

Tender Heart High School, Sector 33-B, Chandigarh

**Notice – Regarding Active CISCE
Physical Health & Fitness Assessment Programme**

Dated : 28.11.2025

Dear Students,

The Council for the Indian School Certificate Examinations (CISCE) has launched the CISCE Physical Health and Fitness Assessment Programme as a structured initiative aimed at promoting holistic physical development among school students. This programme has been designed to provide schools with a standardised framework for assessing, monitoring, and improving students' physical health. The CISCE Physical Health and Fitness Assessment Programme Web Portal is a transformative tool that will empower schools to regularly monitor and promote the physical well-being of students from Classes I to XII. For the first time in India, all students of any school board will receive personalised Fitness Report Cards and Fitness Indexes, aligned with the developmental goals for their age group and gender. By doing so, we ensure that every child is encouraged to pursue an active lifestyle, thereby fostering life-long habits of health, discipline, resilience, and joy.

Activities under ACTIVE CISCE Programme will help you understand how fit and healthy you are, and how you can improve your body strength, balance, speed, and stamina.

Implementation of ACTIVE CISCE Programme - Training & Assessment Schedule

Our school will be conducting the Active CISCE Physical Health and Fitness Assessments from 5th Dec. 2025 during school hours for which a proper schedule will be shared with you shortly

Students will be doing simple physical fitness tests such as:

{ A } Classes 1-3 (Age 5-8 Years)

a) FUNDAMENTAL MOVEMENT SKILLS

1) Locomotor Skills

- P-01 Running
- P-02 Hopping
- P-03 Skipping
- P-04 Dodging
- P-05 Jumping And Landing

2) Object Control Skills

- P-06 Catching And Receiving Bounce Ball
- P-07 Catching Small Ball With 2 Hands
- P-08 Under Arm Throw
- P-09 Over Arm Throw
- P-10 Striking Drop & Hit Forward
- P-11 Dribbling With Hands
- P-12 Dribbling With Feet
- P-13 Kicking Stationery Ball

3) Body Management Skills

- P-14 Beam Walk
- P-15 One-Foot Balance

B) FITNESS ASSESSMENT

Balance	P-16 Flamingo Balance
Hand Eye Coordination	P-17 Plate Tapping
Body Composition	P-18 Body Mass Index

{B} For Class 4 to 10 (Age 9-18 Years)

FITNESS ASSESSMENT

1. Speed	S-01 50 Mt. Dash
2. Abdominal / Core Strength	S-02 Partial Curl Up
3. Flexibility	S-03 Sit And Reach Muscular
4. Endurance	S-04 Push Ups / Modified Push Ups
5. Cardio-Vascular Endurance	S-05 2 Km Walk/Run
6. Body Composition	S-06 Body Mass Index

Your Physical Education teachers and coaches will show you how each activity is done. A first-aid box, ice packs, and medical support will be available.
The ground will be checked to make sure it is safe.

Instructions for students for Active CISCE Physical Health & Fitness Assessment Programme-

1. Please come in comfortable sports wear: - T-shirt and track pants/shorts and Sports shoes on the day scheduled for Physical Health & Fitness Assessment Programme of your class.
2. Students with any medical issues should inform the teacher before hand
3. You must warm up properly before starting any test.
4. Before you take the Test listen carefully to the instructions and demonstration by your teacher. Ask questions if you don’t understand the steps.
5. Try your best and maintain a steady pace, especially in running and push-up/curl-up tests.

After the Test the performance will be recorded on the Active CISCE Portal, and your Fitness Dashboard will be updated.

Your cooperation is valuable in helping us achieve the programme’s vision of holistic development of students through fitness and well being as envisaged in NEP 2020.

PRINCIPAL