



DELHI PUBLIC SCHOOL Muzaffarpur

Circular

Ref No: DPSM/Cir/2024-25/001

Date: 17th April 2024

Sports Activities Information (Class 2 to Class 9)

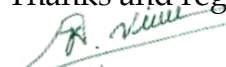
Dear Parents,
Greetings of the day!

Please note the following details regarding the sports activities for the session 2024-2025.
We will offer 5 outdoor & 5 indoor activities.

- All parents are requested to select 5 options in indoor and 5 activities respectively outdoor in order of preference while filling the Google form.
- Every student will be allotted 1st outdoor and 1st indoor activity during Term 1 & 2nd outdoor and 2nd indoor activity during Term 2.

Sr. no	Outdoor options	Indoor options
i.	Cricket A very popular game with great charm is being played. Cricket is a game of skill and strategy played between two teams of 11 players. We provide trainings on basic skills of batting, bowling fielding techniques	Table tennis It is a sport in which two of four players hit a light – weight ball. We provide training over the basic skills of the games like backhand and forehand drive.
ii.	Futsal Futsal is the miniature form of football which is played in small area. We will teach students the basic skills of dribbling and shooting. It is similar to football.	Aerobics It is a form of physical exercise that is the combination of warm up exercise and develop the skills of jumping, jog, skipping knee Lift etc.
iii.	Self Defence Self-defence means protecting yourself and maybe others in critical situation. You will learn basic martial art techniques. It will be helpful in developing physical and mental health.	Yoga A regular yoga practice can promote endurance, strength, calmness, flexibility, and well-being. We give emphasis over Self-regulation skills, Relaxation skills, Imagination & creativity.
iv.	Athletics <u>Kinesthetic skills</u> - The ability to enhance the fine and gross motor skills of the body.	Brain Gym Brain Gym with Music is a set of movements whose objective is to connect the body and the mind. It helps to improve memory and reduce stress levels. We train our children under Brain Gym with music are to develop concentration level which enhances the creativity and develop the mental wellbeing.
v.	Skating Skating can help children to improve the basics of balancing the body and develop better coordination. It is also a source of exercise. It helps children to develop the coordination in skating.	Chess It is an indoor board game for two players at a time. It helps to develop logics and planning strategy. We will train our students to anticipate and apply forward logics.

Thanks and regards,


Dr. K. Vinu Kumar
Principal
Delhi Public School Muzaffarpur