

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 or call 981640941/9871199639

Thanking You

Aadhunik Public School.