

## PLAN B

**Games & Physical Education compulsory in all classes from V to X. (The agreement will be for 5 years)**

The sports in school education are not just limited to physical activities as children today choose sports as their career and it has become equally essential as academic values. Sports education has greatly emphasized that physical activities are not just about being healthy, but fitness should become a lifestyle

### SPORTS INFRASTRUCTURE

Every school should have adequate or latest sports infrastructure/facilities both indoor and outdoor.

**1.SPORTS FIELD WITH TRACK** (Minimum 200 m Track) Synthetic/cinder/grassy

#### Individual Events and Team Events

S.NO	HOUSE NAME	CATEGORY & GRADE	TEAM EVENT	INDIVIDUAL EVENT	REMARKS
1	1.Red House 2.Yellow House 3.Green House 4. Blue House	U-12 – Grade 5 <sup>TH</sup> & 6 <sup>TH</sup> U-14 Grade 7 <sup>TH</sup> & 8 <sup>TH</sup> U-16-17 Grade 9 <sup>TH</sup> & 10 <sup>TH</sup>	.Basket Ball 2.Foot Ball . Volley Ball .Cricket 5.Kho Kho 6. Kabbadi Dodge Ball Soft Ball 9.Net Ball Base Ball Shooting Ball 12.Throw Ball	ATHLETICS 1.Running 2.Shot Put 3.Long Jump .Discuss Throw Javeline Throw 6.Relay Race .Obstacle Jump 8.High Jump	All the events will be taught house wise. To begin with any game the core team should be of maximum strength as per the game rule.

2. Instructors Strength will be as per the students strength. Ratio 1:35 (1 instructors for 35 Students)

3. Training Charges: Rs.500 per student for 10 months.(Rs. 5000/-)

2. **RULES**

.Each category :U-12, U-14, U-16-17 house wise ( house names as per school )students can choose either one team event or one individual event, which for minimum three years they cannot change to another event.

2. Weekly Schedule: Two days in a week for sports separately

3. Time: three consecutive period, 1 hr. 30 minutes.

- Note :Schools can opt for MCF activities + Sports , which will be on two different dates as per the students strength

**EQUIPMENT'S WILL BE PROVIDED BY MCF**