

KID FIT PROGRAMME (from Pre Nur. to IVth)

A special programme 'KID FIT' is incorporated into our children's everyday routine as a part of school curriculum from Pre-Nursery to Class II. Through this programme, we deliver an internationally acclaimed curriculum to keep children fit mentally and physically. The healthy, physically active student is more likely to be academically motivated alert & successful. This is positively related to motor abilities & cognitive development & also promote social, co-operative and problem solving competancies. Most importantly these activities improve their ability to overcome challenges & develop further social skills such as leadership & empathy.

Class III - V

Objective and Level : Consolidation of Movement Experiences
Unit of Organisation : Class
Supervision by : PTI

ACTIVITIES :- While Mass P.T. is compulsory, every student will be offered one of the following

BOYS

Roller Skating
 Badminton
 Table Tennis
 Martial Arts
 Volley Ball
 Lawn Tennis
 Roll Ball

GIRLS

Table Tennis
 Badminton
 Roller Skating
 Martial Arts
 Volley Ball
 Lawn Tennis

Class VI & VIII

Objective and Level : Providing Challenging experiences through a wide variety of Physical Activities
Unit of Organisation : Class
Supervision by : PTI

ACTIVITIES :- Mass P.T. is compulsory for all.

BOYS

Martial Arts
 Roller Skating
 Basketball

GIRLS

Martial Arts
 Roller Skating
 Table Tennis

Chess

Badminton

Table Tennis

Volley Ball

Lawn Tennis

Roll Ball

Basketball

Badminton

Chess

Volley Ball

Lawn Tennis

Class IX - XII

Objective and Level : Participation in team games requiring higher levels of organisation.
Unit of Organisation : Class
Supervision by : PTI

BOYS

Roller Skating
 Cricket
 Volley Ball
 Table Tennis
 Badminton
 Martial Arts
 Basket Ball
 Lawn Tennis

GIRLS

Roller Skating
 Basketball
 Volley Ball
 Badminton
 Martial Arts
 Yoga
 Gardening / Shramdan
 Gymnastic, First-aid
 Lawn Tennis