

**Tender Heart High School, Sector 33-B, Chandigarh**

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

Dated : 10.12.2025

Dear Parents,

This is to inform you that Physical Health & Fitness Assessment for Class-V, Class-VI and Class-VII (as previously informed through a notice sent to you on 28.11.2025) will be conducted for the students under Active CISCE Physical Health & Fitness Assessment Programme and will be conducted in the school premises in various groups on the days as mentioned below.

Class	Day	Date
VII-B	Monday	15.12.2025
VII- A	Tuesday	16.12.2025
VI- B	Wednesday	17.12.2025
VI- A	Thursday	18.12.2025
V - B	Friday	19.12.2025
V – A	Saturday	20.12.2025

**Instructions for students -**

1. Please come in comfortable sportswear : - T-shirt and track pants and Sports shoes
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.
6. If any student is absent due to any reason or medical concern, their test will be conducted at a later date.

Principal