



MOUNT OLYMPUS SCHOOL
MALIBU TOWNE, SECTOR- 47 GURUGRAM

MOS/21-22/197/29.12.2021

SPORTS ENRICHMENT ACTIVITY
THEME: "FITPRO – FITNESS ULTIMATE"
COMPETITION: 'MOTOR FITNESS
DATE: 20TH JANUARY 2022

Grade VI - VIII

Dear Parents,
Greetings!

Below mentioned are the general instructions regarding the competition:

GRADE WISE TOPIC FOR COMPETITION:

Grade VI- Students will perform jumping jacks in given time i.e. 60 seconds.

Grade VII- Students will take chair pose and have to maintain the same for longer duration of time. The timer will start on "Go" command.

Grade VIII- Students will take elbow plank position and have to maintain the same for longer duration of time. The timer will start on "Go" command.

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
VI Genius/Master	20/1/2022 (Thursday)	1 and 2 nd	Ms. Harshika & Ms.Shreya
VII Genius	20/1/2022 (Thursday)	1 and 2 nd	Ms. Meenu
VIII Genius/Master	20/1/2022 (Thursday)	1 and 2 nd	Ms. Rupali & Sakshi

Warm Regards

Dr. Neeti C Kaushik
Principal

Manisha Khanna
Vice- Principal