



# केन्द्रीय माध्यमिक शिक्षा बोर्ड

(मानव संसाधन विकास मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

## CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation under the Ministry of Human Resource Development, Govt. of India)



No.COORD/SPORTS/2020

08.10.2020

To,  
All the Principals/Head of Institutions  
affiliated to CBSE

**Sub: Age Appropriate Fitness Protocols titled as G.O.A.L.S – reg.**

Madam/Sir,

You are aware that the Hon'ble Prime Minister has launched Age Appropriate Fitness Protocols titled as G.O.A.L.S (Goals for Active Life Style) on 24<sup>th</sup> September, 2020 for different age groups categorized as 05-18 years, 18-65 years and 65+ years. These protocols also consist of fitness test based on various fitness components and suggestive activities and are available in both the language i.e. Hindi & English. These Protocols and Guidelines will pave the way towards improved awareness about fitness levels as well as to motivate towards adopting age-appropriate exercise and yoga asanas a part of daily lifestyle. This would be a big step in improving the fitness level of people and thus will help in moving towards a fitter, healthier and prosperous India.

The protocols and guidelines will enable schools to conduct Physical Fitness Assessments and parents to monitor and track the fitness and health indicator of each child as per the Khelo India battery of tests for Class 1-3(5-8 years) and Class 4-12(9 to 18+ years). This protocol document would become a handy tool for schools Physical Education Teachers and all other stakeholders of school education system.

The protocols can be downloaded with the help of link given below –

<https://sites.google.com/view/fitindiaoff/home>

Above link is also available on CBSE website.

Yours faithfully,

(DR. SANYAM BHARDWAJ)  
CONTROLLER OF EXAMINATIONS

