



इन्दिरा गॉंधी शारीरिक शिक्षा एवं खेल विज्ञान संस्थान
INDIRA GANDHI INSTITUTE OF PHYSICAL EDUCATION & SPORTS SCIENCES
(दिल्ली विश्वविद्यालय / University of Delhi)

राष्ट्रीय राजधानी क्षेत्र दिल्ली सरकार द्वारा सहायितता प्राप्त - पोषित / 100% Funded by the Govt. of N.C.T. of Delhi
डी-ब्लॉक, विकास पुरी, नई दिल्ली-110018 / B-BLOCK, VIKAS PURI, NEW DELHI-110018

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Ref. NO. IPE/2023/07/143

दिनांक / Dated

02.05.2023

Sub.: Celebration of KID'S Athletics Day - 7th May.

Respected Sir/ Madam,

To encourage children and young people across the globe participating in athletics and being active, **World Athletics** will be celebrating **Kid's Athletics Day** on 7th May every year.

In this regard, Indira Gandhi Institute of Physical Education & Sports Sciences (IGIPSS), University of Delhi is going to celebrate "**Kids Athletics Day**" on 7th May, 2023 from 9.00 a.m. to 1.00 p.m. in the Athletics Ground of the Institute in line with **Fit-India Moment Activities**.

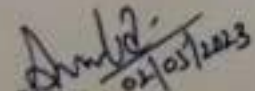
The entries of school students' Age Group of 7- 8 Years, 9-10 years & 11-12 years are invited as per attached rules.

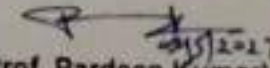
The last date to receive the entry (by hand/ through post or by email) will be **5th May, 2023 upto 05:00 P.M.** The entries through e-mail will be sent to the following e-mail address:-

fithubexplorer2018@gmail.com

We need your kind cooperation to celebrate the Kid's Athletics Day. For more details, please contact Dr. Shilpi Jain (Mobile No.8076313350).

With regards,


(Dr. Shilpi Jain)
Co-Coordinator,
Guest Faculty, IGIPSS,
University of Delhi


(Prof. Pardeep Kumar)
Coordinator
Professor, IGIPSS,
University of Delhi



CELEBRATION OF KIDS' ATHLETICS DAY

बाल एथलेटिक्स दिवस समारोह

A COMMUNITY OUT-REACH PROGRAMME

एक सामुदायिक आउटरीच कार्यक्रम

on

7TH MAY 2023

INDIRA GANDHI INSTITUTE OF PHYSICAL
EDUCATION AND SPORTS SCIENCES

(University of Delhi)

B-Block, Vikas Puri, New Delhi 110018

A Endeavour to Fit India Movement

फिट इंडिया मूवमेंट के लिए एक प्रयास

"PLAY DAY FUN"

"प्ले डे फन"



Dr. Shilpi Jain
Co-Coordinator
Assistant Professor (Guest faculty)
IGIPSS, University of Delhi



Prof. Pardeep Kumar
Coordinator
Professor, IGIPSS,
University of Delhi



Prof. Sandeep Tiwari
Principal (Officiating)
IGIPSS
University of Delhi

MOTTO OF KIDS ATHLETICS

Move, Play, Explore

7 May 2023 is Kids' Athletics Day! A day dedicated to celebrating children and young people across the globe participating in athletics and being active.

World Athletics aims to provide resources to countries around the world that will help local organisations to teach children how to move, inspire them to move more and to move together.

World Athletics believe that every child is born to move, play and explore no matter where they are in the world or their individual circumstance. We are aiming to use the power of athletics to inspire children and young people all over the world to get moving, be more active, develop their skills and confidence and to connect with sport and physical activity for life!

VISION:- World Athletics beliefs that every child have fundamental right to access to sports.

AIMS:- To encourage kids to get out there and have fun being active

STRUCTURE:- Development of wider age range and teach them the benefits of Physical Literacy with both fundamental skills and as well as Athletics Skills through maximise FUN & PARTICIPATION in different designed activities.

BENEFITS:- Children learn how to move and to move together with the help of resources of World Athletics and Local Organisation.

Through this moment, World Athletics preparing the activities to promote to joy with participation and providing them chances of the participation.

ACTIVITIES IN LINE WITH “KIDS’ATHLETICS DAY”

&

“FIT INDIA MOVEMENT PROGRAMME”

ACTIVITY No. - 1

NAME 20m Run (Bounce with ball and then run)

TARGET GROUP U - 8 (2016 & 2017 years -
7 & 8 years children)



ACTIVITY No. - 2

NAME Forward Throw (Underhand Basketball
Throw)

TARGET GROUP U - 8 (2016 & 2017 years -
7 & 8 years children)



ACTIVITY No. - 3

NAME 30 m Run (both leg Frog Jumps and
Run)

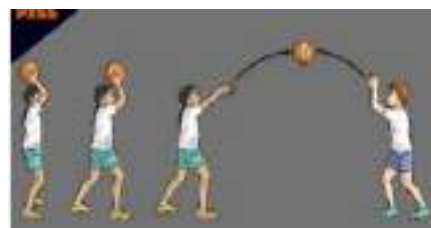
TARGET GROUP U - 10 (2014 & 2015 years
- 9 & 10 years children)



ACTIVITY No. - 4

NAME Forward Throw (Overhead Basketball
Throw)

TARGET GROUP U - 10 (2014 & 2015 years
- 9 & 10 years children)



ACTIVITY No. - 5

NAME 50 m Hurdle Race (4 Agility Hurdles)

TARGET GROUP U - 12 (2012 & 2013 years
- 11 & 12 years children)



ACTIVITY No. - 6

NAME 2 Step Bound and Jump (Bound first
with Left, second with Right and Jump with both Legs)

TARGET GROUP U - 12 (2012 & 2013 years
- 11 & 12 years children)



GUIDELINES

RULES AND REGULATIONS OF THE EVENT

1. The reporting time on the day of competition i.e. 07th May 2023 is 8:30 a.m. sharp at **Indira Gandhi Institute of Physical education and Sports Sciences.**
2. Each participant will carry certified identity card.
3. Each athlete has to **participate in both the events** respective to their respective age group.
4. **Age Group:** Athlete born in **(i)** 2012 & 2013 (age group 11 to 12 years), **(ii)** 2014 & 2015 (age group 9 to 10 years), **(iii)** 2016 & 2017 (age group 7 to 8 years).
5. **Merits Certificate** will be awarded to the **1st, 2nd, and 3rd** position of each activity.
6. **Every participant will get E-Certificate also.**
7. The position/ranking will be decided on the basis **Time Trial/ Best Performance** of the participants. (Time trial will be final for declaring Position of the athlete)
8. All the athletes shall be participated in their respective age group.
9. The decision of the Judges will be FINAL.
10. Organisers will not be responsible for any lose/damage/injury during the event.
11. All the participants should be medically fit.
12. The participants will come in **proper Sports Kit** like Shorts/Lower, T-shirt and Shoes.
13. The participants will bring their refreshment and bottled water to avoid dehydration during the event.
14. The organisers have right to change the programme reschedule or cancel the event on short notice.
15. No hooliganism will be accepted.
16. Please submitted your entry for participation on Kids' Athletics Day "Play Day Fun" Event on the prescribe form till 5th May 2023, up to 5:00 p.m.
17. The form can be submitted through email or by hand and attached identity card with entry form.



Name of the Institution _____

Address of the Institution _____

Email Address _____

AGE GROUP U-8 (2016& 2017) / U-10 (2014 & 2015) / U-12 (2012 & 2013)

1st Athlete Name _____ Contact No. _____

Date of Birth DD/MM/YYYY Gender Boy/Girl AGE GROUP _____

Event for Participation _____

2nd Athlete Name _____ Contact No. _____

Date of Birth DD/MM/YYYY Gender Boy/Girl AGE GROUP _____

Event for Participation _____

3rd Athlete Name _____ Contact No. _____

Date of Birth DD/MM/YYYY Gender Boy/Girl AGE GROUP _____

Event for Participation _____

4th Athlete Name _____ Contact No. _____

Date of Birth DD/MM/YYYY Gender Boy/Girl AGE GROUP _____

Event for Participation _____

5th Athlete Name _____ Contact No. _____

Date of Birth DD/MM/YYYY Gender Boy/Girl AGE GROUP _____

Event for Participation _____

(Organisers will not be responsible for any lose/damage/injury during the event.)

Signature of Authority

Date

Name

Place