



CMIS/21-22/PS/038

Date: 20/08/2021

National Sports Day Celebration

Dear Parents,

Kindly note the following details for National Sports Day Celebration.

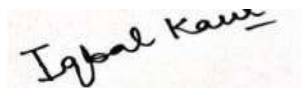
CLASS	TITLE	REQUIREMENTS	PRIOR PREPARATIONS
JOYFUL B	MOUNTAIN & RIVER	Scarf or Dupatta	To make a small circle with the help of Scarf or Dupatta
JOYFUL C	HIDE & SEEK	-	Parents to be present
JOYFUL D	BLIND FOLD	One dupatta/Scarf of any colour.	Parents to be present
EMPOWERING I	MARBLES	Used papers	To make small 8-10 balls of marble size and 1 big ball of lemon size with used paper.
EMPOWERING II	SKIPPING & LANGDI	Skipping rope (optional), 3 different colour clothes and a dupatta.	-
EMPOWERING III	STAPPO	Chalk or coloured tape.	Diagram of stappo will be shared prior.
EMPOWERING IV & INSPIRING V	LUDO (CHALAS)	Paper, 4 Pista Shell's, 2 Colour papers.	Diagram of Ludo will be shared prior. To make 2 small size balls of 2 different colour paper. One partner to be present with the student to play Ludo.
INSPIRING VI	CLAP & PICK UP STONES	Used papers	To make 5 small paper balls of marble size
INSPIRING VII	FITNESS CHALLENGE	-	-

INSPIRING VIII, VICTORIOUS IX & X.	INTER HOUSE SPORTS QUIZ COMPETITION	-	History of Indian Sports, Traditional Sports & Games, Yoga, Personalities etc. Fitness topics with special emphasis on Indian traditional fitness methods. Olympics, Commonwealth Games, Asian Games, Khelo India Games & other sports
--	--	---	--

Kindly Note -

- 1) National Sports day will be celebrated on 31st August 2021.
- 2) Kindly check the Microsoft Teams Calendar a day prior.
- 3) On that day that particular period won't be green period.
- 4) Students to be in Sports uniform/attire.

Regards



Principal