

## How to take part in "Play At Home" program

- 1. Click on the Link : <u>http://www.sportzvillage.com/schools/playathome/</u> (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  $6^{th}$  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, uploa	d your child's sc	ore	401	- Freebook To					
	5. Post your child's activity photos and videos on social	media and tag u	s with the hashtag	#PlayAtHome o	n Facebook, Tw	itter and Instagram	n			
			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								
	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								
			Download the	log sheet		1	1			
			Grade 3 to	Grade 6						
	Activity Type Da	v 1 D	av 2 E	av 3	Day 4	Day 5	Day 6	Day 7		

- 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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And and a second se	2. Download the log reports t	o give a score to your o	hild everyday									
	<ol> <li>You can select any activity of 4. Once your child completes</li> </ol>	on the given day by clic the 30 days activity, up	king on the activ	ity name to see	the details							
	5. Post your child's activity ph	otos and videos on soc	ial media and ta	g us with the ha	shtag #PlayAtHo	me on Faceboo	k, Twitter and I	nstagram				
				Nursery to	Grade 2							
	Activity	Туре	-	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7			
	Physical Activity-Motor	r and Fundamental	Physical	Physical	Physical	Physical	Physical	Physical	Physical			
	Movemen	nt Skills	Activity	Activity	Activity	Activity	Activity	Activity	Activity	_		
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5. Download the logsheet by clicking on the button

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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			
Download the log sheet Fill up the form to know how been during the program. All receive a 'Play At Home' certi overall total log sheet score h Become a part of our Play A	s vill Click	Your Nar Email * Phone *	Fields ne *	Your Que marked with an	ery • are required					
here to upload your child's a videos on our Facebook pag	<u>ctivity photos anc</u> e.		Subject *							

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

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Activity Name	Total Points	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	
Physcial Activity-Motor and	5																
Fitness Video Day	5	<u> </u>		-		-	<u> </u>	-					<u> </u>	<u> </u>			
Fun activity Videos	3						-	-									
Daily Total Score	13																
Activity Name	Total Points	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30	
Physcial Activity-Motor and																	
Fundamental Movement Skills	5			-			-										
Fitness Video Day	3			-			-	-									
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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.

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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 Name * Epol * Phone * Subject * Query *	Your Qt Fields marked with a	iery • are required					



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	Fields marked with an * are required Your Name *	Latest thicking Contact IIs of	
Download the log sheet	Email *	contact of a	
Fill up the form to know	Phone *		
receive a 'Play At Home' overall total log sheet s	Child's name *		
Become a part of our Pl here to upload your chi	Std. •		
videos on our Facebook	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.

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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         Please fill out this field.

9. For any Queries please write to <a href="mailto:schools@sportzvillage.com">schools@sportzvillage.com</a> or call 981640941/9871199639