



FITLANE
FITNESS
THROUGH **SPORTS**



FITNESS
THROUGH



MISSION

To give opportunities and experience to all students that leads achievement of total wellness which leads to longer and healthier life.



VISION

To make the next generation fit by introducing them to true sports.

ABOUT US

FRUIT OF SUMMER

TOGETHER

WE

TASTY

FRUIT



Fitlane Sports is the best Physical Education Company in India. It teaches the children complete physical activity and sports. Fitlane Sports creates fit and healthy children through sports and games. It provides curriculum, sports equipment, and qualified resources.

The Fitlane Sports conducted fitness assessments and reports of the student performance. Through this assessment, the school team was formed. There are not enough opportunities for children, but Fitlane Sports fills the void by providing a structured program.

The program is designed based on five pillars:

1. Inclusive & Responsive
2. Age - Appropriate Learning
3. Progress Tracking Assessments
4. Certified Trainers
5. Skill Development & Fitness

Through this program, children are given an opportunity outside the classroom to improve their fitness, leadership, and social skills while having fun.

Our program is designed for Nursery - Standard 12th children as per following:

- * Fundamental Movement Skill Development Program (N - 2)
- * Multi Sports Skill Learner Program (3 - 5)
- * Specific Sport Skill Development Program (6 - 8)
- * Sports Proficiency Program (9 - 12)

HOW AND WHAT WE DO?

Innovations to strengthen the program



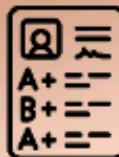
Curriculum and age-appropriate props



Stakeholder engagement
(Parents and teachers)



Award - winning monitoring & reporting app to track program delivery



Tracking and improving fitness and skill levels of each child through assessments



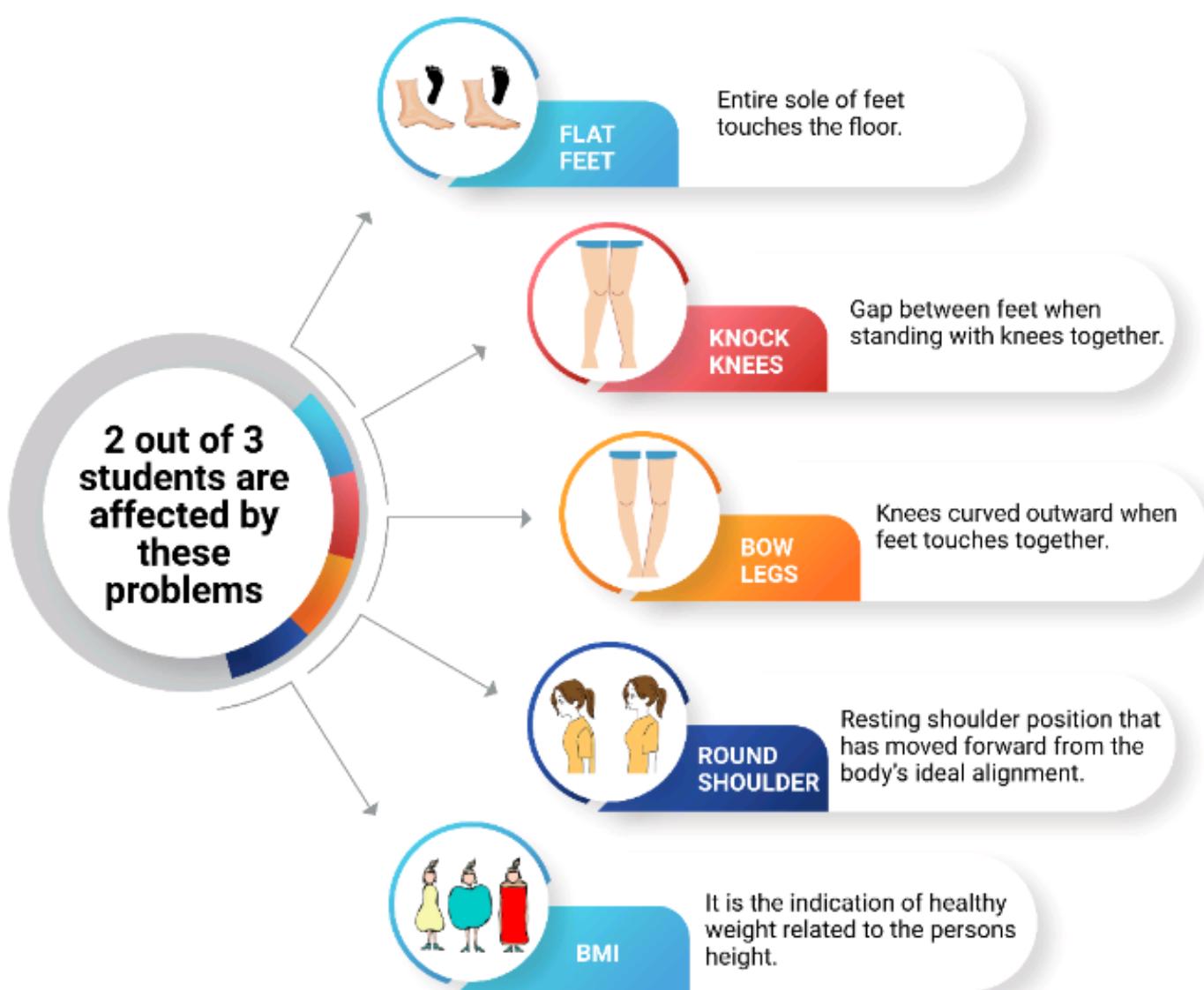
Talent identification and school team building

WHY STRUCTURAL SPORTS EDUCATION IS IMPORTANT IN SCHOOLS?

BENEFITS:

- * Age Appropriate Learning
- * Age Appropriate Development
- * Providing Opportunity
- * Monitoring the Improvement

TO REDUCE THE PROBLEMS SUCH AS:



STUDENTS SPORTS GROWTH

FUN KIDS

Here the fundamental movement of kids are checked and corrected.

- * It helps a child to engage in a range of sports and physical activities.
- * It helps children to become active and always be aware of what is going on around them with it.

BASIC LEARNERS

Here the children are introduced to the basic level sports along with basic skills required and practice the exercise of deformities.

- * It provides opportunity to experience multiple sports.
- * They get enough times to practice every sports.

MULTI SPORTS SKILL LEARNERS

A child here selects a sport they are talented at and practices it enough to become professional in that sport.

- * It help the children to identify their talent.
- * Children can improve their skill level.

SPORTS PROFESSIONALS

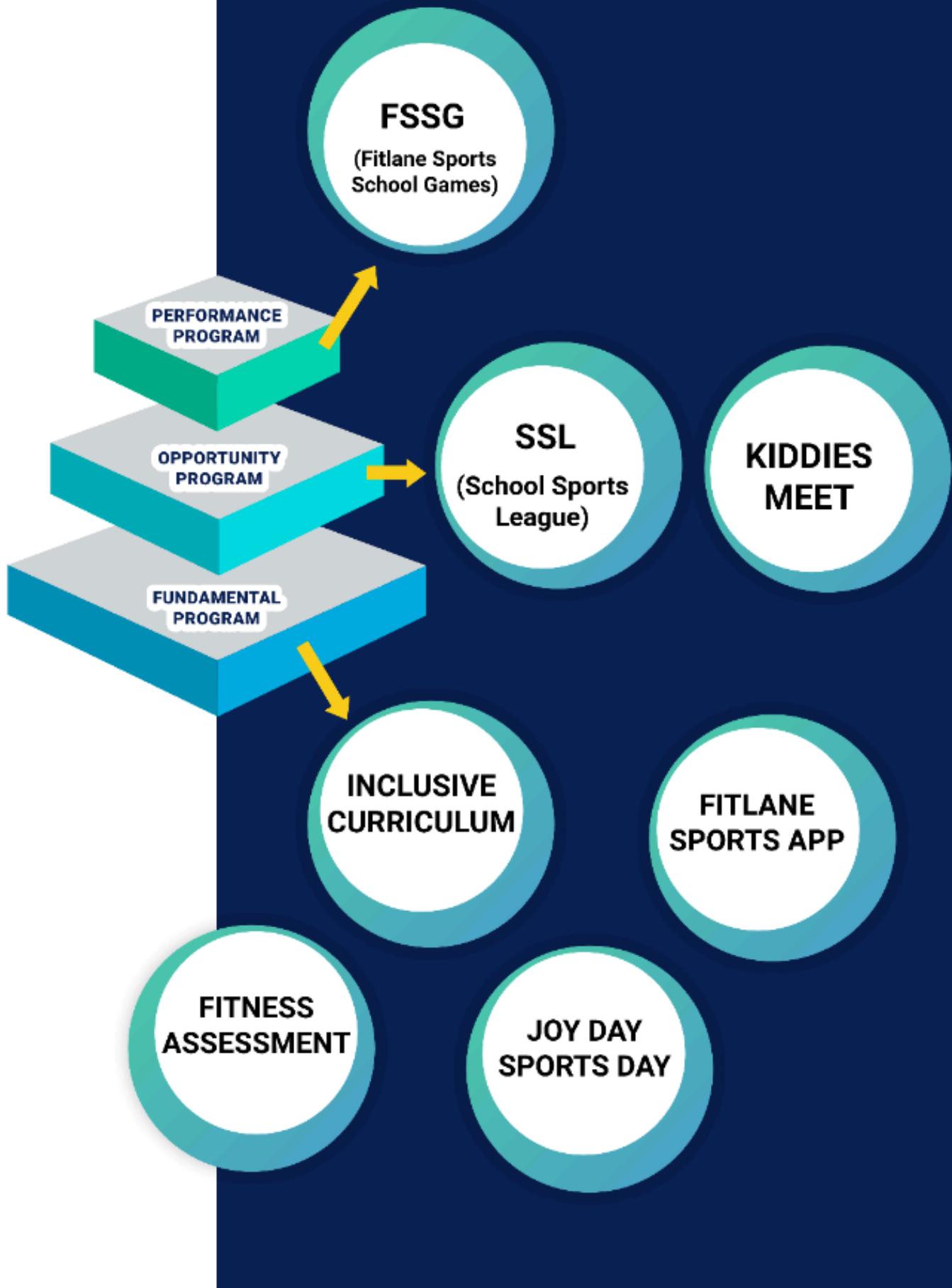
Here the children get the opportunity to explore their talent in their sports with the help of a professional coach.

- * Sports specific coaching.
- * Development of talent and getting ready for next level.

ROAD TO SUCCESS



OUR PROGRAMS

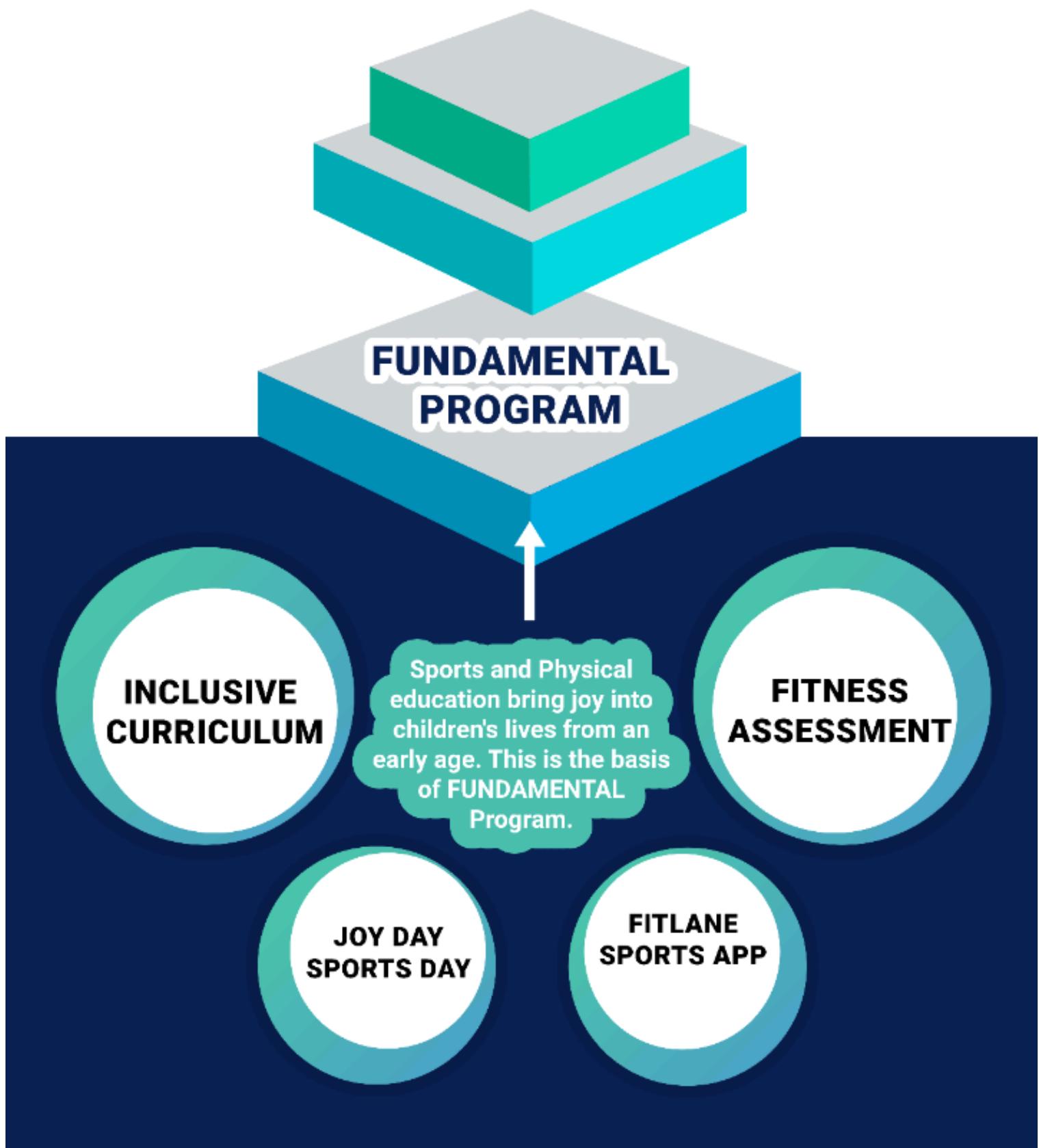


FITNESS
THROUGH

SUMMER
SCHOOL



FUNDAMENTAL PROGRAM





INCLUSIVE CURRICULUM

Fitlane Sports inclusive curriculum is developed keeping in mind the physical, physiological needs of children and delivers complete sporting and physical education experiences.

FEATURES:

- * Ensures that every child participates
- * Certified physical education trainers; male and female
- * Age-appropriate curriculum based on the specific needs of the school
- * Educates children on living a healthy and active lifestyle

CLASS 2: PARACHUTE PLAY

Aim: To improve the manipulative skills

Needs: Parachute, Bean bags, Plastic balls (Indoor / Outdoor)

Class strength: Large class strength 30-50 Students

How to Proceed

ACTIVITY 1:

- * Divide the class into two groups Let them be nominated as Team X and Team Y.
- * Scatter all the bean bags and plastic balls in the play area.
- * Let Team X and Team Y hold the parachute.
- * On the signal, children in Team X will try and pick up as many objects as possible and throw it on the parachute.
- * They will do this activity for one minute.
- * Meanwhile, Team Y will hold the parachute and move in a circle first clockwise and then anticlockwise.
- * After a minute, Team Y should move the parachute up and down with their hands and try to drop the objects. They will also be given one minute to do this.
- * Count the number of objects on the parachute, this will be Team X's score.
- * Repeat the same with Team Y.



ACTIVITY 2:

Keep the same teams as the above activity. Place the objects below the parachute this time. Team Y will hold the parachute and rotate slowly, first clockwise and then anti-clockwise. Children from Team X should try to go under the parachute and get the objects out. Do this activity for a period of 3 minutes. Repeat the activity with Team Y picking out the objects. The team who pulls out the maximum number of objects is the winner.

FITLANE SPORTS

EQUIPMENTS

ASSESSMENTS



Physical assessment tool to track the fitness and skills of every child in the fitness sports program.

KEY - FEATURES:

- * **SKILLS** - Covers fundamental skills, specific skills and multi-sports skills in an age-appropriate manner.
- * **FITNESS** - Covers parameters such as - Aerobic and Anaerobic Capacities, Flexibility and Core Strength.

JOY DAYS

Series of intra-class competitive events conducted for every class in the program.

FEATURES:

- * Fun Activities.
- * Generates interest and engages children who don't normally participate.
- * Brings an element of competition amongst children.
- * Recognition for winners.



SPORTS DAY

We provides support to schools in organising Sports Day Event.

FEATURES:

- *Support in the form of planning, training and conducting the events.
- *Preparation in ground layout.



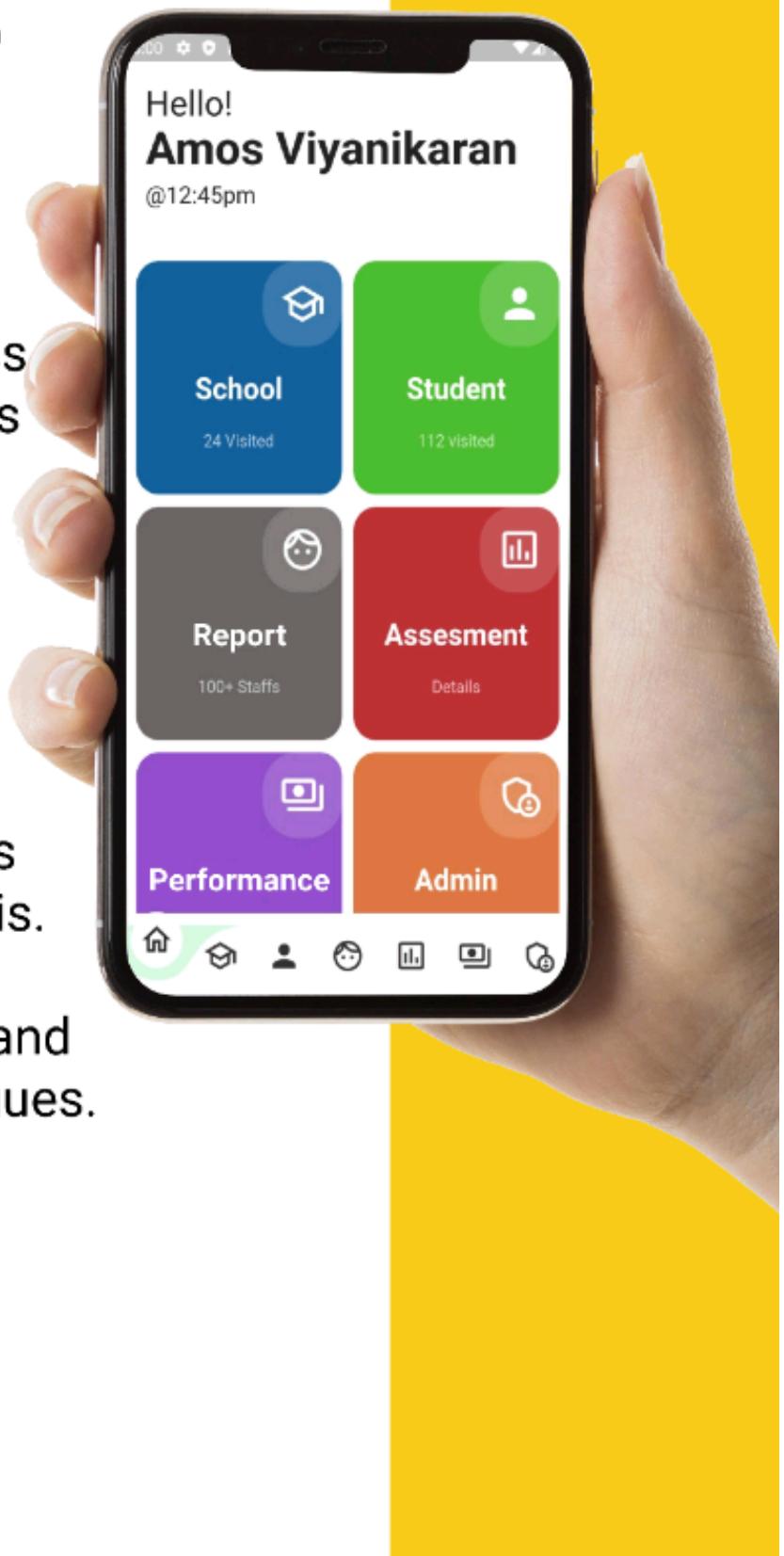
PARENT ENGAGEMENT

"FITLANE SPORTS" APP

An initiative by Fitlane Sports to help school management, parents monitor their child fitness and sports journey in this mobile app.

FEATURES:

- * View fitness and skill assessment reports.
- * Know what your child learns in Fitlane Sports classes on a daily basis.
- * Get notifications on Fitlane Sports events and other competitive leagues.





OPPORTUNITY PROGRAM



The program provides an opportunity for children to demonstrate their fitness and skills across various sports, at a competitive level.

SSL
(School Sports League)

**KIDDIES
MEET**

SSL

School Sports League is an intra-school competition among the students. Match-play experience for students of Standard 3 and above in a league-style format. Fun games for UKG to Standard 2.

FEATURES:

- * Multi-sports Intra School tournament.
- * Recognition for winners.



KIDDIES MEET

Sports Meet for students of Pre-school up to standard 2.

FEATURES:

- * Exposure to sports and physical activity.
- * Parent engagement.



PERFORMANCE PROGRAM



Performance program provides high performance sports development platform for students.

FSSG

(Fitlane Sports School Games)



Fitlane Sports School Games is an inter-school tournament featuring multiple games.

FEATURES:

- * Exposure to competitive matches for school teams.

BENEFITS FOR YOUR SCHOOL:

1. School coach can assess strengths and weaknesses of the team during match-play.
2. Platform for school teams to improve their competitive performance.

BENIFIT FOR THE SCHOOLS



Increase in school enrollment



Student's retention in school



Differentiation and school brand visibility



Additional revenue generation for the school through add - on products and increased tuition fees



Achievements of school team and of individual students



Optimization & Conservation of spends of sports infrastructure in schools



YOUR STUDENTS
MAY BE



ACTIVITY GALLERY





**WE NEVER
FORGET WHO
WE ARE
WORKING FOR**

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