



FUNFIT AIM TO BE INDIA'S ADMIRABLE
**PHYSICAL EDUCATION
AND SPORTS ORGANIZATION**

"A strong body fuels a powerful mind!" _____

INTRODUCTION

FunFit collaborates with schools to implement best-in-class physical education and sports programs. These programs significantly enhance children's fitness levels and contribute greatly to their overall development, including personal, physical, and social skills. The benefits extend beyond physical health, helping children boost their concentration, commitment, and self-esteem, which leads to higher attendance, positive behaviour, and academic attainment.

Comprehensive Physical Education:

The FunFit program is designed to offer the same rigor in sports and physical education as in academics. By providing high-quality physical education in a fun and engaging manner, FunFit creates awareness of the most important yet often neglected aspects of a child's school journey. The program initiates students into a lifetime of healthful physical activity, ensuring they acquire the knowledge, skills, and confidence needed to maintain an active lifestyle.

Holistic Development through Physical Activity:

The FunFit program is designed to offer the same rigor in sports and physical education as in academics. By providing high-quality physical education in a fun and engaging manner, FunFit creates awareness of the most important yet often neglected aspects of a child's school journey. The program initiates students into a lifetime of healthful physical activity, ensuring they acquire the knowledge, skills, and confidence needed to maintain an active lifestyle.

“Shaping young minds through creativity, fostering innovation, and building confidence—A revolutionary program for schools!”



CURRENT SCENARIO

We live in a high-tech world where maintaining a healthy and active life is tough for the younger generation.

- Youth spend most of their time on television screens, cell phones, video games, or other electronic gadgets.
- Rapid economic growth and global urbanization are replacing playgrounds with technologies.
- Traditional school physical training (PT) programs are unable to meet current needs, depriving children of the benefits of physical education.
- Significant academic pressure leaves little time for physical education and sports, leading to unhealthy lifestyles and critical diseases like diabetes, cancer, and cardiovascular diseases.
- Many Indian schools neglect sports and physical education in their timetables, exacerbating the issue.



OUR SOLUTION

FunFit bridges the gap in physical education by encouraging physical activities at an early age.

- FunFit replaces traditional school PT, sparking interest in physical education and sports programs among children.
- 98% of children identified "FUN" as the main factor in FunFit's program.
- FunFit engages each child in high-quality physical education and sports, significantly enhancing fitness levels.
- FunFit builds and provides fundamental sports activities, crucial for student development.
- FunFit integrates fun and comprehensive physical education into school curriculums, shaping healthy, active, and successful students.



WHAT WE DO

Our program offers opportunities for students to learn, practice, and master a wide range of diverse skills and activities. FunFit has field-tested units that can be implemented realistically in a variety of schools, including those with limited space, equipment, and supplies. FunFit activities provide substantial opportunities for students to actively engage in movement and sports education.

Comprehensive Physical Education:

The primary focus of FunFit is the development of healthy lifestyles, motor skills, movement knowledge, and social and personal skills. With our program, students are expected to:



Enjoy and seek out physical activity: Encouraging a lifelong love for fitness and active living.



Develop and maintain acceptable levels of physical fitness: Promoting overall health and well-being.



Develop a variety of basic movement and manipulative skills: Ensuring they experience success and feel comfortable in current and future physical activities.



Develop the ability to get along with others in movement environments: Fostering teamwork, cooperation, and social interaction in sports and physical activities.

By participating in FunFit Class, students gain the necessary skills and confidence to maintain an active and healthy lifestyle, both now and in the future.





Researched Curriculum

FunFit programs are led by highly qualified and certified trainers who bring expertise, energy, and innovative teaching methods to ensure every student actively participates and benefits from the program.

WHY FUNFIT



Certified Trainer

Our curriculum is developed based on global best practices and scientific research, ensuring an engaging and effective physical education program that enhances students' fitness, motor skills, and overall well-being.

“Delivering the best quality physical education every single day”



Management Team

Our experienced management team oversees program implementation, ensuring seamless coordination, quality control, and continuous improvement to align with the evolving needs of schools and students.



Assessment

We provide a structured assessment framework to track students' progress in physical fitness, motor skill development, and personal growth, offering valuable insights to educators and parents.



Personal Equipment

Every student is provided with personal equipment, eliminating waiting time and ensuring maximum engagement, skill development, and an inclusive learning experience for all.

WHY WE DO

× × × ×
× × × ×
× × × ×
× × × ×

“Inspiring young minds to lead in a culture
where following is the norm.”

× × × ×
× × × ×
× × × ×
× × × ×



► Embedding Creativity Into The Education System

At FunFit, we believe every child has the potential to contribute unique and innovative ideas to the larger community. We recognize a lack of innovation in the Indian education system and aim to bridge this gap by creating a non-judgmental environment with a progressive creative and physical education (P.E.) curriculum. This approach will help children discover their own creative potential.

► A Generation That Is Taught To Lead

Our educational culture must embrace unique ideas and unconventional solutions, fostering an environment free from the fear of failure and encouraging risk-taking. FunFit is pioneering an educational revolution in the country by using creative movement to facilitate innovative thought and free expression. We believe this will cultivate a dynamic and compassionate generation ready to lead tomorrow.

► The Importance of Physical Education in Today's Life

Research shows that every child needs about 60 minutes of moderate to vigorous exercise each day. In today's world, where youngsters spend more time glued to television screens, gadgets, and classroom desks, FunFit prioritizes movement-based activities and promotes an active lifestyle in schools. Our goal is to develop a culture of fitness for the future.



UNIT PLANNER

K-2

UNIT NAME

BUILDING A FOUNDATION

UNIT DESCRIPTION

This unit focuses on developing behavioral expectation, class management (how the children behave in the class), the 8 locomotor skills, spatial awareness, and fundamentals of movements.

AIM:

- This introductory unit establishes class environment, behavioral expectations of students, and management and organization protocols.

OBJECTIVES:

- It teaches principles that will provide the foundation of physical development for the elementary age child.
- Motor development concepts addressed include body and spatial awareness, locomotor and non-locomotor skills, directionality, pathways, levels, and tempos.
- To Inhance their social and personal development, children learn to share, cooperate, take turns, and experience personal success through movement.

PE STANDARDS:

FunFit PE follows NASPE standards

The activities covered in this unit address the NASPE standards 1,2,3,4,5,6.

- Spatial awareness, spatial relationships, non-locomotor skills, locomotor skills.
- Participates in physical activities that are enjoyable and challenging.
- Participates, appreciates, enjoys movement, cooperates in large group activities.
- Participates in enjoyable, challenging activities, cardiovascular endurance.
- Spatial awareness, locomotor skills and pathways.
- Spatial awareness, locomotor skills and tempos.
- Spatial awareness, locomotor skills, manipulative skills.
- Spatial awareness, body awareness, balance.

VOCABULARY:

- "Home base"
- "Personal space"
- "Straddle"
- "General space"
- "Boundaries"
- "Locomotor skills"
- "Sequencing"
- "Trampling"
- "Mingle"

ASSESSMENT IDEAS:

- To be conducted at the end of the unit to assess the students on various outcomes of Motor; Cognitive; Social and Personal Development.
- The student would be assessed on the level of understanding and achievement of the activities and tasks covered in the unit.

Date:

Signature:



Sample Public School



Dear Student

Congratulations for taking part in the FunFit program, a holistic and age appropriate program for various age groups designed to condition a healthy mind and body.

UNIT ASSESSMENT REPORT

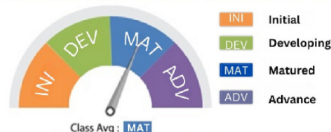
BUILDING A FOUNDATION AND FOOTBALL

This unit is the basis for the children to learn how to co-operate with partner/group, be more confident and creative, to be able to apply learnt skills to a given task. *Cognitive Development* is the ability of the brain to understand an activity or concept. *Personal Development* is the ability to understand and work on personal upliftment, self-creativity and personal growth. *Motor Development* is the learning of movement patterns by the co-ordinations of the Central Nervous system and muscular system. *Social Development* is the ability of the human being to integrate in a social environment. *Skill Development* activities in this unit child learn the fundamentals of ball dribbling and passing with their feet. These skills lay the foundation for the game of Soccer.

SUBJECT

		Grade			
CD	Cognitive Development				
	Outcome 1 – Demonstrates movement concepts (levels, tempos, pathways, and directions)	Adv	Mat	Dev	Ini
	Outcome 2 – Explains/differentiates relationships (i.e., under/over, forward/backward)	Adv	Mat	Dev	Ini
	Outcome 3 – Defines open space	Adv	Mat	Dev	Ini
MD	Motor Development				
	Outcome 1 – Travel and change from one locomotors movement to another at the signal	Adv	Mat	Dev	Ini
	Outcome 2 – Travel and change from one direction to another at the signal	Adv	Mat	Dev	Ini
	Outcome 3 – Stop and start travelling at a given signal	Adv	Mat	Dev	Ini
PD	Personal Development				
	Outcome 1 – Expresses self creativity	Adv	Mat	Dev	Ini
	Outcome 2 – Enjoys movement	Adv	Mat	Dev	Ini
	Outcome 3 – Demonstrates confidence while moving	Adv	Mat	Dev	Ini
SD	Skill Development				
	Outcome 1 - Dribble with control while moving with consistent pace	Adv	Mat	Dev	Ini
	Outcome 2 - Moves forward smoothly and changes directions with ease	Adv	Mat	Dev	Ini
	Outcome 3 - Students starts behind the ball and approaches with balanced steps	Adv	Mat	Dev	Ini
	Outcome 4 - Turns their leg while swinging & make contact with the inside of their foot	Adv	Mat	Dev	Ini
	Outcome 5 - The ball travel accurately to the target	Adv	Mat	Dev	Ini
SD	Social Development				
	Outcome 1 – Cooperates with partner/group	Adv	Mat	Dev	Ini
	Outcome 2 – Demonstrates courtesy towards others	Adv	Mat	Dev	Ini
	Outcome 3 – Shares with others	Adv	Mat	Dev	Ini

Overall Grade



Recommendations

The child is good with basic movements but can significantly improve the skills with regular participation in athletic activities.





OUR MISSION

At FunFit, our mission is to redefine fitness education in schools by integrating structured, engaging, and holistic physical activity programs. We aim to instill a lifelong love for movement, develop confidence, teamwork, and resilience, and promote the overall well-being of every student. Through innovative sports and fitness methodologies, we strive to empower children with the skills and motivation to lead active, healthy, and fulfilling lives.



OUR VISION

To be a pioneering force in school-based fitness programs by creating a dynamic and inclusive environment where every child can thrive physically, mentally, and socially. We envision a future where fitness is an integral part of education, ensuring that every student grows into a strong, confident, and disciplined individual who embraces an active lifestyle beyond the classroom.



Because Every Child Deserves to Move, Play & Grow!

A child who moves is a child who learns, thrives, and leads. With FunFit, we are building a future where every student is strong, active, and confident.



Let's bring this revolution to your school!

The future of learning starts here—connect with us today for a FREE demo session & witness the FunFit magic!

FREE DEMO

Contact Us

Jas19seven India Private Limited
FunFit Education

+91 9438155002

info@funfit.co.in

www.funfit.co.in

