



**MOUNT OLYMPUS SCHOOL  
MALIBU TOWNE, SECTOR- 47 GURUGRAM**

MOS/21-22/196/29.12.2021

**SPORTS ENRICHMENT ACTIVITY  
JANUARY 2022 THEME: "FITPRO – FITNESS ULTIMATE"  
WORKSHOP & ACTIVITY  
GRADES - VI TO XII**

Dear Parents,  
Greetings!

**'Things may come to those who wait, but only the things left by those who hustle.'**

Mount Olympus School focuses on academic performance and overall development of a child. Taking it forward, the Enrichment learning for the month January is "FITPRO – FITNESS ULTIMATE". There are numerous health advantages to physical fitness. Regular exercise and physical activity promotes strong muscles and bones. It improves respiratory, cardiovascular health, and overall health. Hence staying active is a crucial part of maintaining good health and wellness.

Below mentioned are the general instruction of activity.

**TOPIC FOR WORKSHOP & ACTIVITY:**

**Grade VI- XII:** Students will understand the importance of motor fitness and will do Zumba on beats to develop their cardiovascular fitness.

**INSTRUCTIONS:**

- Each student will wear school sports uniform.
- Students are recommended not to have heavy breakfast before the Zumba session.
- They are advised to do only instructed drills.

CLASSES	DATE AND DAY	PERIOD	TEACHER INCHARGE
VI - VIII	Tuesday 11 <sup>th</sup> Jan, 22	1 <sup>st</sup>	Nisha, Sanjay, Sandeep, Ankita
IX - XII	Wednesday 12 <sup>th</sup> Jan, 22	1 <sup>st</sup>	Nisha, Sanjay, Sandeep, Ankita

Warm Regards

Dr. Neeti C Kaushik  
Principal

Manisha Khanna  
Vice-Principal