

Frequently Asked Questions

How do we register for or join the program ?

There is no registration required and it is a free program

Is this program free ?

The program is free to use

Are all links and videos available for all day from the beginning ?

The links and videos will be uploaded on a day to day basis. The links and videos were uploaded from April 1st, and the activities for the days will be uploaded one day at a time

What games or activity is appropriate for different age group ?

the activities have been divided into 3 different age group as shown in the page. (Nursery to Grade 2, Grade 3 to Grade 6, Grade 7 & above)

What is PE word of the day ?

PE word of the day gives the definition of terms that are commonly used in physical education. It is included in the activity to impart knowledge about these terms

How do I upload activities on Facebook ?

You can upload your child doing the physical activity on the 'Sportz Village' Facebook page or on your own social media handles using #playathome.

How to fill the Log sheet?

- Please download the log sheet for your age /grade category, to fill it on your computer, or take a printout to fill in a hard copy or draw the log sheet format in your notebook or make a chart.
- For a given day there are certain activities assigned and will vary day to day for e.g. As per the given Grade 3-6 weekly chart on Day 1 there is Physical activity, Fitness video, Helping out parents, PE word of the day and Emotional wellbeing
- While giving points for Physical activity/Helping out Parents/ Fitness video please consider these two things -**All activity performed** as given in the chart/video and **Duration** which should be 30-40 mins. Please note 60 min of daily physical activity is recommended by WHO and that is what we need to target using content from Physical activity charts, Helping out parents and Fitness videos when applicable.
 - **Scenario 1:** - If your child has completed all the activities then you will fill in the points in the log sheet below: -

- **Scenario 2:-** If child has done all exercises but not long enough to complete 60 mins of physical activity(from Physical activity, Helping out parents and Fitness Video) then please award **3 points only** , applicable for **Physical activity and Helping out parents** , **for Fitness video** if the activity done but not long enough then **2 points**