

Jindal Vidya Mandir,Vidyanagar									
CCA Sports 2025-26									
Sl.no	Month	Category	Event	Objective of event	Event Criteria	Selection round criteria	Participants from each class	Responsibility	Date of competition
1	June, July, August.	I & II	Yoga-Vajrasana, Pada hastasana	The objective of Vajrasana is to improve digestion, calm the mind, enhance blood circulation, and provide a stable posture for meditation and breathing exercises. The objective of Padahastasana (Hand-to-Foot Pose) is to stretch the spine, hamstrings, and back muscles, improve flexibility, stimulate blood circulation, and promote relaxation while aiding digestion.	Asanas: Each house will perform Vajrasanaa and padahastasana both boys and girls Judging Criteria: Posture and Balance: Correct form and stability in each asana. Breathing: Awareness of simple breathing techniques. Teamwork: Coordination and support among house members. Enthusiasm: Energy and participation levels. Duration: Hold each asana for 10-15 seconds. Presentation: Smooth transitions between asanas and overall flow. Safety: Ensure proper warm-up and cool-down.	.Section-Wise Selection: 5 students will be selected from each house, from Classes I and II. Yoga teacher will provide practice sessions to the selected students to improve their skills. 2. Selection Process: Performance: Students will be observed during practice sessions for their ability to perform the selected asanas with correct posture, balance, and enthusiasm. Participation: Active participation during the practice sessions is important. Teamwork: Ability to collaborate and support fellow team members will be considered. 3. Yoga Teacher's Role: The teacher will guide the students in refining their techniques and will assist in the final selection process.	For the Yogasanas CCA Event selection, all students from Classes I and II are eligible to participate. Section-wise selections will be conducted, and 5 students from each house will be selected based on their performance during the practice sessions. The yoga teacher will guide the students throughout the practice, helping them refine their skills in performing the asanas. During the selections, students will be assessed on their posture, balance, enthusiasm, and teamwork. Active participation and support for fellow team members will be key factors in the final selection. This approach ensures that every	Yoga teacher, PE teachers and Class teachers	Aug 29 National sports day.
2	June, July, August.		Drill-Flags drill	The objective of the Flag Drill is to develop coordination, teamwork, discipline, and rhythmic movement while improving physical fitness and enhancing concentration through synchronized activities. It is often used in group performances and parades to build unity and precision.	For the Flag Drill Event, each house will perform the Flag Drill with both boys and girls participating. The judging criteria will focus on precision, ensuring correct execution of each movement and flag handling, and coordination, where synchronization of movements within the group is key. Timing will be important, as the students must adhere to the rhythm and pace of the drill. Teamwork will be assessed based on how well the house members support and coordinate with each other, while enthusiasm will be judged on the energy and participation levels throughout the performance. The duration of the drill should be maintained for the designated time, and smooth transitions between movements will be required for a seamless presentation. Safety is a priority, so proper warm-up and cool-down routines must be followed to prevent injuries.	The flag drill selection will involve 50 students from each house, from Classes I and II. Students will be assessed based on their ability to accurately follow instructions, execute movements with precision, and maintain synchronization with teammates. Active participation and enthusiasm during practice sessions will be crucial, along with teamwork and discipline. The flag drill teacher will guide students in perfecting their techniques and will assist in the final selection process based on their performance, coordination, and overall involvement during practice.	For the Flag Drill CCA Event, all students from Classes I and II are eligible. Section-wise selections will be held, with 50 students chosen from each house based on their performance in practice sessions. Students will be assessed on following instructions, movement precision, enthusiasm, and teamwork. The flag drill teacher will guide them to refine their skills, ensuring every student has a chance to participate and improve.	PE teachers and Class teachers	Aug 29 National sports day.
3	June, July, August.		Group game-Ball tunnel passing	The objective of Ball Tunnel Passing is to develop teamwork, coordination, and passing accuracy. It helps players improve their passing skills while working together in a fun, dynamic way, enhancing agility and communication within a team.	In the Tunnel Passing Game, each house will form a group of 12 members. The objective is for each player to pass the ball through the legs of their teammates in a continuous chain. All 12 members must participate, and the team that completes the round first will be the winner. Selection will be based on teamwork, coordination, speed, and enthusiasm. The teacher will guide the students and monitor their performance throughout the game.	In the Tunnel Passing Game, each house will select 12 members, with all students eligible to participate. Selection will be based on teamwork, coordination, speed, and active participation. Each player must pass the ball through teammates' legs, and the team that completes the round first wins. Enthusiasm and energy during the game will also be key factors. The teacher will guide students during practice to improve coordination and assess performance during the game.	For the Tunnel Passing Game, participants will be selected from each section of Classes I and II, with 12 members chosen from each house. The selection will ensure equal representation from each section, and students will be assessed based on teamwork, speed, coordination, and enthusiasm.	PE teachers and Class teachers	Aug 29 National sports day.
4	June, July, August.	III & IV	Yogasana- Padmasana,Veera bhadrasana III.	The objective of Padmasana (Lotus Pose) is to provide a stable and comfortable posture for meditation, improve concentration, calm the mind, enhance flexibility in the hips and knees, and promote physical and mental relaxation. The objective of Virabhadrasana III (Warrior Pose III) is to improve balance, strengthen the legs, core, and shoulders, enhance focus and stability, and promote overall body coordination.	Asanas: Each house will perform Padmasana and Veerabhadrasana - III both boys and girls Judging Criteria: Posture and Balance: Correct form and stability in each asana. Breathing: Awareness of simple breathing techniques. Teamwork: Coordination and support among house members. Enthusiasm: Energy and participation levels. Duration: Hold each asana for 10-15 seconds. Presentation: Smooth transitions between asanas and overall flow. Safety: Ensure proper warm-up and cool-down.	.Section-Wise Selection: 5 students will be selected from each house, from Classes III and IV. Yoga teacher will provide practice sessions to the selected students to improve their skills. 2. Selection Process: Performance: Students will be observed during practice sessions for their ability to perform the selected asanas with correct posture, balance, and enthusiasm. Participation: Active participation during the practice sessions is important. Teamwork: Ability to collaborate and support fellow team members will be considered. 3. Yoga Teacher's Role: The teacher will guide the students in refining their techniques and will assist in the final selection process.	For the Yogasanas CCA Event selection, all students from Classes III and IV are eligible to participate. Section-wise selections will be conducted, and 5 students from each house will be selected based on their performance during the practice sessions. The yoga teacher will guide the students throughout the practice, helping them refine their skills in performing the asanas. During the selections, students will be assessed on their posture, balance, enthusiasm, and teamwork. Active participation and support for fellow team members will be key factors in the final selection. This approach ensures that every student has the opportunity to participate and improve their skills.	Yoga teacher, PE teachers and Class teachers	Aug 29 National sports day.
5	June, July, August.		Drill-Hoops drill	The objective of the Hoops Drill is to improve agility, coordination, and body control. It helps players develop footwork, ball handling, and quick directional changes, making it effective for enhancing overall athleticism and performance in various sports.	For the Hoops Drill Event, each house will perform the drill with both boys and girls participating. The judging criteria will focus on precision, ensuring the correct execution of each movement and ball handling, and coordination, where synchronization of movements within the group is essential. Timing will be evaluated based on how well participants maintain the rhythm and pace of the drill. Teamwork will be assessed based on how well the house members work together and support each other throughout the performance. Enthusiasm will be judged on the energy and participation levels displayed by the students. The duration of the drill should be maintained for the designated time, with smooth transitions between movements for a seamless performance. Safety will be a priority, with proper warm-up and cool-down routines in place to prevent injuries.	Hoops Drill Selection Criteria: For the Hoops Drill, 50 members will be selected from each house. The selection will focus on physical fitness, coordination, and the ability to perform exercises while holding the hula hoop. Teamwork and enthusiasm during practice sessions will also be key. Active participation, precision in movements, and overall discipline will be assessed. The teacher will guide students to improve their technique and monitor their performance during the drill.	For the Hoops Drill CCA Event, all students from Classes III and IV are eligible. Section-wise selections will be held, with 50 students chosen from each house based on their performance in practice sessions. Students will be assessed on following instructions, movement precision, enthusiasm, and teamwork. The Hoops drill teacher will guide them to refine their skills, ensuring every student has a chance to participate and improve.	PE teachers and Class teachers	Aug 29 National sports day.

6	June, July, August.		Group game- Circle Kho-Kho	The objective of Circle Kho Kho is to enhance teamwork, speed, agility, and coordination among players. It helps improve the timing of chasing and dodging techniques while promoting effective communication and strategy within the team.	For the Circle Kho-Kho Event, students will be selected based on their speed, agility, and understanding of the circle format. Key criteria include quick decision-making, teamwork, and tactical coordination with teammates. Active participation, enthusiasm, and adherence to rules will also be considered. The teacher will guide the students in mastering circle-specific strategies and assess their performance during practice sessions to finalize the teams.	In the selection round for Circle Kho-Kho, students will be assessed on their speed, agility, and ability to quickly dodge and chase opponents within the circle. Key factors include awareness of the circle format, effective teamwork, and tactical decision-making during play. Active participation, stamina, and adherence to game rules will also be considered. The teacher will observe individual performance during practice sessions to finalize the most skilled and cooperative players for the event.	For the Circle Kho-Kho event, 12 students from each house will be selected for the final match. Participants will be chosen from each class based on their speed, agility, teamwork, and overall performance during practice and selection rounds. This process ensures a strong and balanced team for the final match.	PE teachers and Class teachers	Aug 29 National sports day.
7	June, July, August.	V & VI	Yogasana- Vrukshasana, Halasana.	The objective of Vrikshasana (Tree Pose) is to improve balance and stability, strengthen the legs and core, enhance concentration, and promote a sense of grounding and mental calmness. The objective of Halasana (Plow Pose) is to stretch the spine, shoulders, and neck, improve flexibility, stimulate the thyroid and abdominal organs, enhance digestion, and promote relaxation and stress relief.	Asanas: Each house will perform Vrukshasana and Halasana both boys and girls Judging Criteria: Posture and Balance: Correct form and stability in each asana. Breathing: Awareness of simple breathing techniques. Teamwork: Coordination and support among house members. Enthusiasm: Energy and participation levels. Duration: Hold each asana for 10-15 seconds. Presentation: Smooth transitions between asanas and overall flow. Safety: Ensure proper warm-up and cool-down.	Section-Wise Selection: 5 students will be selected from each house, from Classes III and IV. Yoga teacher will provide practice sessions to the selected students to improve their skills. 2. Selection Process: Performance: Students will be observed during practice sessions for their ability to perform the selected asanas with correct posture, balance, and enthusiasm. Participation: Active participation during the practice sessions is important. Teamwork: Ability to collaborate and support fellow team members will be considered. 3. Yoga Teacher's Role: The teacher will guide the students in refining their techniques and will assist in the final selection process.	For the Yogasanas CCA Event selection, all students from Classes V and VI are eligible to participate. Section-wise selections will be conducted, and 5 students from each house will be selected based on their performance during the practice sessions. The yoga teacher will guide the students throughout the practice, helping them refine their skills in performing the asanas. During the selections, students will be assessed on their posture, balance, enthusiasm, and teamwork. Active participation and support for fellow team members will be key factors in the final selection. This approach ensures that every student has the opportunity to participate and improve their skills.	Yoga teacher, PE teachers and Class teachers	Aug 29 National sports day.
8			Drill - Dumbbells	The objective of the Dumbbells Drill is to improve strength, endurance, and muscle coordination. It focuses on building upper body and core strength, enhancing stability, and improving the overall fitness of players through controlled movements using dumbbells.	For the Dumbbell Drill Event, each house will participate with both boys and girls performing the drill. The judging criteria will include precision, ensuring correct execution of each movement and proper dumbbell handling, as well as coordination, focusing on synchronized movements within the group. Timing will be assessed by how well the rhythm and pace of the drill are maintained. Teamwork will be evaluated based on the coordination and support shown by house members throughout the drill. Enthusiasm will be judged by the energy and level of participation displayed by the students. The drill should be performed within the designated time, with smooth transitions between movements for a seamless execution. Safety is a priority, with all participants required to follow proper warm-up and cool-down routines to minimize the risk of injury.	Dumbbells Drill Selection Criteria: For the Dumbbells Drill, 50 members will be selected from each house. The selection will focus on physical fitness, coordination, and the ability to perform exercises while holding the hula hoop. Teamwork and enthusiasm during practice sessions will also be key. Active participation, precision in movements, and overall discipline will be assessed. The teacher will guide students to improve their technique and monitor their performance during the drill.	For the Dumbbells Drill CCA Event, all students from Classes V and VI are eligible. Section-wise selections will be held, with 50 students chosen from each house based on their performance in practice sessions. Students will be assessed on following instructions, movement precision, enthusiasm, and teamwork. The Hoops drill teacher will guide them to refine their skills, ensuring every student has a chance to participate and improve.	PE teachers and Class teachers	Aug 29 National sports day.
9	June, July, August.		Group game -Kho-Kho	The objective of Kho Kho is to improve agility, speed, teamwork, and strategic thinking. It helps players develop quick reflexes, enhance their endurance, and learn how to coordinate effectively with teammates while maintaining strong communication during the game.	For the Kho-Kho event, students from V & VI grades will be selected house-wise based on specific criteria. Selection will focus on speed, agility, and the ability to dodge effectively while maintaining endurance. Quick decision-making, tactical thinking, and understanding of the game are essential. Teamwork, active participation, enthusiasm, and adherence to rules will also be key factors. Teachers will guide students during practice sessions, observe their performance, and finalize the most skilled and cooperative players for the team.	For the Kho-Kho event, students from V & VI grades will be selected house-wise based on specific criteria. Selection will focus on speed, agility, and the ability to dodge effectively while maintaining endurance. Quick decision-making, tactical thinking, and understanding of the game are essential. Teamwork, active participation, enthusiasm, and adherence to rules will also be key factors. Teachers will guide students during practice sessions, observe their performance, and finalize the most skilled and cooperative players for the team.	For the Kho-Kho event, 12 students from each house will be selected for the final match. Participants will be chosen from each class based on their speed, agility, teamwork, and overall performance during practice and selection rounds. This process ensures a strong and balanced team for the final match.	PE teachers and Class teachers	Aug 29 National sports day.

10	June, July, August.	VII & VIII	Yogasana - Matsyasana, Paschimottanasana.	The objective of Matsyasana (Fish Pose) is to stretch the chest, neck, and shoulders, improve lung capacity, stimulate the thyroid and parathyroid glands, and promote relaxation by relieving tension in the upper body. The objective of Paschimottanasana (Seated Forward Bend) is to stretch the spine, hamstrings, and lower back, improve flexibility, stimulate abdominal organs for better digestion, and promote relaxation and mental calmness.	For the Kho-Kho event, students from V & VI grades will be selected house-wise based on specific criteria. Selection will focus on speed, agility, and the ability to dodge effectively while maintaining endurance. Quick decision-making, tactical thinking, and understanding of the game are essential. Teamwork, active participation, enthusiasm, and adherence to rules will also be key factors. Teachers will guide students during practice sessions, observe their performance, and finalize the most skilled and cooperative players for the team.	Section-Wise Selection: 5 students will be selected from each house, from Classes V and VI. Yoga teacher will provide practice sessions to the selected students to improve their skills. 2. Selection Process: Performance: Students will be observed during practice sessions for their ability to perform the selected asanas with correct posture, balance, and enthusiasm. Participation: Active participation during the practice sessions is important. Teamwork: Ability to collaborate and support fellow team members will be considered. 3. Yoga Teacher's Role: The teacher will guide the students in refining their techniques and will assist in the final selection process.	For the Yogasanas CCA Event selection, all students from Classes VII and VIII are eligible to participate. Section-wise selections will be conducted, and 5 students from each house will be selected based on their performance during the practice sessions. The yoga teacher will guide the students throughout the practice, helping them refine their skills in performing the asanas. During the selections, students will be assessed on their posture, balance, enthusiasm, and teamwork. Active participation and support for fellow team members will be key factors in the final selection. This approach ensures that every student has the opportunity to participate and improve their skills.	Yoga teacher, PE teachers and Class teachers	Aug 29 National sports day.
11	June, July, August.		Drill - Aerobics	The objective of Aerobics is to improve cardiovascular fitness, stamina, and overall physical health. It helps increase endurance, flexibility, strength, and coordination while promoting weight management, boosting energy levels, and enhancing mental well-being.	For the Aerobics Event, each house will perform with both boys and girls participating. Judging will focus on precision, coordination, and timing, with an emphasis on correct movements, synchronization, and smooth transitions. Teamwork will be assessed based on how well members support each other, while enthusiasm will be judged on energy and participation levels. The routine should be performed within the designated time with seamless flow. Safety is a priority, with proper warm-up and cool-down routines to prevent injury.	In the selection round for aerobics, students will be assessed on their flexibility, rhythm, and ability to perform movements with precision and coordination. Key factors include stamina, balance, and synchronization with music. Active participation, enthusiasm, and creativity in movements will also be considered. Teachers will evaluate performance during practice sessions and select students who demonstrate the best technique, energy, and stage presence.	For the Aerobics CCA Event, all students from Grades VII and VIII are eligible to participate. Section-wise selections will be conducted, with 50 students chosen from each house based on their performance during practice sessions. Students will be assessed on rhythm, coordination, flexibility, enthusiasm, and teamwork. The aerobics teacher will guide them in refining their techniques, ensuring every student has an opportunity to participate and improve their skills.	PE teachers and Class teachers	Aug 29 National sports day.
12	June, July, August.		Group game - Kabaddi	The objective of Kabaddi is to improve strength, agility, and endurance while promoting teamwork, strategy, and quick decision-making. It helps players develop skills in both offense and defense, including tackling, evasion, and communication, while enhancing overall fitness and coordination.	For the Kabaddi event, students from Grades VII and VIII will be selected house-wise based on specific criteria. The selection will focus on speed, strength, agility, and the ability to perform effective raids and tackles. Quick decision-making, teamwork, and understanding of the game's strategies are essential. Active participation, enthusiasm, and adherence to rules will also be important factors. Teachers will guide students during practice sessions, assess their performance, and finalize the most skilled and cooperative players for the team.	For the Kabaddi event, students from Grades VII and VIII will be selected house-wise based on specific criteria. The selection will focus on strength, speed, agility, and the ability to execute successful raids and tackles. Quick decision-making, tactical awareness, and understanding of game strategies are crucial. Teamwork, active participation, enthusiasm, and adherence to rules will also be important. Teachers will guide students during practice sessions, assess their performance, and select the most skilled and cooperative players for the team.	For the Kabaddi event, 12 students from each house will be selected for the final match. Participants will be chosen from each class based on their strength, speed, agility, teamwork, and overall performance during practice and selection rounds. This process ensures a strong and balanced team for the final match.	PE teachers and Class teachers	Aug 29 National sports day.
13	June, July, August.	IX & X	Shot put.	The objective of Shot Put is to develop explosive strength, power, and coordination. It helps athletes improve their upper body strength, core stability, and technique for effectively throwing the shot, while enhancing overall athleticism and precision in the event.	For the Shot Put individual event, students from Grades IX and X will be selected house-wise based on specific criteria. The selection will focus on strength, technique, and the ability to throw the shot put with accuracy and distance. Physical fitness, proper form, and consistency in practice will be essential. Teamwork, active participation, enthusiasm, and adherence to rules will also play a role. Teachers will guide students during practice sessions, assess their performance, and select the most skilled and committed athletes for the event.	In the selection round for Shot Put, students will be assessed based on their strength, technique, and ability to throw the shot put with accuracy and distance. Proper form and consistency during the throw will be key factors in selection. Students will also be evaluated on their physical fitness, participation in practice sessions, and enthusiasm. Teachers will observe their performance, provide guidance on technique, and select the most skilled and disciplined students for the final event.	For the Shot Put individual event, 1 student will be selected from each class of Grades IX and X, house-wise, based on their performance in the selection round. A total of 8 students will be chosen for the final event, representing different houses. Prizes will be awarded for 1st, 2nd, and 3rd places based on their performance in the final event.	PE teachers and Class teachers	Aug 29 National sports day.
14	June, July, August.		Drill - Lezioms	The objective of Lazims (a traditional rhythmic drill involving wooden sticks or rods) is to improve coordination, strength, rhythm, and teamwork. It helps build endurance, balance, and concentration while promoting cultural heritage and group synchronization.	For the Lazium Event, each house will perform with both boys and girls participating. The judging will focus on precision, ensuring the correct execution of each movement and proper form, along with coordination and synchronization within the group. Timing will be assessed based on the group's ability to maintain the rhythm and pace of the routine. Teamwork will be evaluated on how well house members support and collaborate with each other during the performance. Enthusiasm will be judged based on energy and participation levels. The routine should flow smoothly within the designated time. Safety will be prioritized, with proper warm-up and cool-down routines to prevent injury.	For the Lazim drill selection in Grades IX and X, students will be assessed on their physical fitness, teamwork, and coordination. Their ability to maintain rhythm, timing, and attention to detail will be key, along with how well they follow instructions. Leadership skills and confidence will also be considered, as well as prior experience in similar drills. Discipline and focus during the drill are essential for selection.	For the Laziums Drill CCA Event, all students from Classes IX and X are eligible. Section-wise selections will be held, with 50 students chosen from each house based on their performance in practice sessions. Students will be assessed on following instructions, movement precision, enthusiasm, and teamwork. The Hoops drill teacher will guide them to refine their skills, ensuring every student has a chance to participate and improve.	PE teachers and Class teachers	Aug 29 National sports day.

15	June, July, August.		Group game- Football (B), Cricket(G)	<p>The objective of Football is to enhance teamwork, coordination, and tactical awareness while improving physical fitness, agility, and ball control. It promotes endurance, strength, and strategic thinking, and fosters communication and cooperation among players to achieve team goals.</p> <p>The objective of Cricket is to enhance individual skills like batting, bowling, and fielding, while promoting teamwork, coordination, and strategic decision-making. It helps improve physical fitness, concentration, agility, and endurance, while fostering communication and collaboration to achieve collective team success.</p>	<p>For the football event, students from Grades IX and X will be selected house-wise based on stamina, agility, and skills like dribbling, passing, and shooting. Teamwork, strategic thinking, and discipline will also be key factors. Teachers will guide practice sessions, assess performance, and finalize the most skilled and cooperative players for the team.</p> <p>For the cricket event, girls from Grades IX and X will be selected house-wise based on key skills like batting, bowling, fielding, and throwing accuracy. Fitness, agility, and game awareness will be essential, along with teamwork and discipline. Teachers will oversee practice sessions, evaluate performance, and select the most skilled and enthusiastic players for the team.</p>	<p>For the football selection round for boys in Grades IX and X, the criteria will include stamina, agility, and core skills like dribbling, passing, shooting, and ball control. Positional awareness, teamwork, and communication will be evaluated along with quick decision-making and strategic thinking. Discipline, sportsmanship, and adherence to rules will also be key factors. Teachers will assess performance during drills and practice matches to select the most capable players for the team.</p> <p>For the cricket selection round for girls in Grades IX and X, the criteria will include batting, bowling, fielding, and throwing accuracy. Fitness, agility, and game awareness will be assessed, along with teamwork, communication, and quick decision-making. Discipline, enthusiasm, and adherence to rules will also be important. Teachers will evaluate performance during practice sessions and drills to select the most skilled players for the team.</p>	<p>For the football event, 16 students from each house will be selected for the final match. Participants will be chosen based on their stamina, agility, dribbling, passing, shooting skills, and teamwork. Performance during practice sessions and selection rounds will be key in ensuring a strong and balanced team for the final match.</p> <p>For the football event, 16 students from each house will be selected for the final match. Participants will be chosen based on their stamina, agility, dribbling, passing, shooting skills, and teamwork. Performance during practice sessions and selection rounds will be key in ensuring a strong and balanced team for the final match.</p> <p>For the cricket event, 14 students from each house will be selected for the final match. Selection will focus on batting, bowling, fielding, throwing accuracy, and game awareness. Teamwork, enthusiasm, and performance during practice sessions will help in forming a skilled and cohesive team for the final match.</p>	PE teachers and Class teachers	Aug 29 National sports day.
16	June, July, August.	XI & XII	Javelin throw.	<p>The objective of Javelin Throw is to enhance technique, strength, and coordination in throwing the javelin. It focuses on building upper body power, core stability, and precision, while improving overall athletic performance and explosive strength for distance and accuracy.</p>	<p>For the javelin throw event, students from Grades XI and XII will be selected based on their technique, including grip, posture, and release. Strength, particularly in the upper body and core, will be assessed to determine throwing distance. Agility and balance during the run-up, along with accuracy in hitting the target area, will also be key factors. Consistency in practice, along with adherence to the event's rules, will play a crucial role. Students will be evaluated during practice sessions, and the most skilled and consistent performers will be selected for the event.</p>	<p>For the javelin throw selection round for Grades XI and XII, students will be assessed on their technique, strength, agility, balance, and accuracy. Consistency during practice sessions and adherence to the event's rules will also be key factors. The most skilled and consistent performers will be selected based on their overall performance.</p>	<p>For the javelin throw individual event, 1 student will be selected from each class of Grades XI and XII, house-wise, based on their performance in the selection round. A total of 8 students will be chosen for the final event, representing different houses. Prizes will be awarded for 1st, 2nd, and 3rd places based on their performance in the final event.</p>	PE teachers and Class teachers	Aug 29 National sports day.
17	June, July, August.		Long jump	<p>The objective of Long Jump is to improve explosive power, speed, and coordination while enhancing technique for maximizing distance. It focuses on developing strength in the legs, core stability, and proper jumping mechanics to achieve an effective and efficient jump.</p>	<p>For the long jump event, students from Grades XI and XII will be selected based on their technique, including approach, takeoff, and landing. Strength, particularly in the legs and core, will be assessed to determine jump distance. Agility and coordination during the run-up, along with the ability to maintain balance at takeoff and landing, will be crucial. Consistency in achieving optimal distance during practice sessions will also be an important factor, as well as adherence to the event's rules and regulations. Students will be evaluated during practice rounds, and the most skilled and consistent performers will be selected for the event.</p>	<p>For the long jump selection round for Grades XI and XII, students will be assessed on their technique, including approach, takeoff, and landing. Strength, agility, and balance will be key factors in determining jump distance and stability. Consistency during practice sessions and adherence to the event's rules will also play a significant role. The most skilled and consistent performers will be selected based on their overall performance.</p>	<p>For the javelin throw individual event, 1 student will be selected from each class of Grades XI and XII, house-wise, based on their performance in the selection round. A total of 8 students will be chosen for the final event, representing different houses. Prizes will be awarded for 1st, 2nd, and 3rd places based on their performance in the final event.</p>	PE teachers and Class teachers	Aug 29 National sports day.
18	June, July, August.		Group game- Kabaddi ( B),Dodge ball (G)	<p>The objective of Kabaddi is to improve strength, agility, and endurance while promoting teamwork, strategy, and quick decision-making. It helps players develop skills in both offense and defense, including tackling, evasion, and communication, while enhancing overall fitness and coordination.</p> <p>The objective of Dodgeball played in a circle is to enhance teamwork, coordination, and strategic movement while promoting agility and quick reflexes. In this variation, players work together to protect teammates and strategically target opponents within the circle. It encourages communication, adaptability, and quick decision-making, fostering a collaborative environment to outmaneuver the opposing team. This format also helps improve focus, team coordination, and spatial awareness in a dynamic and fun setting.</p>	<p>For the Kabaddi event, students from Grades XI and XII Boys will be selected house-wise based on specific criteria. The selection will focus on speed, strength, agility, and the ability to perform effective raids and tackles. Quick decision-making, teamwork, and understanding of the game's strategies are essential. Active participation, enthusiasm, and adherence to rules will also be important factors. Teachers will guide students during practice sessions, assess their performance, and finalize the most skilled and Cooperative players for the team.</p> <p>And dodgeball event, students from Grades XI and XII (girls) will be selected house-wise based on specific criteria. The selection will focus on agility, speed, throwing accuracy, and the ability to dodge and catch effectively. Teamwork, quick decision-making, and understanding of the game's strategies are essential. Active participation, enthusiasm, and adherence to rules will also be important factors. Teachers will guide students during practice sessions, assess their performance, and finalize the most skilled and cooperative players for the team. players for the team..</p>	<p>For the Kabaddi event, students from Grades XI and XII Boys will be selected house-wise based on specific criteria. The selection will focus on strength, speed, agility, and the ability to execute successful raids and tackles. Quick decision-making, tactical awareness, and understanding of game strategies are crucial. Teamwork, active participation, enthusiasm, and adherence to rules will also be important. Teachers will guide students during practice sessions, assess their performance, and select the most skilled and cooperative players for the team.</p> <p>For the dodgeball selection round for Grades XI and XII girls, students will be assessed on their agility, speed, throwing accuracy, and ability to dodge and catch effectively. Teamwork, communication, and quick decision-making will be essential, along with an understanding of the game's strategies. Active participation, enthusiasm, and adherence to the rules will also be important factors. Performance during practice sessions and selection rounds will determine the most skilled and cooperative players for the team.</p>	<p>For the Kabaddi event, 12 students from each house will be selected for the final match. Participants will be chosen from each class based on their strength, speed, agility, teamwork, and overall performance during practice and selection rounds. This process ensures a strong and balanced team for the final match.</p> <p>For the dodgeball event, each team will consist of 12 players with no substitutes. All 12 players will be actively involved in the game, taking turns on the court as needed. This setup ensures full participation from every player in the team, providing an inclusive and competitive environment. Each house will have a total of 12 players for the event.</p>	PE teachers and Class teachers	Aug 29 National sports day.