



MOUNT OLYMPUS SCHOOL
MALIBU TOWNE, SECTOR- 47 GURUGRAM

MOS/21-22/198/29.12.2021

SPORTS ENRICHMENT ACTIVITY
THEME: "FITPRO – FITNESS ULTIMATE"
COMPETITION: 'MOTOR FITNESS

DATE: 21TH JANUARY 2022

GRADE IX to XII

Dear Parents,

Greetings!

Below mentioned are the general instructions regarding the competition:

GRADE WISE TOPIC FOR COMPETITION:

Grade IX- Students will perform curl ups/ crunches in given time i.e. 60 seconds.

Grade X- Students will perform squats in given time i.e. 60 seconds.

Grade XI- Students will perform push-ups/modified push-ups in given time i.e. 60 seconds.

Grade XII- Students will perform modified Burpee in given time i.e. 60 seconds.

INSTRUCTIONS:

- Each student will wear school sports uniform or sports attire (comfortable & decent).
- Students will do the activity in the given period of time.
- Students are requested to do stretching and general warm up before the competition.
- Students are requested not to have heavy breakfast before competition.
- If any student is injured or have any kind of medication kindly inform in advance.
- Material required: yoga mat/ mat/ bed sheet.

CLASSES	DATE AND DAY	PERIOD	TEACHER INCHARGE
IX(Genius/ Master)	21/1/2022 (Friday)	1 and 2 nd	Ms. Vishalakshi and Ms. Neha
X(Genius/ Master)	21/1/2022 (Friday)	1 and 2 nd	Ms.Monika & Ms. Seema
XI(Genius/Master/Champions)	21/1/2022 (Friday)	1 and 2 nd	Ms Swati & Ms. Richa
XII(Genius/Master/Champions)	21/1/2022 (Friday)	1 and 2 nd	Ms Teena & Ms. Priyanka

Warm Regards

Dr. Neeti C Kaushik
Principal

Manisha Khanna
Vice- Principal