



Dear Parents and children,

I'm sure all of you are at home practicing the safety guidelines that have been called out by the government. But, staying indoors doesn't mean that you are in front of the screen all the time. You can utilize this time to continue to work on some of the fitness lessons that have been taught to you at school.

To help you, we have initiated a Play At Home program with our partner Sportz Village. This is a 30-day program with fitness charts and videos with clear instructions that children can follow to remain fit and more importantly, have fun. In addition, there are also other activities like mental activities and suggestions for sports inspirational movies that children can watch.

And, it's not just for children. Parents can also do these activities along with their children.

Keep fit and have fun with the Play At Home program.

Program Link: <http://www.sportzvillage.com/schools/playathome/>

For any queries about the program please write to schools@sportzvillage.com

Thanking You,

For any Queries please Contact:

KG to II- Mr.Palanimurugan - 9003470617 & Mrs.Naveena - 8148169914

III to V -Mr.Balakrishnan -8754348767

Mr.Armstrong -8778653430

VI & Above girls - Mr.Manikandan- 9600421124

VII & Above boys - Mr.Selvam -7094364058

INSTRUCTIONS**How to take part in “Play At Home” program**

1. Click on the Link :<http://www.sportzville.com/schools/playathome/> (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)

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4. Once your child completes the 30 days activity, upload your child's score
5. Post your child's activity photos and videos on social media and tag us with the hashtag #PlayAtHome on Facebook, Twitter and Instagram

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

[Download the log sheet](#)

Grade 3 to Grade 6

Activity Type	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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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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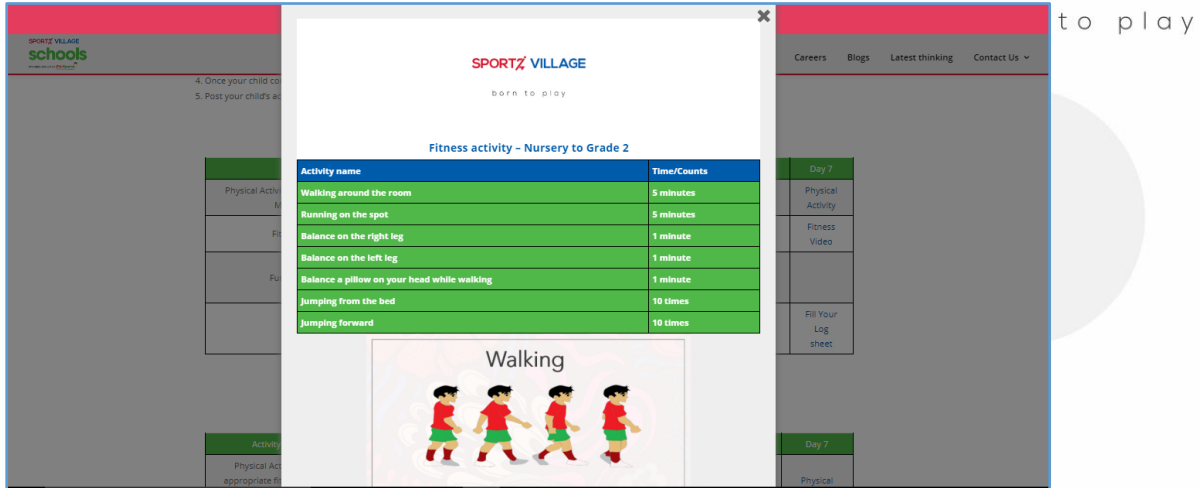
2. Download the log reports to give a score to your child everyday
3. You can select any activity on the given day by clicking on the activity name to see the details
4. Once your child completes the 30 days activity, upload your child's score
5. Post your child's activity photos and videos on social media and tag us with the hashtag #PlayAtHome on Facebook, Twitter and Instagram

Nursery to Grade 2

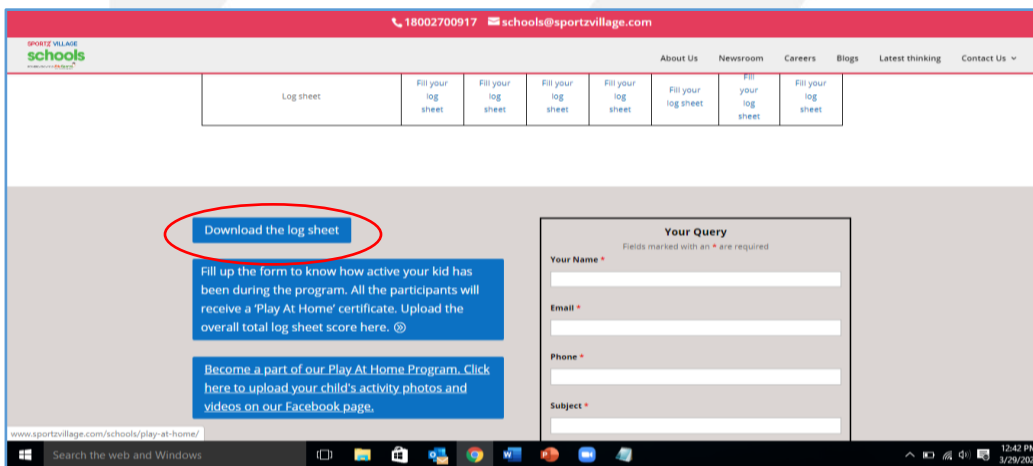
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Log sheet	Fill Your Log sheet	Fill Your Log sheet	Fill Your Log sheet	Fill Your Log sheet	Fill Your Log sheet	Fill Your Log sheet	Fill Your Log sheet

Grade 3 to Grade 6

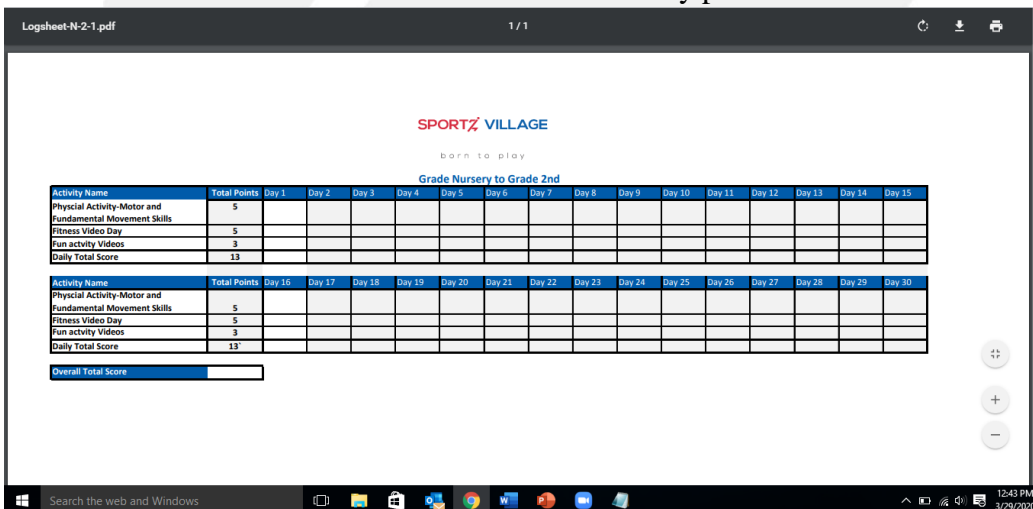
Activity Type	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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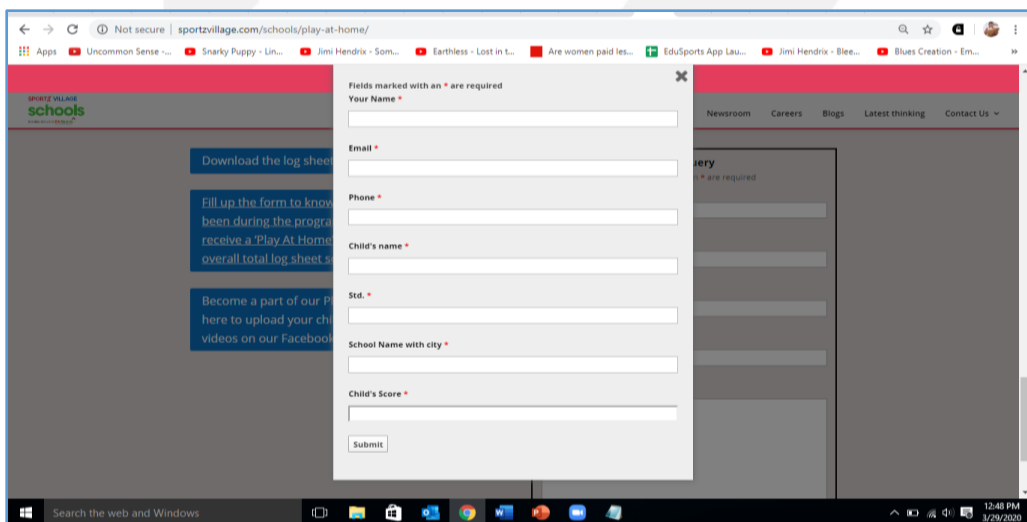
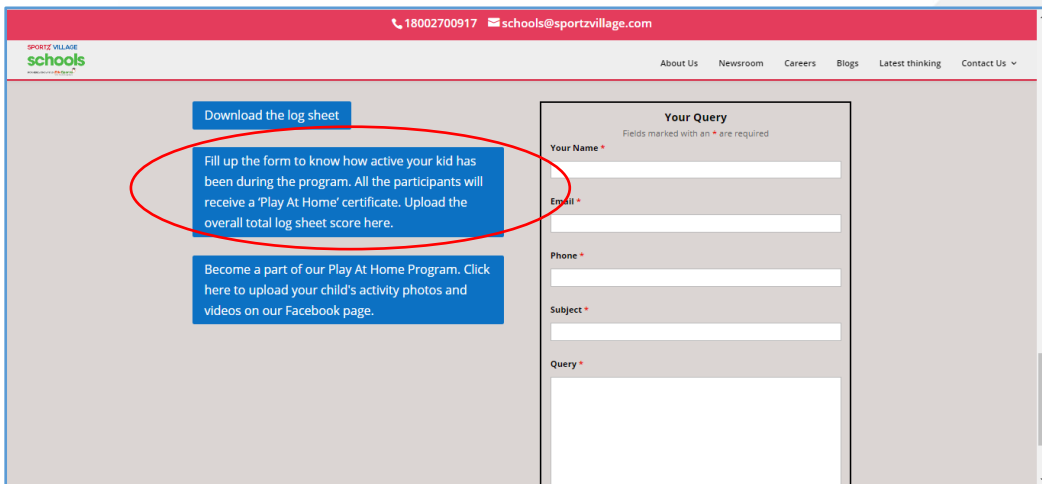
5. Download the log sheet by clicking on the button



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



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



- You can upload your child doing the physical activity on the 'Sportz Village' Facebook page or on your own social media handles using #play at home. (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.

