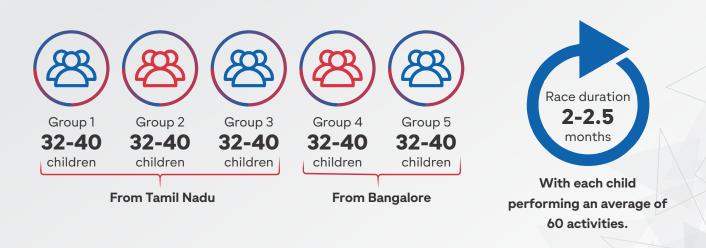


India's first offline physical education tool aimed at reducing inequities caused by the digital and gender divide



Sportz Village Foundation, supported by DXC Technology, piloted 'Race Around India': An offline (non-digital) gamified intervention to engage children in structured physical activity at their homes to keep them safe and healthy. The program is structured as a 'race' between teams that compete with each other by completing activities such as sprinting, skipping, and cycling.

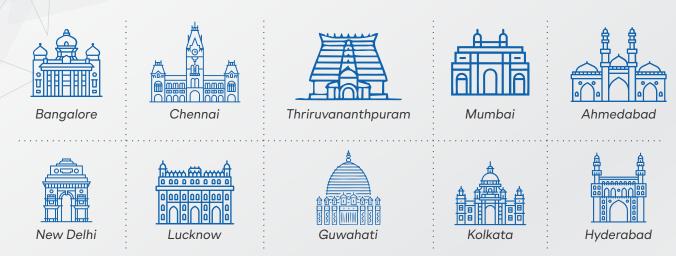
This case-study outlines the key features of the offline tool and outcomes – including key observations from 5 competing groups (each covering around 32 to 40 children) who engaged in this program over a 10 week period.





What is it?

There are 10 city races starting from Bangalore, going through nine major cities (which are listed below) ending at Bangalore.



Each team travels from one city to another and scores points.

Team Composition



There are four teams in the competition, and each team is assigned one color as mentioned below:



Team Green



Team Yellow



Team Blue



Team Red

Each child has a workbook according to her team color.



The workbook contains:

- Trivia regarding the cities, their culture, language, food, history etc.
- City Race Activity Points (AP) and Activity Chart.

Game functionality

How to Play



The competition is between the houses in a community or a school.



Each team's aim is to complete the race first.



Members from each team should encourage all their teammates to participate.



The house that completes the race the fastest (when all the members of that house have completed the race) is declared the winner.

Activities to be performed



Sprint



Run



Spot jog



Skipping



Climbing stairs



Playing any team sport at home with friends



Cycling



Jumping Jacks



Push-ups

Outcomes



Engagement



Of children participated in the race.



Physical Fitness

Activities offered in the program enabled children to improve various fitness attributes





Upper body strength



Flexibility



Anaerobic capacity



Aerobic capacity Abdominal strength



Social-Emotional Development

Children who participated in Race Around India got an opportunity to test and improve on their social-emotional learnings such as:



Being a team player



Activities adhering to gender equality in terms of girls and boys being a part of the same team and gender sensitivity in terms of appointing female witnesses for female participants.



Activities encouraging children to creatively use several household items. For instance, using a wire for a jump rope.



Learning new activities (especially by girls) such as cycling.



Knowledge - Learning through Play

Being a part of Race Around India exposed children to Indian geography, diverse culture, rich languages and key historical events associated with major cities.

Children in Action



















To Know More

