

Online Training Programme for the PE Teachers and Community coaches conducted by Sports Authority of India (SAI)

The Council has in collaboration with SAI, through the Lakshmi Bai National College of Physical Education, initiated an Online Training programme for the PE Teachers and Coaches in its affiliated schools.

SAI will conduct a 21-day Online Training of PE Teachers & Community Coaches, as per the schedule. At the end of the training session there will be an online assessment based on which a digital certificate will be issued to them by SAI.

The registration for the same may be done online, through the link provided below.

<https://forms.gle/sdTbLQmD1LxJvstj9>

Training Event Dates (tentative) : 1st May 2020 onwards (Mon-Fri)
Mode of Training: Zoom / Facebook (details will be provided later)

Details of the Live Session link will be available on <http://fitindia.gov.in> website before 30th April 2020. For any clarification please mail at ushasujit0@gmail.com

Gerry Arathoon

Chief Executive & Secretary

Council for the Indian School Certificate Examinations, New Delhi

Annexure 1
Training Schedule

Commencement of the course from 1st May 2020

COURSE COORDINATORS:

Sh. Sujit Panigrahi and Dr. Usha S Nair

Mon-Fri: 12 PM onwards OR 4:30 PM onwards, 60-90 minutes (to be finalised)

	Session	Speakers
Theme 1 - WHAT IS FITNESS, ROLE AND RESPONSIBILITIES OF A PE TEACHER		
Day 1	Concept of Fit India School	Ms. Ekta Vishnoi, Mission Director, Fit India / Representative from Fit India
Day 2	Concepts of Fitness, Health, Physical Education, Sports, Lifestyle	Dr Usha S Nair , SAI,LNCPE
Day 3	What is physical literacy? What is physical literate child? Key components of Physical Literacy.	Dr G Kishore, Principal, SAI, LNCPE
	Roles and Responsibilities of a Teacher responsible for PE	
Day 4	Planning and executing a play session	Dr. Ajit Kumar, Asst. Professor, AIPESS
THEME 2 - INTEGRATION OF FITNESS AND PHYSICAL LITERACY INTO EXISTING CURRENT ACTIVITIES		
Day 5	Integrating Fitness in current activities done by PETs and teaching methodology	Ms. Saroj Yadav, Dean, NCERT / Mr. Manjit Singh, Asst. Director (CBSE)
Day 6	Sports and Events	Mr. Pushkar Vohra, CBSE
	Safe environment to protect and safeguard children	
Day 7	Balanced Nutrition and Lifestyle	Mr.Ryan Fernando, Co-founder & Chief Nutritionist QUA Nutrition
Day 8	Maintain Health, hygiene and safety standards	Dr George Mathews, SAI,LNCPE
	Provide First Aid	
Day 9	Effective Communication	Kalpna Sharma PhD & EMBA Dean Faculty of Education & Director ASPESS & Sports
THEME 3: AGE-APPROPRIATE ACTIVITIES FOR FOUNDATION YEARS TILL CLASS 12		
Day 10	Concept of Progressive Age-appropriate Curriculum for Children, Concept of Fitness for Staff	Sh. Sujit Panigrahi, CEO, fitness365

Day 11	Class Nursery to Class 2, Class 3-5	Dr. Ajit Kumar, Asst Prof. Amity University
Day 12	Class 6-8	Dr.Sanjeev Patil & Dr Jayaraman , SAI,LNCPE
Day 13	Class 9-12	Dr Sanjay Kumar Prajapathi , SAI,LNCPE
THEME 4: COMMUNITY SPORTS COACHING		
Day 14	Community Coaching General Principles	Sh. Sudheesh C.S, SAI,LNCPE
Day 15	Community Officiating General Principles	Dr. Sandeep Tiwari, Associate Professor, IGIPSS / Dr. Lalit Sharma, Associate Professor, IGIPSS
Day 16	Competition Routine	Dr Narendra Gangwar , SAI, LNCPE
Day 17	High Performance	Dr.Jayaraman.S, SAI, LNCPE
Day 18	Ethics and Decision Making	Dr.Anil.R, Director & H.O.D, Dept of Physical Education, Kannur University
Day 19	Creativity in PE and Sports	Dr Lamlun Buhril, SAI, LNCPE
THEME 5: KHELO INDIA FITNESS ASSESSMENT		
Day 20	Khelo India Fitness Application	Sh. Sujit Panigrahi, CEO, fitness365 and Muthu Selvan, RM, Khelo India Fitness Assessment
	Khelo India Battery of Tests	
Day 21	Hands-on learning of Assessor App and Web Portal for Schools	Sh. Santosh Chaudhari and Ms. Neetu Yadav, Fitness365
POST TOT ASSESSMENT (Online Test – based on which certificate will be given)		
60 Minutes	Post TOT Assessment	

For any information, please get in touch with Program Cordinators:

Sh. SujitPanigrahi (sujit@seqfast.com) and Dr.Usha S Nair (ushasujit0@gmail.com)