

BLUE BIRD HIGH SCHOOL IN PARTNERSHIP WITH **SPORTZVILLAGE SCHOOLS.**

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 **SportzVillage formerly known as Edusports**. 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 sports quiz, 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/play-at-home/>

For any queries about the program please write to schools@sportzvillage.com or call 7898525782

Thanking You

Ankit Gupta

Sportzvillage Schools/Formerly known as Edusports

How to take part in “Play At Home” program

1. Click on the Link : <http://www.sportzville.com/schools/play-at-home> (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 6th it is strongly recommended that there is adult supervision during the activities)

18002700917 schools@sportzville.com

2. Download the log reports to give a score to your child everyday
3. You can select any activity on the given day by clicking on the activity name to see the details
4. Once your child completes the 30 days activity, upload your child's score
5. Post your child's activity photos and videos on social media and tag us with the hashtag #PlayAtHome on Facebook, Twitter and Instagram

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	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	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	Fill Your Log sheet	Fill Your Log sheet	Fill Your Log sheet	Fill Your Log sheet	Fill Your Log sheet	Fill Your Log sheet

Grade 3 to Grade 6

Activity Type	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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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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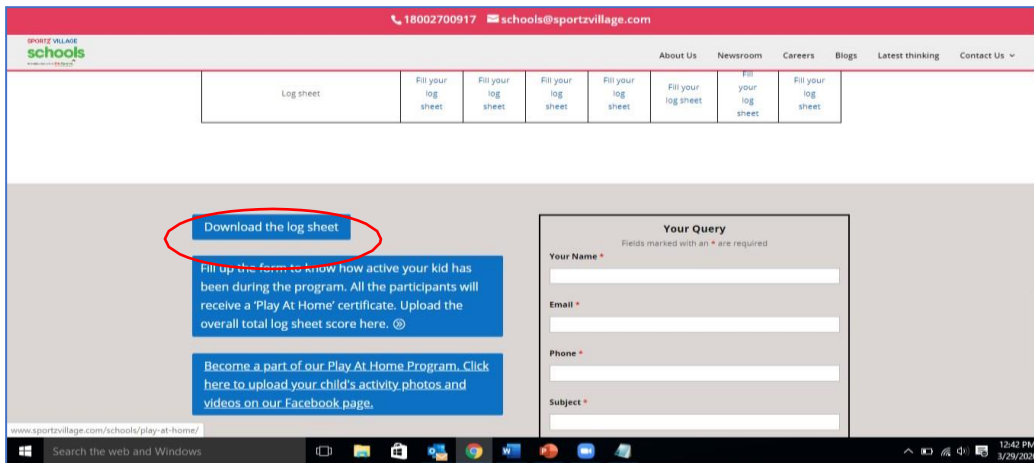
Nursery to Grade 2							
Activity Type	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Physical Activity-Motor and Fundamental Movement Skills	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
Fitness Video Day	Fitness Video		Fitness Video		Yoga Video		Fitness Video
Fun Activity Videos			Fun Activity Video			Fun Activity Video	
Log sheet	Fill Your Log sheet	Fill Your Log sheet	Fill Your Log sheet	Fill Your Log sheet	Fill Your Log sheet	Fill Your Log sheet	Fill Your Log sheet

Grade 3 to Grade 6

Activity Type	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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5. Download the logsheet by clicking on the button



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

Logsheet-N-2-1.pdf 1 / 1

SPORTZ VILLAGE
born to play

Grade Nursery to Grade 2nd

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
Physical Activity-Motor and Fundamental Movement Skills	5															
Fitness Video Day	5															
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
Physical Activity-Motor and Fundamental Movement Skills	5															
Fitness Video Day	5															
Fun activity Videos	3															
Daily Total Score	13															

Overall Total Score

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- 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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SPORTZ VILLAGE schools

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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

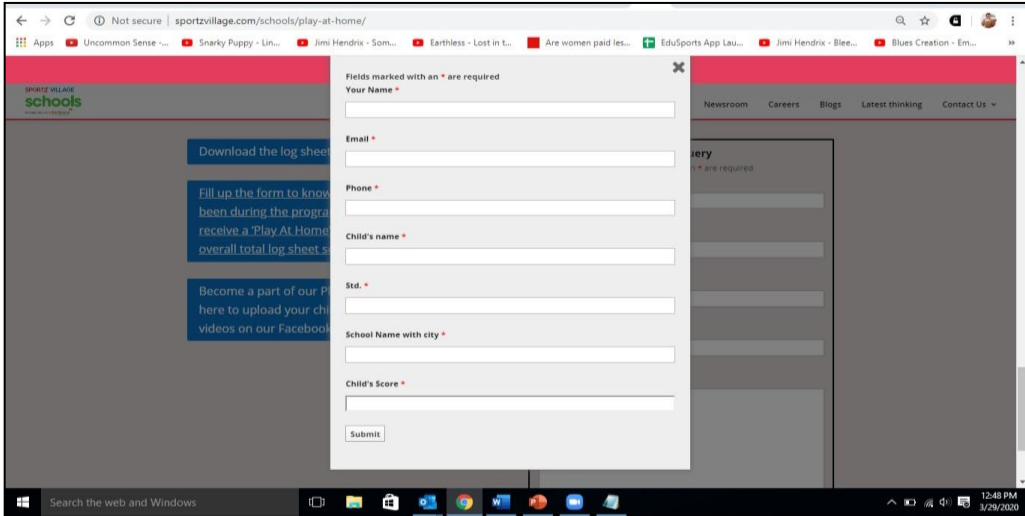
Your Name *

Email *

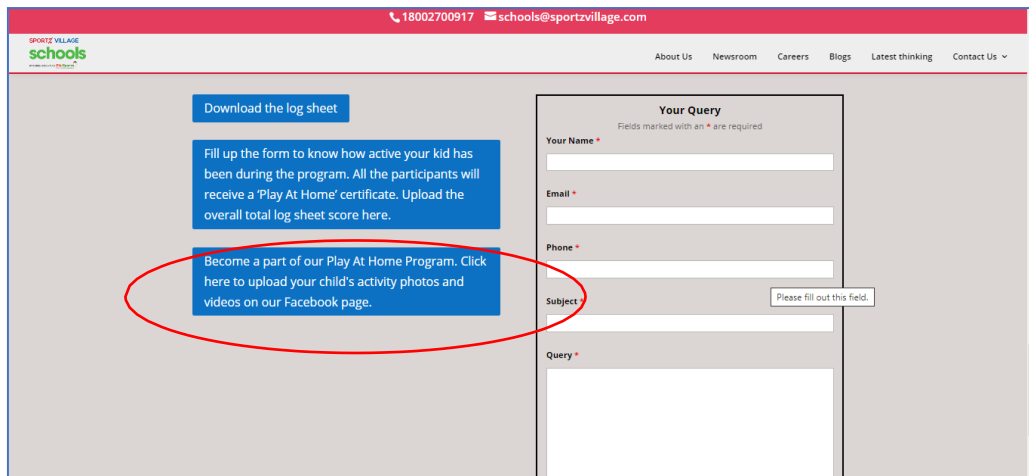
Phone *

Subject *

Query *



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.



For any Queries please write to schools@sportzvillage.com or call 7898525782