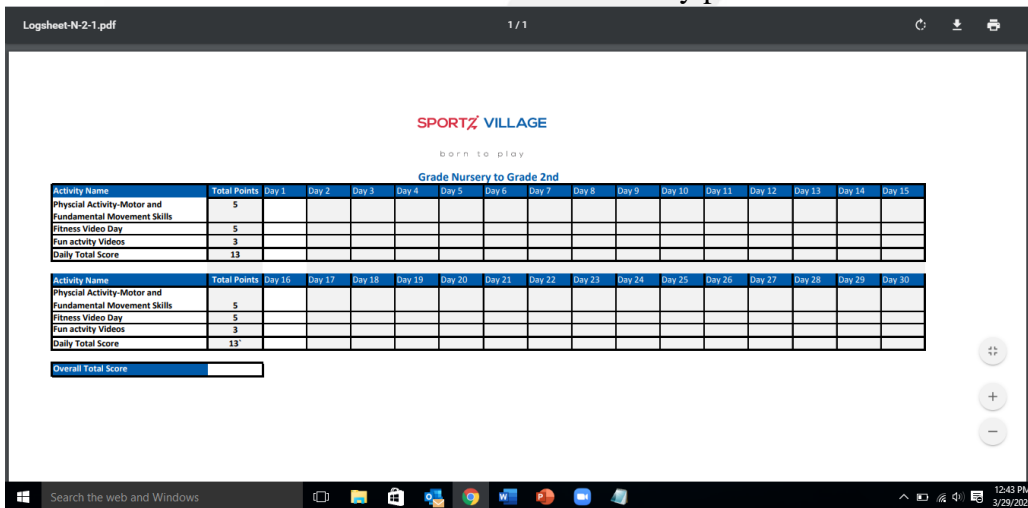
Activity name	Time/Counts
Walking around the room	5 minutes
Running on the spot	5 minutes
Balance on the right leg	1 minute
Balance on the left leg	1 minute
Balance a pillow on your head while walking	1 minute
Jumping from the bed	10 times
Jumping forward	10 times

Walking

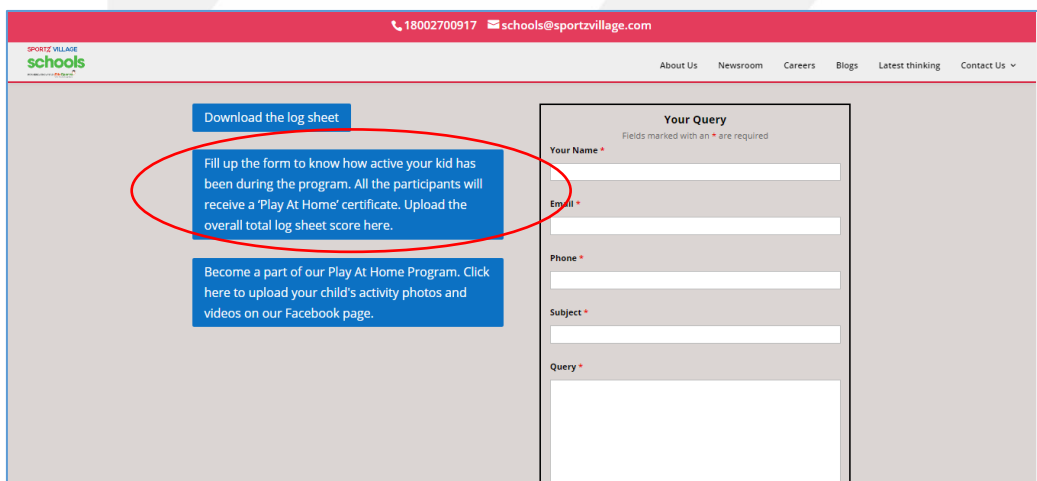
5. Download the logsheet by clicking on the button



6. Fill in the score in the log sheet based on the activities conducted. You can use the log sheet to calculate the score at the end of the 30-day period



7. You can submit your child's score at the end of the 30-day period by clicking on the highlighted button and filling in the relevant details.



Fields marked with an * are required

Your Name *

Email *

Phone *

Child's name *

Std. *

School Name with city *

Child's Score *

Submit

8. You can upload your child doing the physical activity on the 'Sportz Village' Facebook page or on your own social media handles using #playathome. (Videos to be uploaded only with the consent of the parent). You will be awarded a digital certificate on submission of your child's score.

18002700917 schools@sportzville.com

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Download the log sheet

Fill up the form to know how active your kid has been during the program. All the participants will receive a 'Play At Home' certificate. Upload the overall total log sheet score here.

Become a part of our Play At Home Program. Click here to upload your child's activity photos and videos on our Facebook page.

Your Query

Fields marked with an * are required

Your Name *

Email *

Phone *

Subject

Query *

Please fill out this field.

9. For any Queries please write to schools@sportzville.com or call 9549991678 B/W (10 AM to 5:30 PM)