

Fit India school rating system

December 30, 2019

Source: *India Today*

The Ministry of Youth Affairs and Sports has launched Fit India School Week and Fit India School Rating inviting schools to participate. With this process, the ministry will be able to rate the schools on the basis of the quality of fitness and physical education they are providing.

Fit India School Parameters

The parameters to participate in '**Fit India School Ranking**' have been released by the CBSE. They are;

- Having one Teacher trained in PE, and such teacher is physically fit and active
- Having a playground where two or more outdoor games can be played
- Having one PE period each day for every class and physical activities (sports, Dance, Games, Yoga, etc.) take place during the class
- Having all students spending a minimum of 60 minutes or more on physical activities daily.

Fit India Three – Star School – Parameters – The following additional parameters would apply for claiming the 3 – Star rating.

- All teachers to be physically fit and spending 60 minutes or more every day for physical activities
- The school has at least two trained teachers (including one PET), and each well versed with at least two sports
- Sports facilities for four sports including the two outdoor sports

- Every student learns and plays two sports – one of which could be a traditional/indigenous/local game.

Fit India Five – Star School – Parameters – The following additional parameters (over and above 3 Star rating) would apply for claiming the 5 – Star rating.

- The school conducts monthly Intra-school sports competitions, participates in Inter-school sports competition and celebrates annual Sports Day
- All teachers are trained in PE.
- School has two or more sports coaches. These may be PE teachers.
- School follows a structured PE Curriculum prescribed by NCERT/ Board.
- The school conducts the annual fitness assessment of all children.
- School opens its playground(s) after school hours for neighbouring communities for its active use (reasonable fee can be levied for maintenance and security).

Procedure for Schools to get Fit India Star Rating

- For Fit India School Rating, the school would certify itself and will register online at www.fitindia.gov.in
- On registration, an online certificate would be issued to the school recognizing it with permission to use Fit India Logo and Fit India Flag.
- For Fit India 3-Star or 5-Star Rating, the school would have to apply online at www.fitindia.gov.in
- The Fit India Mission would verify the claim and thereafter will issue an online certificate and commendation letter.
- The hard copy of the certificate and letter would be sent by post.

Fit India is going to be included for the Prime Minister's Award also and it is likely that the Fit India 5-Star Schools would be felicitated during the Republic Day and Independence

Day functions at the respective State level.