
Shaping India's Future Generation.
Fit India. Confident India.

SHAPE365



Sports, Health and
Physical Education Program
for Schools



Build an Active School. Get in Touch.

www.fitness365.me | info@liveplus.in | +91-9811296679 , +91-9999014630, +91-9810259395

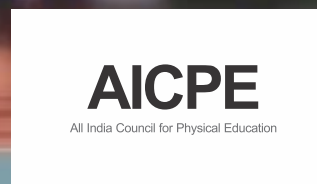
fitness365
Active Schools. Active Communities.

Partner Schools in 6 States, 75000+ Children and growing

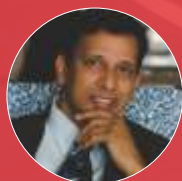
Some of Fitness365 Partner Schools include:

- Modern School
- DPS Schools
- Millenium Schools
- Tagore International School
- Salwan Group Schools
- Maria Public Schools
- Witty International School
- Gurgaon Valley School
- Vishesh Kids

Fitness365 Affiliations



Leadership Team



Sujit Panigrahi, Founder and CEO

Additional Director General (Technology),
Commonwealth Games, Delhi 2010
Governing Council Member, Sports Sector Skills
Council (SPEFL-SC)
National Sports Committee Member,
FICCI/CII/PHDCCI
ME (Software Systems) and MMS from BITS Pilani



Rashmi Sharma, Director- Competence Management

CEO and Co-founder, Convergent Technologies
Client Servicing and Corporate Communication at TBWA, Surya
Roshni and Kuoni International
PGDM from IIMC and Graduate from Lady Shri Ram College
Schooling in France, Morocco, South Korea and India



Dr. J. S Naruka, Director-Skill Development

Vice Chancellor, LNIPE, Gwalior and Founder, IGIPSS, Delhi
Adviser, Association of Indian Universities
Director, National Olympics Academy, India
National Course Director - Solidarity Course in Sports Management and Leadership, International Olympic Committee
M.PE and PhD from LNIPE, Gwalior

Fitness365 Research Findings

Participation in physical activity during childhood can aid the development of motor abilities and lay the foundation for good health, especially cardiovascular health.

School Children in India need to be more active



2 out of 3 kids today are inactive.



1 out of 4 kids is overweight



2 out of 5 kids are underweight

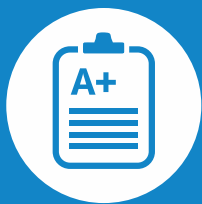


Children are Sports Fit

Source:

Fitness365 Bi-annual Fitness assessment Tests 2011-2015, 75000+ children.

Education beyond Classrooms: Studies show Sports and Physical Activity improves Academic Performance, Decision Making and Leadership Skills



Perform better Academically



Apply Thinking and Decision Making Skills



Demonstrate Teamwork and Fair Play



Belief and Confidence in Self

<http://fitness365.me/insights>

SHAPE365



Is your School an Active School?

Take a leap. Join Full year Sports, Health and Physical Education (SHAPE365) Program and take advantage of best practices of structured, age-appropriate Sports and Physical Activities.



Sports

Athletics
Gymnastics & Yoga
Badminton
Tennis
Martial Arts
Football
Basketball
Cricket
Volleyball
Kho-kho
Kabaddi
Throwball
Handball



Health and Fitness

Body Awareness and Control

Health and Nutrition related Lessons

Recommendations for each Child

Lifestyle Improvement and Food Habits

Sessions with Parents



Physical Education

Fun based Physical Activities

Physical Fitness Drills and Improvement of Motor Abilities

Leadership "Skills for Life" (Team work, Decision Making, Fair Play, Respect)

Safe Practices

Full year On-ground Intervention by Trained PE Teachers & Coaches
Sports Skills and Fitness Assessment
Goal-setting, Recommendations and Monitoring



**Sport your way to Fitness.
Play More. Live More.**



**Whatever is your level of Fitness,
give it a PLUS!**

SHAPE365 School Program: Objectives

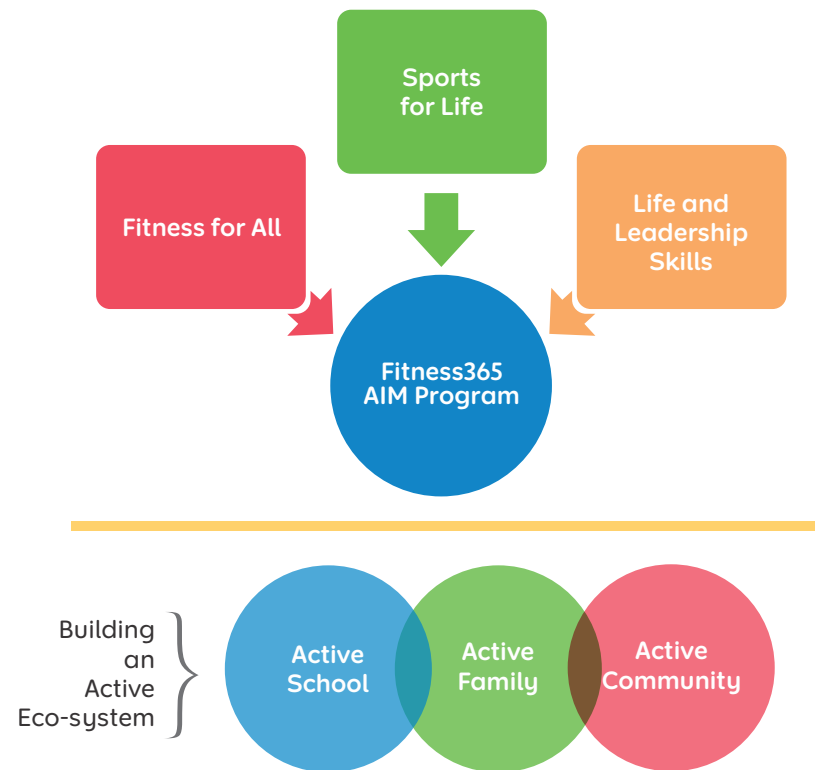
SHAPE365 aims at developing students' Motor abilities, Physical Fitness and Sports skills and equip them with the knowledge, skills and attitude to pursue and enjoy a physically active and healthy lifestyle.

SHAPE365 seeks to develop in each student the ability to:

- ✦ Perform and enjoy a variety of physical activities with understanding of concepts and skill development
- ✦ Develop and maintain physical health and fitness through Round-the-Year Structured, Age-appropriate physical activities
- ✦ Demonstrate positive self-esteem, through body awareness and control
- ✦ Understand and apply thinking, decision making and problem solving skills
- ✦ Demonstrate the spirit of fair play, teamwork and sportsmanship
- ✦ Acquire Safe Practices during Sports and Physical Activities
- ✦ Promote 'Fitness for All' and at least 'Sports for Life'.
- ✦ Reward and Recognition at National/State levels to felicitate Top Talent and move them to specific Sports Programs.

As a member of Sports Skills Council (SPEFL-SC) India, Fitness365 aligns itself to the National and State Boards and the National Skills Qualifications Framework (NSQF) that organizes all qualifications according to a series of levels of knowledge, skills and aptitude. to provide quality Sport, Health and Physical Education program in schools.

Building Active Schools. Shaping India's Future





3 Stage Program Implementation: A.I.M. for Good Fitness

A

Assessment of Fitness and Sports Skills

(a) Credits for Fitness:

- BMI/Body Fat Composition
- Fitness Components: Speed, Strength, Agility, Balance, Flexibility, Endurance

(b) Sports Compatibility Tests

(c) PAN India National Fitness Index for each Age/Gender

I

Intervention through Structured Curriculum and Trainers

(a) Age-appropriate, Class-wise Curriculum and Tools for Classes Nursery-12

- Multiple Sports/ Fun Games
- Yoga and Gymnastics
- Athletics
- Health and Nutrition
- Motor Skills and Physical Fitness Drills

(b) Trained P.E. Teachers/Sports Coaches

(c) Inter House activities

(d) Annual Sports Day

M

Monitoring by School, Teachers and Parents

(a) 'Active Connect' Web Portal

(b) Fitness and Sports Skills Assessment

Report Cards for each child

(c) Individual goal setting

(d) Recommendations for Improvement

(f) Access to class-wise, structured curriculum and sports activities/lessons



"It is important to have a scientific approach to Fitness and Sports Education by schools and parents. India must invest in developing Fitness and Sports at a Grassroot level for it to succeed in the world stage. Fitness365 is working in the right direction of helping develop these skills for young children - some of these children will be identified as Top Talent from schools and will become Elite Sportspeople"

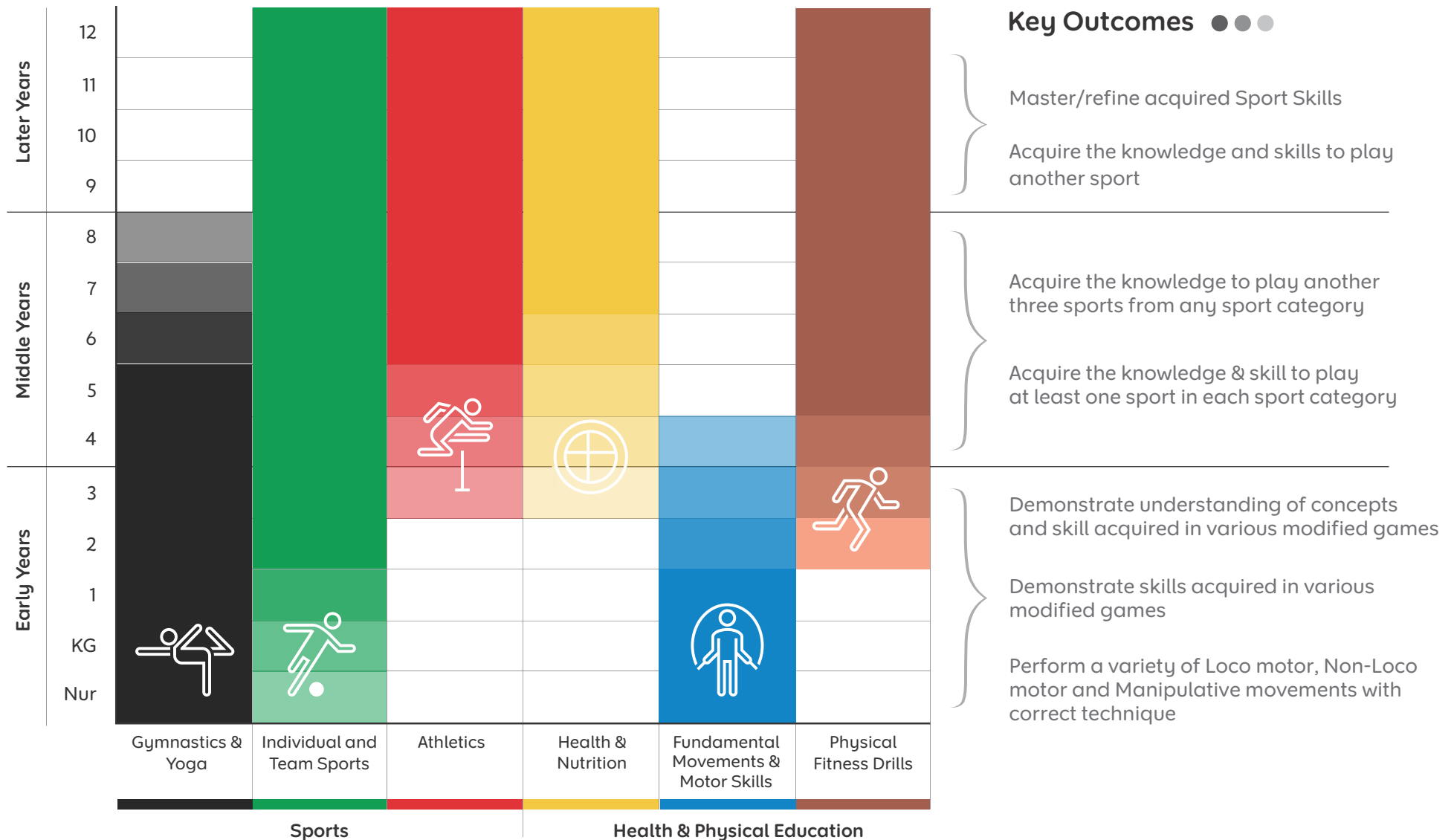
Padmashree Mr. Ajit Pal Singh

Captain of the World Cup winning Indian team (1975)

Team Member Mexico 1968 (Bronze), Munich 1972 (Bronze), Montreal 1976 Olympics, Arjuna Awardee (1970)

Age Appropriate, Progressive and Integrated Curriculum

Fitness365's full year Sports, Health and Physical Education (SHAPE365) Program is inclusive in nature, aims at participation by All and designed to work with resources and infrastructure in each school. It is first of it's kind and duly recognised by an expert body.



Fitness365 has been engaged with our school to help Children improve their fitness through a series of Fitness, Sports, Nutrition and Mind Training programs round the year. The concept of structured Physical education program has been well accepted by all the stakeholders.

Mr. Gaurav Tomar (Director) - Tagore International School



Sack Race



Kho-Kho



Parachute / Resistance Training

Age appropriate Activities and Props



Hopscotches



Team Coordination Drill with Parachute



Balancing Beam



Slalom Poles for Agility Drill



Skating



Athletics



Tug of War



Martial Art



Hula Hoops / Strength Training



Volleyball



Lawn Tennis



Gymnastics



Flexibility / Yoga



Football Dribbling



Swimming



Table Tennis



Cricket



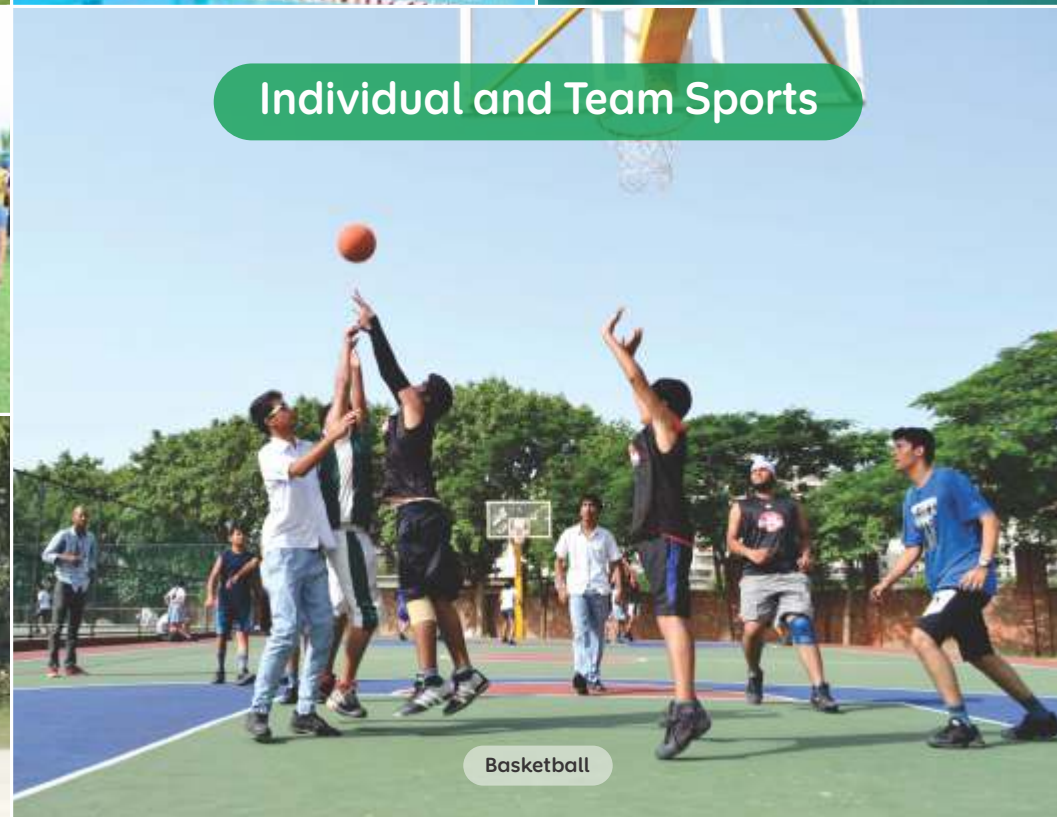
Hockey



Pop up Goals



Skating Handball



Individual and Team Sports

Basketball

F365 'Active Connect'

Anytime Monitoring by Schools and Parents



Blog / Contact Us Welcome Vansh Yadav

f365 active connect
AIM for Good Fitness India's 1st Fitness AIM Program for School Children

insights + Events/Winners SHAPE365 TOP Sports UTILITIES + Gallery

Dashboard Current Camp Dashboard

 Rabindranath World School, I-A Vansh Yadav, 6yr, M	School Rank 12	State Rank 117	National Rank 606
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82% Fitness Level 5 Athletic Fitness Benchmark +	Height 142.52 cm	Weight 45 kg 8.5 kg Over Weight	BMI (12.5) BMI Benchmark +
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Whatever is your existing level of fitness, **give it a PLUS**

Balance Next Goal (L4): 2:56:60 sec Ultimate Goal (L7): 2:43:25 sec Current Level 34:66 sec / 80.35 perc L2: Must improve	Agility Next Goal (L5): 2:56:60 sec Ultimate Goal (L7): 2:43:25 sec Current Level 34:66 sec / 80.35 perc L3: Can do better	Speed Next Goal (L7): 2:56:60 sec Ultimate Goal (L7): 2:43:25 sec Current Level 34:66 sec / 80.35 perc L5: Athletic
Endurance Next Goal (L6): 2:56:60 sec Ultimate Goal (L7): 2:43:25 sec Current Level 34:66 sec / 80.35 perc L4: Good	Catch Next Goal (L7): 2:56:60 sec Ultimate Goal (L7): 2:43:25 sec Current Level 34:66 sec / 80.35 perc L5: Very good	Throw Next Goal (L3): 2:56:60 sec Ultimate Goal (L7): 2:43:25 sec Current Level 34:66 sec / 80.35 perc L1: Work harder

[Download Report](#) [Fitness History](#) [National Benchmark \(1 year old boy\)](#)

Fitness Recommendation +

BMI Recommendation -

Hi Vansh Yadav, You can reduce by 8.34 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

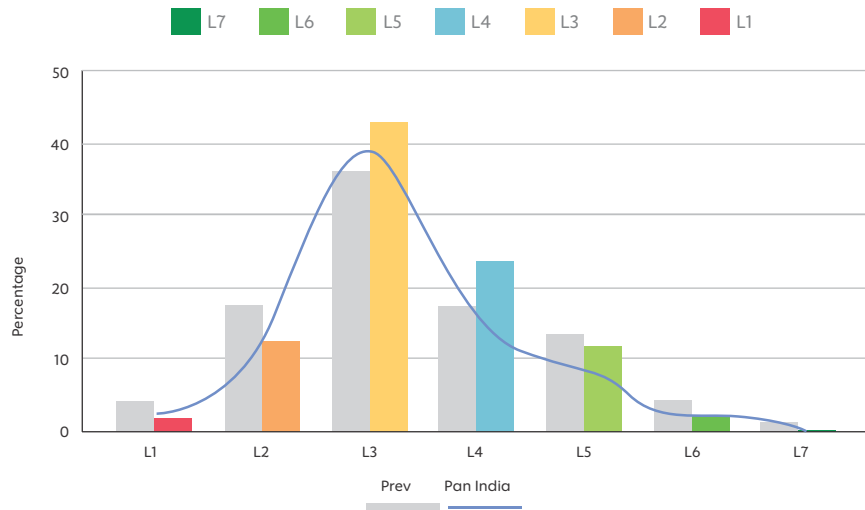
- ✓ Enrich your diet with whole grains which are richer in nutrients and fiber. Oatmeal, porridge etc are a good breakfast option.
- ✓ Cut down your consumption of saturated and trans fat.
- ✓ Healthy food choices include whole grains, legumes, lean meats, poultry, seafood, eggs, low-fat dairy foods, soy products, fruits and vegetables.
- ✓ Have a variety of fresh fruits instead of fruit juices.
- ✓ Avoid junk food, fried food, ghee, aerated drinks etc.
- ✓ Have sufficient water intake, sleep early and enroll in a fitness or sports program.
- ✓ Spend 6-8 hours in a week in exercising/playing.

You can check your comprehensive Fitness Dashboard & Insights by logging into the following link with your UserID & Password
<http://www.fitness365.me/mydiary>

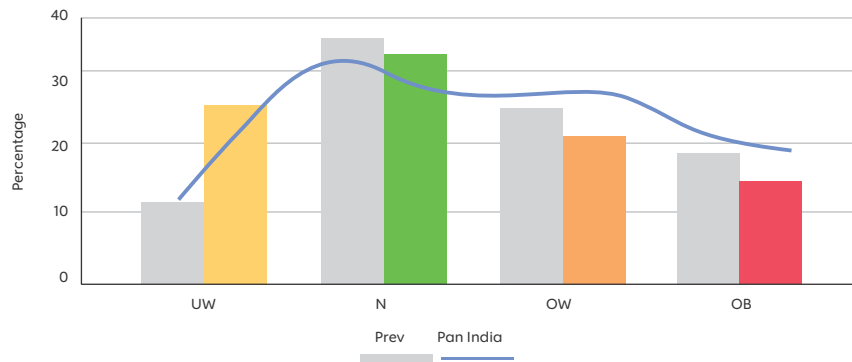


Performance at School Level

% age of Children in My School at different Fitness Levels (compared with pan -India)



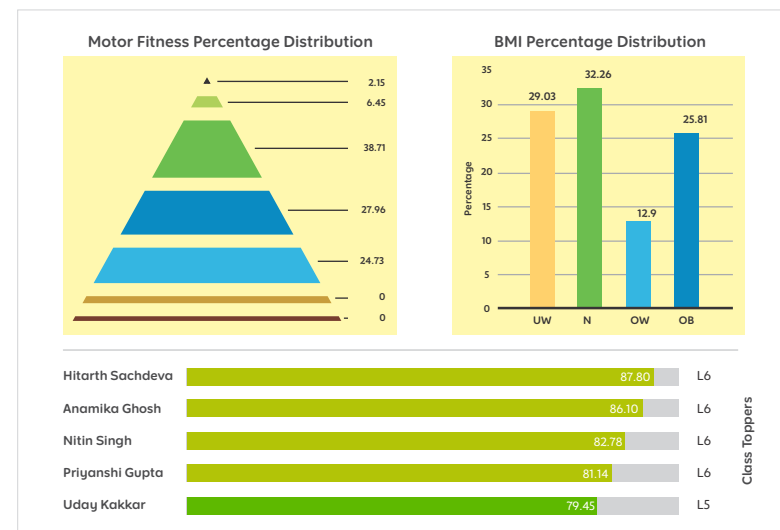
Weight Distribution of Children in School (Percentage)



Individual School, PE Teacher and Parent Access

- Access to Class-wise SHAPE365 Curriculum and activities
- Access to TOP Sports Skills and Techniques Lesson Plans
- Results of Inter-house Activities and Sports Day
- Online access to each Student for monitoring his/her performance in various Sports
- Assessment of Motor Fitness and Body Composition to get a complete view of his/her fitness level
- Recommendations for Physical Activities, Nutrition and Lifestyle Improvements
- Assessment of his/her Sports Skills, and identify the Sports and Position he/she can excel in
- Identification of TOP SportsFit and Athletic Talent and Recognition
- Tools and Utilities for Parents
- Access to National Fitness Index

Performance at Class Level



National Fitness Assessment Report Cards

Fitness365 benchmarks the performance of each Child against the National Fitness Index created by FICCI-AICPE-Fitness365. Each Child is provided a Fitness Assessment Report that focuses on Motor and Physical Fitness Assessment and Health-based Assessment.



Active Schools. Active Communities.

India's 1st Fitness AIM Program for School Children

- PEP365: Full Year Physical Education Program
- SportsFIT: After School Sports and Fitness Program
- 3A: 3-times Fitness and Sports Skills Assessment in a Year

Fitness Assessment Report

Name	Pooja Kapoor
Class	8
Admission No.	00478713
User ID	4600478713
Gender / DOB	Girl / 09/14/2007
School/Venue	ABC Public School, Gurgaon, Haryana



Period	Weight	Height	BMI	
Current	14 Jul 2014	16.6 kg	116.8 cms	13.63
Previous	29 Dec 2013	17.3 kg	113.3 cms	13.23

My Fitness Score

	L1	L2	L3	L4	L5	L6	L7	My Score	Percentile	Feedback
Agility	Current							3:037 sec	82.52	Athletic. There is scope for improvement.
	Previous							4:075 sec	96.70	
Balance	Current							1:13.085 min	70.75	Very Good. You can improve!
	Previous							1:17.010 min	72.48	
Speed	Current							4:065 sec	75.33	Very Good. You can improve!
	Previous							4:047 sec	80.43	
Endurance	Current							1:10.010 min	95.72	Sports Fit. Keep it up!
	Previous							15:040 sec	10.47	
Catch	Current							3	90.00	Sports Fit. Keep it up!
	Previous							4	80.00	
Throw	Current							3	70.00	Sports Fit. Keep it up!
	Previous							4	80.00	

Benchmark: 8 year Girl

	L1 (<=90)	L2 (<=80)	L3 (<=70)	L4 (<=60)	L5 (<=50)	L6 (<=40)	L7 (<=30)
	Sports Fit	Athletic	Very Good	Good	Can do Better	Most Ingress	Work Harder
Agility	<=3.014 sec	<=5.064 sec	<=5.065 sec	<=5.083 sec	<=6.016 sec	<=6.061 sec	<=6.061 sec
Balance	<=1:55.020 min	<=1:30.290 min	<=1:11.000 min	<=59.001 sec	<=39.007 sec	<=20.094 sec	<=20.094 sec
Speed	<=3.091 sec	<=4.050 sec	<=4.091 sec	<=5.022 sec	<=5.073 sec	<=6.029 sec	<=6.029 sec
Endurance	<=54.074 sec	<=42.062 sec	<=36.086 sec	<=31.074 sec	<=26.000 sec	<=19.058 sec	<=18.058 sec
Catch	5 no.	4 no.	3 no.	2 no.	1 no.	0 no.	-
Throw	5 no.	4 no.	3 no.	2 no.	1 no.	0 no.	-

My BMI

	UW	N	OW	OB	Weight	Height	My BMI
Body Mass Index					16.6 kg	116.8 cms	13.63
					17.0 kg	113.0 cms	13.31

BMI Benchmark: 8 year Girl

	UnderWeight	Normal	Over Weight	Obese
	<= 15.4	<= 17	<= 18.8	> 18.8

a. You need to maintain your weight by doing regular Physical Activity and having Balanced Diet. Your daily routine should include:
 a. Starchy carbohydrates, such as pasta, rice and potatoes, should form the basis of every meal.
 b. Lean protein, such as lean meat, fish, pulses, beans and eggs. Chocolate, sweets and cake only occasionally.
 c. Five portions of fruit and vegetables a day.
 d. A low intake of saturated fats (biscuits, cakes and pies) and animal fats (processed meats such as sausages and bacon).
 e. Grilled or baked foods instead of fried food. Diluted juice or water instead of fizzy drinks.
 f. Have sufficient water intake, sleep early and enroll to some fitness or sports program.
 g. Spend 6-8 hours in a week in exercising/staying.



- Individual “Active Connect” login credentials to the School and Parents to monitor the progress of school & students
- Individual Report Card for each student
- National Participation Certificate to each School
- Top Schools and Top Students get Special Recognition in terms of National Fitness Awards
- Knowledge of components of health-related fitness and protocols used for assessment
- Appropriate use of health-related fitness assessment and use of L1-L7 Fitness Zone standards
- Goal setting and development of an appropriate plan for improvement
- Appropriate communication with parents and students
- Appropriate use of recognition

Sports Skills Assessment Report Card for Sports Fit and Athletic Children

Fitness & Sports Skills Assessment Certificate

This is certify that **Rahul Chandra**, Class V student of **ABC WorldSchool, Gurgaon** participated in the fitness365 TOP Sports Program 2015 held at **WXY International School, Udaipur**.

Cricket Skills	Basketball Skills	Football Skills	Motor Fitness Levels	Body Composition					
Stance	A+	Dribbling High	A	Stance	A	Agility	A+	Gender	Body
Forward Defense	A	Dribbling Low	B	Stance	A	Speed	A	Age	8 yrs
Backfoot Defense	B	Chest Pass	C	Push Pass	C	Power/Strength	B	Height	104.4 cm
Straight Drivers	A	Bounce Pass	B	In Step Kick	B	Flexibility	A	Weight (kg)	17.0
Cover Driver	C	Overhead Pass	A	High Drive	A	Balance	E	BMI	14.8
Running between wickets	B	Two-hand Overhead Pass	A	Heading	A				
Wicket Keeping	A	One-hand Shooting	B	Goalkeeping	B				
Fielding	A+	Two-hand Shooting	A	Throwing	A				
Fast Bowling	A	Lap Shot	B	Corner Kick	B				
Spin Bowling	B	Free Shot	A	Penalty Kick	A				
		Rebounding	A+		A+				

Overall Raing

BMI	Normal
Motor Fitness	A+
Cricket	A
Basketball	B
Football	B+

Fitness365 Expert Observations

- Rahul can excel in Cricket as a Opening Batsman because his stance and forward
- Defense is very good. He needs to improve his Catching abilities.
- Rahul will do well Basketball.
- He has good hand-eye-ordination. He should reduce his weight.

visit www.fitness365.me or write to info@liveplus.in for more details

Fitness365 was established

1st School where Fitness365 Full-year program was implemented

Organized 1st NCR Inter-school Gymnastics Competition



Ashish Kumar (Arjuna Awardee), Silver and Bronze Medallist (CWG D2010) with young Gymnasts



2010

2013

Best New Generation Entrepreneur Award, IIM Rohtak



Featured on NDTV - Prime for Integrating differently - abled children with mainstream education.



Member, National Sports Committee FICCI, 2014

Launch of National Fitness Program in association with AICPE and FICCI

Knowledge Partner, National Sports Day celebrations across 400+ schools and institutes across the country.

2014



Nominated amongst Top 5 Companies

India Sports Award



Governing Council Member, National Sport, Physical Education, Fitness & Leisure (SPEFL) Sector Skills Council (SPEFL), 2015



Knowledge Partner, National Sports Day celebrations across 700+ Schools and Institutes across the country



2015



Fitness365 awarded "Best Startup in Sports" India Entrepreneurship Excellence Award 2016 Award received from Dr. Najma Neptullah, Union Minister

2016

fitness365

Active Schools. Active Communities.

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