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Dated: 21<sup>st</sup> August, 2023

*Dear Madam/Sir,*

As you are aware that National Education Policy, 2020 (NEP, 2020) lays special emphasis on sports. Sports, which was considered just an extra-curricular activity earlier, is now being treated as part of the curriculum and grading in sports will be counted in the education of the children. By eliminating the rigid separation between curricular and extra-curricular activities, the NEP-2020 acknowledges sports to be equally important as any other subject. National Curriculum Framework is in the process to include sports and its various aspects into the school curriculum.

2. Under centrally sponsored scheme Samagra Shiksha, Sports and Physical Education component has been introduced for encouragement of Sports, Physical activities, Yoga, Co-curricular activities etc. A provision has been made for Government schools for grant for sports equipment at the rate of Rs. 5000 for Primary Schools, Rs. 10,000 for upper primary schools and up to Rs. 25,000 for secondary and senior secondary schools per annum. In addition, as per new norms of the scheme, an additional grant upto Rs. 25000 per school will be provided to schools in case at least 2 students of that school win the medal in Khelo India National school games competition.

3. In order to ensure proper utilization of sports grant, this Department had earlier circulated guidelines regarding sports and physical education component. Now, in view of the objective of NEP, 2020, this Department has revised the guidelines with alignment of Policy and inputs received from various stakeholders. The new revised guidelines have given special focus on daily sports activities, procurement of equipment, age appropriate games, Yoga, Indigenous games, infrastructure development, function of Sports committee and Physical Education Teachers etc.

4. The revised guidelines for Sports and Physical Education in Schools is enclosed. It is requested to ensure that these guidelines are implemented in schools under your jurisdiction to promote sports at various level.

With good wishes,

Yours sincerely,

A handwritten signature in blue ink, appearing to read 'Archana'.

(Archana Sharma Awasthi)

To,

The Additional Chief Secretary/Principal Secretary/Secretary (Education), of all States / UTs



**Revised-Guidelines for Sports Grant under**  
**Samagra Shiksha**  
**KhelenBhi Aur KhilenBhi**

**Department of School Education and Literacy**  
**Ministry of Education,**  
**Government of India**  
**Shastri Bhawan, New Delhi**  
**August, 2023**

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## 1. Background :

Sports in schools have immense benefits for both children and for educational systems. The benefits can be outlined in terms of children's development in several domains such as physical, mental, socio- emotional and cognitive development. Sports have the potential to make significant and distinctive contributions to development in each of these domains, which further leads to overall personality growth.

National Education Policy (NEP) 2020, emphasizes on the importance of sports in education and bringing sports in main stream education. Para 4.8 of NEP 2020 states *“Sports-integration is another cross-curricular pedagogical approach that utilizes physical activities including indigenous sports, in pedagogical practices to help in developing skills such as collaboration, self-initiative, self-direction, self-discipline, teamwork, responsibility, citizenship, etc. Sports-integrated learning will be undertaken in classroom transactions to help students adopt fitness as a lifelong attitude and to achieve the related life skills along with the levels of fitness as envisaged in the Fit India Movement. The need to integrate sports in education is well recognized as it serves to foster holistic development by promoting physical and psychological well-being while also enhancing cognitive abilities.”*

These guidelines follow from above mentioned objectives of NEP, 2020 along with focusing on inclusiveness and access at all level of schools.

Sports also contribute in the development of children's fundamental movement skills and physical competencies, which are necessary precursors of participation in later lifestyle and sporting physical activities. They also, when appropriately presented, can support the development of social skills and social behaviors, self-esteem and positive attitudes, and, in certain circumstances, academic and cognitive development.

Physical education helps children to develop the body and contributes toward the integrated development of mind and body, develops an understanding of the role of aerobic and anaerobic physical activity in health. It provides opportunities to meet and communicate with other people, to take different social roles, to learn particular social skills (such as tolerance and respect for others), and to adjust to team/collective objectives (such as cooperation and cohesion), and that it provides experience of emotions that are not available in the rest of life.

The COVID-19 pandemic has emphasized the importance of physical health as a core educational aim. Physical activity, Sports has been identified as highly beneficial for reducing disease severity and overall health. Within schools, the promotion of Physical Education and Sports is considered a priority, with this objective being embedded within the subject.

An Integrated Scheme on School Education i.e.Samagra Shiksha was launched to universalize quality school education, w.e.f. financial year 2018-19. The scheme was continued from 2022 and now in alignment of NEP, 2020 envisages 'education' in a holistic perspective and as a continuum from Pre-Primary, Primary, Upper Primary, and Secondary to Higher Secondary levels. The Scheme, therefore, attempts to provide, an integrated/composite school system from pre- school to higher secondary level. This will facilitate the transition of children across various levels of school education and will aid the children to complete school education. The vision of the Scheme is to ensure inclusive and equitable quality education from pre-school to senior secondary stage in accordance with the Sustainable Development Goal (SDG) for Education.

Sports and Physical Education component has been a part of Samagra Shiksha which has provision for procurement of sports equipment. Expenditure for meeting expenses on procurement of sports equipment for indoor & outdoor games is to be made from this component. The provisions under the scheme for Sports and Physical Education in Government schools are as under:

- Up to Rs.5,000 for Primary school per annum
- Up to Rs.10,000 for upper primary per annum
- Up to Rs.25, 000 for Secondary and Senior Secondary per annum
- Additional Rs. 25000 per school as per new norms of the scheme, this grant will be provided to schools in case at least 2 students of that school win the medal in Khelo India Youth games competition.

The Scheme also provides annual recurring school composite grant for all Government Schools for the replacement of non-functional school equipment and for incurring other recurring costs such as consumables for play materials, sports equipment, organizing sports events, laboratories, electricity charges, internet, water, teaching aids etc. The amount of grant varies from Rs. 25,000 to Rs.1,00,000 per annum depending upon the number of students in the school. State and UTs are also advised to earmark and utilize a certain amount from the school grant for these activities.

Fitness Assessment and Monitoring is an integral part of any successful Physical Education program. It is imperative that schools conduct Fitness Assessment program on a bi-annual basis as per the Khelo India Fitness Assessment protocols. These protocols are available in <https://schoolfitness.kheloindia.gov.in>. These protocols are also available in the FIT INDIA Mobile App, which can be downloaded freely from Play store or Apple store.

## **2. Major objectives of Sports grant in schools :**

The objectives of sports grant in schools are as follows:

- a) To make sports integral part of daily routine of the students.
- b) To promote sports at national and international level. (Especially, the indigenous games of India)
- c) To inculcate among students the desired habits and attitudes towards their health status from the school level.
- d) To develop positive attitude of pride, sportsmanship, and ethical behavior in the students.
- e) To make the students physically, mentally, psychologically, socially and emotionally fit.
- f) To help students to reach fitness goals (Cardiovascular fitness, muscular endurance, muscular strength and flexibility to meet the demands of everyday life) and maintain a healthy life through physical activities and sports participation.
- g) To encourage team spirit among students by bringing individuals from a variety of social and economic background together in a shared platform.
- h) To develop and maintain a sense of good relationships among the students.
- i) To inculcate the social and moral values among the students through games/sports.
- j) To help students learn skills such as self-regulation, concentration, peace and relaxation to avoid the ill effects of stress, strain and fatigue.
- k) To provide opportunities for the development of social network, social cohesion and competencies.
- l) To develop positive attitude towards accepting challenges, success and defeat.
- m) To encourage students to include 30 to 60 minutes of physical activity in their daily lives.
- n) To encourage more number of Physical Education teachers (PETs) to impart sports specific training in Olympic sports disciplines to increase number athletes at the grassroots level.
- o) PETs may be incentivized by recognizing them through publishing their achievements in print media
- p) To conduct baseline – midline – end line assessments based on fitness parameters and battery of tests.

### **3. Guidelines Regarding Sports Equipment :**

(a) **List of sports equipment** – An indicative list of age-appropriate sports equipment for government schools has been prepared and is at **Annexure-I** (Videos on the use of most of the recommended sports equipment are available on YouTube). This, however, is only an indicative list and not an exhaustive list. The States/UTs may if they so desire, procure items from beyond this list subject to its actual requirement being certified by the head of school/ school sports committee. However, the sport specific equipment and props may be chosen by the schools, based on the availability of infrastructure in the school including the availability of playfield etc. Schools may also be encouraged to include traditional/regional games of the respective State/Region, the low/no cost equipment may be procured at the local level for these sports/games.

For this, records should be maintained and periodical review may be done of functional equipment, repairable equipment, write off of equipment and new equipment to be purchased, to maintain the required stock. List of equipment may be split into consumable & non-consumable and also the periodicity of the equipment life may be mentioned.

To encourage the fitness assessment of schools kids, teachers etc, FIT INDIA Mobile App is available for free from Google play store or Apple store. The Fit India App has been designed to encourage citizens to measure their fitness scores and monitor the same periodically. There are certain approved tests that can be undertaken by different age categories and the same has been explained with simple videos in the FIT INDIA mobile App. Users can take lessons from these videos or the detailed explanation given for each of the test. The tests may be carried out based on the equipment available in the school, as required.

### **4. Guidelines regarding Sports Activities:**

(a) **Age appropriate Sports Activities (learning by doing)** : An age appropriate suggestive list of sports activities for the government schools of States/UTs is attached at **Annexure-II**.

(b) **Fit India** (Fit India related Activities to be conducted by Schools every year) :

FIT INDIA Movement was launched on 29th August, 2019 by Hon. Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioral changes and move towards a more physically active lifestyle. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve the following objectives:

- To promote fitness as easy, fun and free.
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns.
- To encourage indigenous sports.
- To make fitness reach every school, college/university, panchayat/village, etc.
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.

### **Fit India Events:**

In the above background, the Fit India Mission encourages Schools to organize various activities during the year:

1. Fit India School Week in month of November/December
2. Fit India Freedom Run – 15th Aug – 2nd Oct
3. Fit India Plogging event on 2nd October ( culmination of the Freedom run )
4. Fit India Cyclothon
5. Fit India Quiz
6. Fit India Mobile App (focus on maximizing downloads for the same) amongst other events to engage children, teachers and parents.

### **Fit India Certification for Schools:**

Fit India has also prepared a set of Fit India School Certification with simple and easy parameters. Schools can apply for Fit India Flag, Fit India 3 Star or Fit India 5 Star Certification.

### **(c) Khelo India :**

The following activities may also be considered:

- i. Periodic intra-school multi-discipline sports competitions may be held to identify sports talent
- ii. Annual sports & fitness event involving parents may be conducted
- iii. PETs to be encouraged to undertake e-kheloindia courses, seminars, workshops, etc. to increase their technical knowledge. Khelo India e-Pathshala concept is aimed at developing the competencies of Grassroots/Community Coaches and PE teachers through provisioning of physical & online training, enabling them to subsequently provide standardized coaching. One can visit its website (<https://kheloindiaepathshala.com/>) for more information.

**(d) Yogasana / International Day of Yoga (IDY):**

As we know that the United Nations General Assembly took a historic decision in 2014 to declare 21st June as the International Day of Yoga and it is celebrated every year from 2015. As Yoga has been an integral part of our culture and spiritual heritage, IDY is celebrated every year on 21<sup>st</sup> June. Performing yogasanas may be inculcated in daily routine for healthy lifestyle. Schools may encourage students/ teachers/ parents to participate in various activities organized by DoSEL, Ministry of Education on IDY as per guidance of M/o AYUSH.

Yogasana as a competitive sport can develop an interest in yoga among people across the world. The practice of Yoga links the mind-body and athletes stand to benefit from this combination of skills training. Yoga routines involve slow and steady flexibility exercises that are ideal for athletes. Regular yoga training increases flexibility and range of motion while releasing muscle tension. Regular yoga can improve sports skills and overall fitness. Yoga not only increases strength and flexibility, but also focuses on different breathing techniques, which helps to balance energy, stabilizes mood and increases concentration level. Schools may organize Yogasana competitions with sports competitions.

Yoga Break (Y-Break ) programme of AYUSH may also be promoted among teachers and other staff members as it helps in improving the efficiency level .

**(e) Bharateeya Khel/ Indigenous games :**

India's sports culture is thousands of years old, with countless games developed and played in the region. These games, however, are not popular in urban India today. As the British lived in cities and towns, these regions converted to playing British games. There are a number of indigenous sports being played in different States as per their culture and tradition. 'Sports' being a state subject, the responsibility to promote indigenous sports in the country and conduct special training programmes for the development and promotion of traditional sports rests primarily with the respective State/Union Territory Governments. The Union Government supplements their efforts. To popularize and promote these games among children, one of the Indigenous games may be played in schools in a month. List of such 75 Bharateeya Khel is annexed at **Annexure-II(A)**.

## **5. Guidelines regarding maintenance of Sports Equipment/Stock :**

The schools are required to maintain the sports equipment and keep them functional. One responsible person/PET/Teacher in charge shall be given the responsibility to take care of the equipment and to maintain the stock position of sports equipment in the school. Detailed guidelines for maintenance and the use of the sports equipment is at **Annexure-III**. Moreover, the state shall issue guidelines with a proforma to the schools to maintain a record of students performing (**Annexure-IV**) and availing sports infrastructure/equipment as well as to keep a record of sports equipment purchased for the current year and equipment available in the school till the end of the year (Stock record). The proforma is attached at **Annexure-V**.

## **6. The Structure of School Sports Committee and its duties :**

(a) **School Sports Committee (SSC) :** For efficient implementation of sports related activities one school sports committee shall be formed in every school for a year. This school committee may be composed of the following:

- (i) Head/Principal of the School - Chairperson
- (ii) One Physical Education Teacher/ Teacher in charge/ one responsible person having basic understanding of sports.
- (iii) 3 Teachers from different streams/subjects including one female teacher (if available).
- (iv) One student nominee/ Sports Monitor.

The committee shall be responsible for the following:

- To identify the sports activities to be conducted in school and suggest the sports equipment to be purchased accordingly.
- To organize and decide the timing, location, date of competitive events.
- To organize Annual Sports day in school and integrate the games/sports period in the timetable of the school.
- To prepare proposal for utilization of sports grant.
- To ensure the regular attendance and maximum participation of the students in sports.
- Design the sports guidelines for the school and display them on the notice board.
- To monitor the utilization of Sports Grant received under the

scheme.

- To monitor the implementation of guidelines issued on sports.
- To help the one responsible person/PET/ Teacher in charge of performing his/her task effectively.
- To prepare students profile and maintain a record of performance of the students in sports.
- To co-ordinate with the monitoring team and provide them information on sports.
- To promote the culture of sports in the school.
- Peer learning component may be promoted.
- To organize Fit India activities at school level and conduct the activities such as Fit India School Week, Fitness assessment of school going children using Fit India Mobile App, Fit India awareness programs, etc.
- To select a FIT India coordinator for coordinating on Fit India Activities'

The principal/head of the school shall be the chairperson of the committee. If there is a Physical Education Teacher, then he/she shall be nominated directly as one of the members of the committee.

If no physical education teacher is available, then any other responsible person or teacher in charge of the school can be nominated by the Principal as member based on his/her interest.

3 teachers of the different subjects (have interest in sports) may be nominated in the committee to provide necessary help to PET/ teacher in charge. The student nominee or Sport monitor may be nominated from the seniormost classes.

The chairperson may convene at least one meeting in a quarter to discuss issues relating to sports activities in school. Suggestions/recommendations from parents may also be invited during the discussion.

### **7. Duties of PET/ Teacher in charge :**

Looking into the importance of the Sports programme, PE teacher may be appointed at every school so that it will ensure effective implementation, monitoring and evaluation of the desired goals. Schools may appoint both male & female physical teachers as per availability in every school to maintain good participation of girls in Sports and Physical Education. PETs/Teachers in charge shall be responsible for the following:

- a) To practically implement the guidelines issued by the concerned authorities.
- b) To motivate the students to participate in the sports activities.

- c) To maintain the attendance record of the student availing sports facilities.
- d) To update the school sports committee about the sports activities, stock position of the equipment, any best practice in sports and any issue related to sports.
- e) To mentor the students in sports activities.
- f) To prepare the students to perform in the competitive events.
- g) To give special training to children with special needs to take part sports activities/sports events/Paralympic games.
- h) To ensure the formation of a general sports club in school.
- i) To keep a record of sports equipment purchased for the current year and equipment available in the school till the end of year. (Stock Record)
- j) To encourage students/teachers to attend the Khelo India training program for fitness assessment (Online TOT available at Khelo India website and Fit India Mobile App) and ensure fitness assessment of school going children and updating the data on mobile app
- k) To continuously enhance sports & physical education knowledge by getting certified in e-Khel pathshala online courses
- l) To implement talent identification tests and identify potential talent based on general battery of tests
- m) To ensure medical facilities to deal with sports injuries are available in school or nearby the schools.
- n) PET teachers should focus on proper nutrition of students, should focus on preventing injuries and should be well versed in providing primary care to students.

## **8. Formation of General Sports Club and its responsibilities :**

**a) General Sports Club (GSC):** The PET/ teacher in charge shall form general sports club in upper primary and secondary/senior secondary schools. The club shall be composed of minimum 10 students from the respective classes based on their interest or may be nominated by the teacher in charge/PET and any member of school sports committee. While forming the general sports club and setting its responsibilities, representatives from the parents may also be included as members.

The general sports club shall assist PET/Teacher in charge and will be responsible for the following:

- i. To volunteer in organizing sports related events/ competition at school**– The members of general sports club shall participate in

organizing sports related events/competition in school such as Annual sports day etc.

- ii. **To cooperate in maintaining the playground safe and clean-** The general sports club shall be responsible to generate awareness among the fellow students about the safety and maintenance of the playground.
- iii. **To mentor younger students** – The members of upper primary school sports club may mentor the students of primary schools and the members of secondary/senior secondary level sports club may mentor to upper primary students. This mentorship shall be done only in the presence of the PET/ Teacher in charge.
- iv. **To communicate the students about the timing of sports and other necessary information-** The general sports club shall also be responsible for informing students about the timing of the sports and any other important information relating to sports.
- v. To select a Fit India fitness school influencer of the month with responsibilities to sensitize students on fitness. This may be a teacher or student interested in fitness activities and selected on monthly basis for plan and execute fitness awareness program for the children.
- vi. To organize After-school training sessions in the school for talented sports athletes / students.

## **9. Sports for Children with special needs:**

- a) **Provisions for children with special category (Physically challenged/Hearing impairment/Visually Challenged/ Intellectually Challenged etc.) Students** – Schools may engage such students in adaptive sports/parasports/Paralympics sports. The sports activities or games for children with special needs (CWSN) may include – Chess, Athletics, Lawn Bowls, Swimming, Carrom, Table Tennis, Weightlifting, Volleyball, Cycling, Badminton, Hand Ball, Karate, Blind Cricket etc.

**10. Sports for girl students :** – It may be ensured that equal opportunity for girls are available for participating in sports. Also, necessary arrangements are to be made for participating in sports and lending extra support to them.

## **11. Adequate Sports Infrastructure:**

It may be ensured that minimum necessary sports infrastructure in every school is available for organizing sports activities. For organizing the annual sports, inter school competitions facilities of Divisional and District Sports Complex may be availed. School may also ensure the necessary infrastructure for adaptive sports.

## 12. Safety measures :

a) **Safety at Playground:** Safety at playground or sports ground should be achieved by establishing a balanced approach to providing good equipment, good practice and good management. Maintaining records of incidents and circumstances which have potential to cause accidents, remedial actions to be taken and monitoring the implementation of safety guidelines will ensure safe conditions for the children to play. There should be a readily available First Aid Kit.

b) **Playground - Safe Condition:** Playgrounds and outdoor play equipment offer children fresh air and proper exercise. So, it is important to make sure that faulty equipment or uneven ground do not ruin their interest in going out and playing with other children.

Schools may keep the playground leveled, safe and clean by checking equipment for potential hazards and following some simple safety rules and guidelines.

A leveled playground is one of the most important factors in reducing injuries and the severity of injuries that may occur when children fall from equipment. Following cautionary measures may be taken:

- a) Concrete, asphalt, and blacktop are unsafe. Grass, soil, and packed-earth surfaces are safe because these can cushion a fall.
- b) The playground surface should be free of standing water and debris that could cause children to trip and fall, such as rocks, stones, tree stumps, and tree roots.
- c) There should be no dangerous materials, like broken glass, nails, erected rods and twisted metals.
- d) Surfacing mats made of safety-tested rubber or rubber-like materials are safe.
- e) Rubber mats allow the best access for primary students.
- f) The cushioned surface should extend at least 6 feet past the equipment. Additional coverage may be needed, depending on how high a slide is or how long a swing is.
- g) Equipment with rounded edges is safer than angular edges.
- h) Keep first-aid kit available close to the playground.

c) **Adult Supervision:** Adult supervision can help prevent injuries by making sure children properly use playground equipment and do not engage in unsafe behavior around it. If an injury does occur, an adult can assist the child and

administer any needed first aid right away. Do not leave children unattended at any point of time. School may organize the safety audit and regularly scheduled preventive maintenance inspections by staff members or external agencies.

### **13. Sports Calendar :**

- a) **Daily Fitness Session/Fitness ki Dose Aadha Ghanta Roz:** The schools shall integrate at least 30 minutes for daily PT session as a part of regular curriculum for all the students in their school time table.
- b) **Regular Sports for Post-Primary Students:** The schools shall also reserve at least one games period preferably daily for the students. School can choose the day and period as per their convenience.
- c) **Annual Sports Day:** Schools may organize an “Annual Sports day” keeping in mind the vacations/exams schedule so that maximum participation is ensured.
- d) **Weekly/Monthly sports competitions:** The schools are encouraged to organize regular sports competitions. These competitions may be focused on indigenous sports/games of every state/UT.
- e) **Duration of sports activities in School:** The sports activities can be held throughout the academic year.

### **14. Community Participation :**

- a) **School Management Committee (SMC):** The school management committee may be involved;
  - i. To discuss the issues related to sports with School Sports Committee.
  - ii. To monitor whether the sports activities are being carried out or not.
  - iii. To monitor the receipt and utilization of sports grant in the respective school.
  - iv. To help in maintaining the playground safe and clean.
  - v. To extend the support in organizing the “Annual Sports Day” and other sports events.
- b) **Visit of Eminent Sports Persons:** To motivate and guide the students of the school, eminent sports persons belonging to the respective block, cluster, district and state may be invited on Annual sports day and other special occasions.
- c) **Village Panchayat/Municipalities:** The village Panchayat/Municipalities can be requested for their help to allow children to play games in their spare land available near to the school.

**d) Students of B.P.Ed., M.P.Ed. and Diploma in Physical Education:** The students pursuing their education in Masters of Physical Education, Bachelor in Physical Education and Diploma in Physical Education from nearby colleges may be asked to volunteer in training the basics of different sports to the general teachers of the school.

## **15. Monitoring & Evaluation :**

District and Block Education officer (& their inspectors), Block Resource coordinator and Cluster Coordinators may visit every school to see the availability and usage of sports equipment.

The School sports committee, PET/ Teacher in charge and the students shall be the key stakeholders for the monitoring visit.

“Bi-Monthly Self-reporting” by Head Master/Principle/Head of School must include a paragraph on progress of activities undertaken in their school.

Monitoring and third-party verification may be conducted regularly to check whether sports equipment are available and being used in schools. The proforma for monitoring visit is given at **Annexure-VI**.

## **16. Other Recommendations:**

a) Additional budget may be allocated by States/UTs for Primary School as children would be learning skills at that age and would need more practice with equipment.

b) States/UTs may promote the idea of focusing on 3 selected sports in schools under the state/UT by holding continuous and multiple competitions at various levels in these selected sports.

c) Upper Primary/HSC & SSC would be using almost same equipment (sport specific). These two categories can be combined together.

d) To ensure optimum utilization, sports equipment room/stores should be close to the playfield.

e) In case TV set is available in the schools, schools may arrange to screen the live matches of Indian teams.

f) School should apply for Fit India School certification as per the details on Fit India website

g) School should celebrate Fit India School Week in November – December every year

h) School should participate in Fit India Quiz.

i) Fit India School coordinator to drive activities like Fit India Freedom Run, Cyclothon, Plog Run etc. in schools as and when directions are issued from Fit

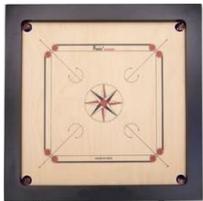
India Mission office/State level nodal officers.

- j) A model of incentivisation may be brought in to motivate PETs to undertake knowledge upgradation
- k) Continuous Professional Development (CPD) credits may be awarded to all teachers successfully competing e-Khel pathshala courses
- l) Adequate relaxation may be provided to the PET to attend sports seminars / workshops / online courses, etc.
- m) Talented youth of the tribal and rural areas- as per their strength and ability may be facilitated more in various sports.
- n) Indigenous sports also may be given space in the main stream of the sports to make them popular.
- o) The students with high potential sports ability may be given special relaxation on attendance for taking part in Sports event with due permission.
- p) Schools may promote the participation of transgender students, if present, in sports activities.
- q) Every school should sensitize about all international , national, state awarded sports persons information to all students.
- r) School should sensitize how minimum physical activities& good life style can prevent many Non-communicable diseases (NCDs) among adolescents.

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**(Suggested list of Sports Equipment)****(Suggested List of Sports Equipment for Primary (Class 1-5) for INR 5,000/- Budget)**

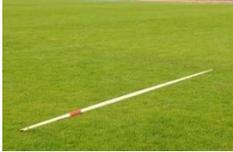
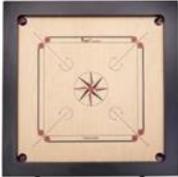
<b>Equipment</b>	<b>Images</b>	<b>Usage</b>	<b>Grades</b>
<b>Plastic Cricket bat -Size 2</b>		Used in <b>Cricket</b>	Grades 1 –5
<b>Wooden cricket bat - Size 4</b>		Used in <b>Cricket</b>	Grades 1 –5
<b>Cricket Stump Set</b>		Used in <b>Cricket</b>	Grades 1 –5
<b>Soft Ball (Small)</b>		Used to teach throwing and catching, dribbling, kicking skills for smaller children	Grades 1 –5
<b>Tennis Ball</b>		Used in <b>Cricket</b> . Builds fundamentals skills like catching & throwing.	Grades 1 –5
<b>Plastic Balls</b>		Mostly used in striking games and to develop hand-eye- coordination.	Grades 1 –5
<b>PU Hand Stitched Football - Size 3</b>		Used in <b>Football</b>	Grades 1 –5

<p><b>Carrrom</b></p>		<p>Can be used to develop hand-eye- coordination for children.</p>	<p>Grades 1 –5</p>
<p><b>Frisbee</b></p>		<p>Used to play the game of Ultimate Frisbee. Can also be used for recreational games. Builds hand eye coordination.</p>	<p>Grades 1 –5</p>
<p><b>Multi Coloured Hula Hoop</b></p>		<p>Develop fitness and coordination.</p>	<p>Grades 1 –5</p>
<p><b>Relay batons</b></p>		<p>Used to play relay race.</p>	<p>Grades 1 –5</p>
<p><b>Skipping rope</b></p>		<p>Used for skipping and other activities.</p>	<p>Grades 1 –5</p>
<p><b>Tennikoit</b></p>		<p>Used for <b>catching &amp; tossing</b>, played on indoor and outdoor courts.</p>	<p>Grades 1 –5</p>
<p><b>Saucer Cone</b></p>		<p>Used for ground marking. Good choice for all sports - <b>Football, Basketball, Kho Kho, Kabaddi</b>, etc.</p>	<p>Grades 1 –5</p>
<p><b>Badminton</b></p>		<p>Used in Badminton. Helps in development of Striking Skill and hand eye coordination</p>	<p>Grades 1 –5</p>
<p><b>6" Step Hurdle</b></p>		<p>Used for agility and jumping drills.</p>	<p>Grades 1 – 5</p>

<p><b>Wight Measurement Machine</b></p>		<p>Used in weight measurement, helps in profiling the students.</p>	<p>Grades 1 – 5</p>
<p><b>Foot pump Basketball-Size 3</b></p>		<p>Used to inflate the balls like <b>Football, Basketball</b>, etc.</p>	<p>Grades 1 – 5</p>
<p><b>Mini Trampoline</b></p>		<p>Jumping on a trampoline exercises the whole body. The g-force that bouncing produced helps to build muscle.</p>	<p>Grades 1 - 5</p>
<p><b>Balance beam</b></p>		<p>Developing balance and learning where it is in space.</p>	<p>Grades 1 - 5</p>
<p><b>Ludo</b></p>		<p>Develops mental ability, decision-making skills.</p>	<p>Grades 1 - 5</p>
<p><b>First Aid Box*</b></p>		<p>Used in conduct “<b>FIRST AID</b>” during Minor Injuries</p>	<p>Grades 1 - 5</p>

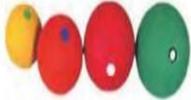
**(Suggested List of Sports Equipment for Upper Primary (Class 6-8) for INR 10,000/- Budget)**

<b>Equipment</b>	<b>Images</b>	<b>Usage</b>	<b>Grades</b>
<b>Shot Put (Rubber)</b>		Used for <b>Shotput</b>	Grade 6-8
<b>Discuss (Rubber)</b>		Used for <b>Discuss Throw</b>	Grade 6-8
<b>Skipping Rope</b>		Used in <b>Skipping</b>	Grade 6-8
<b>Wooden Cricket Bat - Size 4</b>		Used in <b>Cricket</b>	Grade 6-8
<b>Tennis Ball</b>		Used in <b>Cricket</b> . Builds fundamentals skills like catching & throwing	Grade 6-8
<b>PU Volleyball - Size 4</b>		Used in <b>Volleyball</b>	Grade 6-8
<b>Volleyball Net</b>		Used in <b>Volleyball</b>	Grade 6-8
<b>Handball Size 1- (50- 52 cm)</b>		Used in <b>Handball</b>	Grade 6-8

<b>Badminton</b>		Used in Badminton. Helps in development of Striking Skill and hand eye coordination	Grade 6-8
<b>Throwball</b>		Used in <b>Throwball</b>	Grade 6-8
<b>Javelin</b>		<b>Used in Javelin throw.</b>	Grade 6-8
<b>High Hurdles</b>		<b>Used for run/jumping at high speed.</b>	Grade 6-8
<b>Weight set</b>		<b>Used for developing muscle.</b>	Grade 6-8
<b>Stopwatch</b>		Used in measuring the speed of the children.	Grade 6-8
<b>Carrom</b>		Builds Hand and Eye Coordination	Grade 6-8
<b>Basketball - Size 5</b>		Used in <b>Basketball.</b>	Grade 6-8
<b>PU Hand Stitched Football - Size 4</b>		Used in <b>Football.</b>	Grade 6-8

<p><b>Frisbee</b></p>		<p>Used to play the game of Ultimate Frisbee. Can also be used for recreational games. Builds hand eye coordination.</p>	<p>Grade 6-8</p>
<p><b>Chess Set</b></p>		<p>Used to play <b>Chess</b>. Develops creativity, critical thinking and problem-solving skills.</p>	<p>Grade 6-8</p>
<p><b>Marking Cones with Numbers 1 to 9</b></p>		<p>Used to mark boundaries and set up training courses</p>	<p>Grade 6-8</p>
<p><b>Marking Cone 12"</b></p>		<p>Used to mark boundaries and set up training courses</p>	<p>Grade 6-8</p>
<p><b>Ludo</b></p>		<p>Develops mental ability, decision-making skills.</p>	<p>Grade 6-8</p>
<p><b>Saucer Cone</b></p>		<p>Used for ground marking. Good choice for all sports - <b>Football, Basketball, Kho Kho, Kabaddi</b> etc.</p>	<p>Grade 6-8</p>
<p><b>Weigh Measurement Machine</b></p>		<p>Used in weight measurement, Helps in profiling the students.</p>	<p>Grade 6-8</p>
<p><b>Foot Pump</b></p>		<p>Used to inflate the balls like <b>Football, Basketball</b>, etc.</p>	<p>Grade 6-8</p>
<p><b>Yoga Mat</b></p>		<p>Used to perform age appropriate "Yoga" in School</p>	<p>Grade 6-8</p>
<p><b>First Aid Kit</b></p>		<p>Used in conduct "<b>FIRST AID</b>" during minor injuries.</p>	<p>Grade 6-8</p>

**(Suggested List of Sports Equipment for SSC & HSC (Class 9-12) for INR 25,000/- Budget)**

Equipment	Images	Usage	Grades
<b>Skipping Rope</b>		Used in <b>Skipping</b>	Grades 9 – 12
<b>Shot Put</b>		Used for <b>Shotput</b>	Grades 9 – 12
<b>Discuss</b>		Used for <b>Discuss Throw</b>	Grades 9 – 12
<b>Badminton Racket</b>		Used in <b>Badminton</b> . Helps in development of Striking Skill and hand eye coordination	Grades 9 – 12
<b>Wooden cricket Bat - Size 6</b>		Used in <b>Cricket</b>	Grades 9 – 12
<b>Tennis Ball</b>		Used in <b>Cricket</b> Builds fundamentals skills like catching & throwing.	Grades 9 – 12
<b>Throw ball</b>		Used in <b>Throwball</b>	Grades 9 – 12
<b>PU Volleyball - Size 4</b>		Used in <b>Volleyball</b>	Grades 9 – 12
<b>Volleyball Net</b>		Used in <b>Volleyball</b>	Grades 9 – 12

<p><b>Handball</b> Size 1- (50-52 cm)</p>		<p>Used in <b>Handball</b></p>	<p>Grades 9 – 12</p>
<p><b>Basketball</b> - Size 7</p>		<p>Used in <b>Basketball</b></p>	<p>Grades 9 – 12</p>
<p><b>Carrom</b></p>		<p>Builds hand and eye Coordination.</p>	<p>Grades 9 – 12</p>
<p><b>PU Hand Stitched Football - Size 5</b></p>		<p>Used in <b>Football.</b></p>	<p>Grades 9 – 12</p>
<p><b>Javelin</b></p>		<p><b>Used in Javelin throw.</b></p>	<p>Grades 9 – 12</p>
<p><b>Shot-put</b></p>		<p>Used in shot-put</p>	<p>Grades 9 – 12</p>
<p><b>Weight Measurem e-nt Machine</b></p>		<p>Used in weight measurement, helps in profiling the students.</p>	<p>Grades 9 – 12</p>
<p><b>Football Goal Post 6 feet x 3.5 feet</b></p>		<p>Portable Football goal post for small sided games with goal keepers</p>	<p>Grades 9 – 12</p>
<p><b>Foot Pump</b></p>		<p>Used to inflate the balls like <b>Football, Basketball, etc.</b></p>	<p>Grades 9 – 12</p>

<b>First Aid Kit</b>		Used in conduct “ <b>FIRST AID</b> ” during minor injuries.	Grades 9 – 12
<b>Frisbee</b>		Used to play the game of Ultimate Frisbee. Can also be used for recreational games. Builds hand eye Coordination.	Grades 9 – 12
<b>Saucer Cone</b>		Used for ground marking. Good choice for all sports - Football, Basketball, KhoKho, Kabaddi, etc.	Grades 9 – 12
<b>Stopwatch</b>		Used in measuring the speed of the children.	Grade 9-12
<b>Chess Board</b>		Used to play Chess. Develops creativity, critical thinking and problem-solving skills.	Grades 9 – 12
<b>Relay Batons</b>		Used in relay races.	Grades 9 – 12
<b>Marking Cones with Numbers 1 to 9</b>		Used to mark boundaries and set up training courses	Grades 9 – 12
<b>Marking Cone 12"</b>		Used to mark boundaries and set up training courses	Grades 9 – 12
<b>Yoga Mat</b>		Used to perform age appropriate “ <b>Yoga</b> ” in School	Grade 9-12
<b>Ludo</b>		Develops mental ability, decision-making skills.	Grades 9 – 12

**First Aid Kit Items(Common to all age groups):**

1. Telephone Number for Emergency Medical Services like 1092/102/108 and contact number of Physiotherapist/counselors.
2. Small, Medium and Large Gauge Dressings, Scissor, Safety Pins, Tweezer Triangular Adhesive Tape and Crêpe Rolled Bandages
3. Medicines like Pain Killers (Ibuprofen Chewable Tablet, Paracetamol Tablet) and Antibiotics, Thermometer (preferably digital) and Antiseptic Wipes or Soap
4. Antiseptic Cream, Cream or Spray to relieve insect bites and stings, and other necessary items.

**Note:**

- I. Keeping a basic first aid book or manual with your first aid kit can also be useful.
- II. Medicines should be checked regularly to ensure that they are in their use dates.

Note : Purchase of first aid kit for every category may not be required. In case, the school has classes from 1 to 12 one first aid kit may be enough. So that the cost of the same may be utilized to purchase other sports equipment.

**(Suggested list of Sports activities)**

**The suggestive Sports and Games activities may include the following:**

**a) Primary classes: -**

**I. Fundamental Movement Education**

- a. Locomotors Skills (Running, Jumping, Hopping, Galloping etc.)
- b. Manipulative Skills (Catching, Throwing, Kicking etc.)
- c. Body Management Skills (Balance and Stability)

**II. Fun/Modified Games**

**III. Sports**

- a. Ball Badminton, Handball, Hockey, Karate, Chess, Wrestling, Sqay(Martial arts), Kalaripayattu, Kick Boxing, Yoga.
- b. Individual Sports (e.g. Skating, Rope Skipping, Judo, Taekwondo, Wushu Kickboxing,)
- c. Team Games
  - i. Invasion Games (e.g. Basketball, Kabaddi, Football)
  - ii. Rally Games (e.g. Tennis, Table Tennis, Badminton, Volleyball)
  - iii. Inning Games (e.g. Cricket, Kho-Kho, Rounders, Softball, Baseball)
  - iv. Traditional Indian Games/Sports
  - v. Olympic Games and its Sports
  - vi. Yoga
  - vii. Paralympic Games and its Sports

**IV. Suggestive traditional Indian Indigenous Game**

- 1. Kabaddi
- 2. Kho Kho
- 3. Pittu
- 4. Bora Daud (Sack Race)
- 5. Ghatika/Danguli (one flick, one twist)
- 6. Gherra Rolling (Hoop/Tyre Rolling)

7. Ankh Michauli (Blind Man's Bluff)
8. Rassakasse (Tug-of-war)
9. Chibiddi (Hopscotch)
10. Pachisi (Ludo on ground)
11. Cowrie (Shell Game)
12. Lakhoti (Marbles)
13. Lagori (Lingocha)
14. Gutte
15. Thang TA

Videos on the brief about Indigenous Sports of India can be seen using the following link:-(<https://fitindia.gov.in/indigenousgames>)

**v. Drill Activities**

1. March-Past
2. Health Run
3. Physical Training (PT)
4. Pledge Taking

**VI. Other regional sports and games (which have dedicated followers and their own national sports federations):**

1. Atyapatya,
2. Langdi, Surr
3. Sitolia bridge,
4. Carrrom,
5. Judo,
6. Gatka,
7. Kho-Kho,
8. Mallakhamb,
9. Roller skating,
10. Shooting ball,
11. Tug of war,

## **VII. Territorial Games**

Territorial games are those in which two teams compete within an area that offers possibilities for offensive and defensive play. The goal is to invade an opponent's territory to score.

Scoring is achieved by projecting an object (e.g. a ball) to a specific target, shooting the ball to a target area accurately or moving the ball across an open-ended target (e.g. across a line). Suggestive Territorial Games are:

1. Basketball
2. Handball
3. Hockey
4. Netball
5. Rugby
6. Soccer
7. Ultimate Frisbee

## **VIII. Net/Wall Games**

Net/wall games are those in which two players/teams compete within an area, often separated by a barrier such as a net, placed at a pre-determined height. The goal is to propel an object, usually a ball or a shuttle into space and scoring is achieved when an opponent is unable to make a successful return. Suggestive Games are:

1. Badminton
2. Table –tennis
3. Tennis
4. Volleyball

## **IX. Striking & Fielding Games**

Striking and fielding games are those in which two teams compete within an area that offers possibilities for offensive and defensive plays. The goal for the batting team is to strike an object, usually a ball so that it eludes defenders/fielders. Scoring is achieved when a batter makes a successful run round the bases. The goal for the fielding team is to prevent the batting team from scoring runs. Cricket is one of the suggestive strikes and field game.

**Annexure-II(A)****List of Bharateeya Khel/ Indigenous games**

Sl.No.		Sl.No.		<u>Sl.No.</u>	
1.	Aduhuliata	26.	Kanche/marbles	51.	Pandiattam
2.	Anaykattu	27.	Kattuvarisai	52.	Patanguddayan
3.	Ashta chamma	28.	Khungkangjei	53.	Porokpaminsinam
4.	AtyaPatya	29.	Kokalachapakki	54.	Posham pa
5.	Bandar killa	30.	Kundala/Pagathiya	55.	Pretwa
6.	Baudi/Budhibasanti	31.	Lagori	56.	Raja mantrichorsipahi
7.	Bhalafenk	32.	Langdi	57.	Rathera
8.	Chakibadi	33.	Lathi chhora	58.	Rettu
9.	Cheel jappata	34.	Malkhamb	59.	Rope hopping
10.	Dariya bandha	35.	Marampitti	60.	Sagolkangjei
11.	Dash guti	36.	Mardanikhel	61.	Sanjivani kabaddi
12.	Dayakattai	37.	Mokshpatam	62.	Sankali
13.	Dayrevali kabaddi	38.	Muknakangjei	63.	Santhal katti
14.	Dhopkhel	39.	Mushtiyuddha	64.	Sekkor
15.	Ganjifa	40.	Nadiparvat	65.	Sharavyuha
16.	Gellachhatt	41.	Nakshatra vilayattu	66.	Sita uddhar
17.	Gidhadagudkavan	42.	Naluguralluata	67.	Sokkattam
18.	Gillidanda	43.	Nalugustambhalata	68.	Surr
19.	Gutte	44.	Nau kati kata	69.	Thoda
20.	Hasuchirateata	45.	Nav kankari	70.	Thuunvilayatu
21.	Hoop rolling	46.	Nondi	71.	Vimanam
22.	Igaraguti	47.	Noon miani	72.	Vishamrut
23.	Kalaneybalaney	48.	Pacha kathurai	73.	Vrittkho-kho
24.	Kallukoduthan kale vaa	49.	Pallankunji	74.	Waag Bakari
25.	Kana muttibindima	50.	Pambaram	75.	Yubilakpi

(Maintenance and service of sports equipment)



The success of a sports facility is decided by its usage. For the facility to be popular it needs to be well equipped and maintained.

**I. To keep quality of sports surfaces, it is necessary to do regular maintenance like,**

- a) Remove leaves, stones, pebble stones, flint stones, pieces of sharp objects from the pitch
- b) Sweep the floor daily; if it is a cemented floor
- c) Run the roller on it weekly, if it is soil pitch
- d) Encourage students to come to court only in sports shoes
- e) Maintain cleanliness of pitch and its surroundings
- f) Maintain cleanliness and quality of props and equipment
- g) Periodically check the maintenance of goal posts, volleyball poles, basketball post, etc.
- h) Keep enough dustbins near to the playground

**II. Special maintenance at least once a year:**

- a) Level and slope of the ground should be such that there is no water logging
- b) Repair and check for drainage systems
- c) Special brushing with professional machinery (e.g. for cemented floor)
- d) Follow the maintenance instructions carefully for all artificial turf

**III. Examples of Props and Equipment Maintenance:**

*Check the pressure carefully. Pressures for various balls are as follows;*

- a) **Football** - 0.6 – 1.1 atmosphere ( $600 - 1,100 \text{ g/cm}^2$ ) at sea level
- b) **Basketball** – 3.17 – 4.0 atmosphere ( $3170 - 4000 \text{ g/cm}^2$ ) at sea level
- c) **Volleyball** - 0.30 - 0.325 atmosphere ( $300 - 325 \text{ g/cm}^2$ ) at sea level

**IV. Before using the balls:**

- a) Inflate balls to correct pressures.
- b) Before you inflate the balls moisten the needle.
- c) To inflate balls, squeeze balls while gradually adding a small amount of air at a time.
- d) Inflating balls with too much air at once will damage the inner tube/bladder.
- e) Avoid inflating balls with machines as it may overinflate.

**V. After using the balls:**

- a) Deflate little air after use. If the same air pressure remains in balls after use, balls may expand or deform.
- b) Wipe the surface with a soft cloth.
- c) If you are unable to remove dirt easily, wipe balls with a moistened cloth.
- d) If you are unable to remove dirt with moistened cloth, wipe balls with a cloth moistened with water-diluted mild detergent.
- e) If you use mild detergent to clean balls, thoroughly wipe off any remaining detergent to ensure that it does not remain on the ball surface. (Detergent may cause stain).
- f) Wipe the ball afterwards with a dry cloth.
- g) Dry balls out of direct sun light in a well-ventilated place. Do not keep it under direct sunlight for long.
- h) If the ball has been soaked by rain, wipe away moisture and dirt using a cloth. Dry the ball out of direct sunlight in a well-ventilated place.

**VI. To store balls:**

- a) Avoid leaving balls in a place that is exposed to direct sunlight.
- b) Avoid storing balls in hot or damp places.
- c) Store balls in a well-ventilated place.
- d) Inflate balls regularly and store them in a well-ventilated place out of direct sunlight

**VII. Even if the equipment is not in use, it requires regular cleaning and maintenance. To maintain Props and Equipment you should perform the following activities:**

- a) After the activity, use a dry cloth to wipe the props/ equipment and store in a well-ventilated place out of direct sunlight.
- b) Check the condition of the props/ equipment regularly to avoid using a damaged prop.

- c) Do not leave the props/ equipment in direct sunlight for the whole day. It would reduce the life of props/equipment.
- d) Do not store the props and equipment made of iron/metal in a damp place. The moisture may lead to rusting.
- e) Do not apply water on any leather props and equipment. Always use dry cloth to clean.

**VIII. Some important points regarding maintenance:**

- a) There should be no broken equipment and props.
- b) Wooden equipment should not be cracked or splintered.
- c) Metal equipment should not be rusted.
- d) Children should be aware of the unsafe and dangerous areas/ locations, if any.
- e) Surface material should be maintained regularly on the playground
- f) Playground equipment should be made of durable materials that would not fall apart or worn down too much by the weather.
- g) Make sure that there is enough clearance in front of equipment like slides, swings, etc. And children do not linger around when equipment is in use.
- h) Check for objects (like hardware, S-shaped hooks, bolts, nails and sharp or unfinished edges) that stick out on equipment and could cut a child or cause clothing to become entangled.
- i) All hardware or equipment should be secure, with no loose or broken parts. Plastic and wood should show no signs of weakening, and there should not be any splintered or rusted surfaces.
- j) If the local playground has a sandbox, check for hazardous debris such as sharp sticks or broken glass, and be sure that the sand is free of bugs. Sandboxes should be covered overnight to prevent contamination from animals, such as cats and dogs.
- k) Help keep your playground clean and safe by picking up trash, using the equipment properly. Report to higher authorities for any problem immediately related to safety.





**(Proforma for Monitoring of schools receiving the sports grant under Samagra Shiksha)**

1. Name of the School:

2. Address:

(a) District:

(b) State:

3. Date of the Visit:

(a) Day of the Visit:

(b) Time of commencement of Visit:

(c) Time of completion of visit:

**4. Composition of monitoring team: -**

	<b>Name of the Member</b>	<b>Designation</b>	<b>Department/Project</b>	<b>Signature</b>

**5. Sports Equipment: -**

a) Did the school purchase the equipment?

(Yes/No) ..... Any Comment.....

b) What is the condition of the available equipment?

(Usable)

(Unusable)

(Considerable)

c) Do the students play sports/games in the school?

(Yes/No) ..... Any Comment.....

- d) What is the approx. number of students availing sports facilities in the school?  
 .....
- e) Is the equipment kept according to the guidelines?  
 (Yes/No) ..... Any Comment.....

**6. Sports Activities: -**

- f) What are the different sports/games played in school?  
 .....  
 .....
- g) Have the equipment been purchased according the sports/game being played in the school?  
 (Yes/No) ..... Any Comment.....
- h) What is the timing for sports activities in the school?  
 Time..... Shift .....
- i) Are the sports being played at their scheduled times?  
 (Yes/No) ..... Any Comment.....
- j) Do children play under adult supervision?  
 (Yes/No) ..... Any Comment.....
- k) Are the sports guidelines issued for the school and kept near the playground?  
 (Yes/No) ..... Any Comment.....
- l) Is sports facility available in the school for the children with special category and the girl students?  
 (Yes/No) ..... Any Comment.....
- m) What and when are Sports events held in the school?  
 .....
- n) Are sports period included in the school time table?  
 (Yes/No) ..... Any Comment.....

**7. Sports Infrastructure: -**

- a) Are there playground and other infrastructure available in the school?  
 (Yes/No) ..... Any Comment.....
- b) Is the playground being maintained regularly?  
 (Yes/No) ..... Any Comment.....
- c) Is the playground in a playable condition?  
 (Yes/No) ..... Any Comment.....

**8. School Sports Committee: -**

a) Is the School Sports committee functional?

(Yes/No) ..... Any Comment.....

**9. General Sports club: -**

a) How many members are there in the General sports club?

.....

b) Whether the general sports clubs are formed based on the norms suggested in the guidelines?

(Yes/No) ..... Any Comment.....

Place: .....

Signature of the Officer