

# SPORTS

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# Inter House Sports Competition

## Annual plan

# *Plan for June*

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## **PRI PRIMARY**

20<sup>th</sup> June

Three leg race

Equipment – 3 hanky.

Judges – Fatema Miss &  
Gayatri Miss.

## **PRIMARY**

20<sup>th</sup> June

Fundamental relay race – per  
class per house 2 students  
Equipment – Rings, hurdle  
cones.

Judges – Vaishali Miss &  
Dhanashree Miss.

## **MIDDLE AND SECONDARY**

21<sup>st</sup> June

Throw Ball – 7 players (5  
Extra)

Equipment – Throwball.

Judges – Punam Miss &  
Siddhesh Sir.

Points – 20 Points



# *Plane for July*

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## **PRI PRIMARY**

18<sup>th</sup> July

Lemon spoon Race

Equipments – Lemon ,  
Spoon.

Judges – Bhagyashree Miss  
& Bhagyashree miss

## **PRIMARY**

18<sup>th</sup> July

Dodgeball – 6 players (6  
extra)

Equipment - football  
(small)

Judges – Kajal khatake  
Miss & Shweta Miss  
Points – 10 points

## **MIDDLE AND SECONDARY**

19<sup>th</sup> July

Dodgeball – 6 players (6  
extra)

Equipment - football  
(small)

Judges – Masiya Miss &  
Shubhangi Miss  
Points – 20 points

# *Plane for August*

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## **PRI PRIMARY**

29th August

10m Running Race

Equipments –

Judges – Pravati Miss &  
Shweta miss

## **PRIMARY**

29<sup>th</sup> August

Three leg Race – 6

players

Equipment - Hanky

Judges – Mamta Miss &  
Kajol Ubale Miss

## **MIDDLE AND SECONDARY**

30<sup>th</sup> August

Athletic (100m, 200m,

Shot put

Equipment – Shot put

Judges – Yusuf Sir &  
Trupti Miss

# *Plane for September*

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## **PRI PRIMARY**

19<sup>th</sup> September

Sack Race -

Equipment – Sack

Judges – Bhagyashree Miss  
& Shweta Miss

## **PRIMARY**

19<sup>th</sup> September

Basketball (Dribbling) – 5  
players

Equipment - Basketball

Judges – Ayesha miss &  
Prajakta miss

## **MIDDLE AND SECONDARY**

20<sup>th</sup> September

Basketball – 5 players (6  
Extra)

Equipment – Shot put

Judges – Heena Miss &  
Sujata Miss

Points - 5



# *Plane for October*

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## **PRI PRIMARY**

17<sup>th</sup> October

Sack Race -

Equipment – Sack

Judges – Bhagyashree Khot  
Miss & Fatema Miss

## **PRIMARY**

17<sup>th</sup> october

Football Penalty – 6

players

Equipment - Football

Judges – Ayesha Miss &  
Punam Miss

Points - 6

## **MIDDLE AND SECONDARY**

18<sup>th</sup>\_october

Football – 9 players (5  
Extra)

Equipment – Football

Judges – Sucheta Miss &  
Humera Miss

# *Plane for November*

## PRI PRIMARY

21<sup>st</sup> November

Relay Race -  
Equipment –  
Judges – Pravati Miss &  
Gayatri Miss

## PRIMARY

21<sup>st</sup> November

Skipping Jump – 4  
players  
Equipment - Rope,  
Stopwathch  
Judges – Vaishali miss  
Miss & Prajakta Miss

## MIDDLE AND SECONDARY

22<sup>st</sup> November

Volleyball – 6 players (6  
Extra)  
Equipment – Volleyball  
Judges – Sakina miss &  
Swati Miss  
Points - 20



# *Plane for December*

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## **PRI PRIMARY**

19<sup>th</sup> December

Throwball (Soft ball )

Equipment – Sponge Ball

Judges – Bhagyashree Miss  
& Fatema miss

## **PRIMARY**

19<sup>th</sup> December

Running Race

(50m,100m) – 2 players  
per Class per House

Equipment -

Judges – siddhesh Sir &  
Dhanashree Miss

## **MIDDLE AND SECONDARY**

20<sup>th</sup> December

Basketball – 5 players (6  
Extra)

Equipment – Basketball

Judges – Rahul Sir &  
Sakina Baramatiwala Miss

# *Plane for January*

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## **PRI PRIMARY**

29th August

Music Chair

Equipment – Chair, Sound

Judges – Gayatri Miss &  
Shweta miss

## **PRIMARY**

29<sup>th</sup> August

Mirror Game Ball – 2  
players per class per  
house

Equipment - Football  
(small)

Judges – Prajakta Miss &  
Abhikshit Sir

## **MIDDLE AND SECONDARY**

30<sup>th</sup> August

Lagori - 9 Players (3 extra)

Equipment – Lagori, Ball

Judges – Punam Miss &  
Mamta Miss

Time – 20min



# *Plane for February*

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## PRI PRIMARY

29th August

Tennikoit

Equipment – Tennikoit  
Rings

Judges – Bhagyashree Miss  
& Shweta miss

## PRIMARY

29<sup>th</sup> August

Tennikoite – 8 players (4  
Extra)

Equipment – Tennikoite  
Rings

Judges – Abhikshit Sir &  
Kajol Ubale Miss

## MIDDLE AND SECONDARY

30<sup>th</sup> August

Tennikoite – 6 players (3  
Extra)

Equipment – Tennikoite  
Rings

Judges – Heena Miss &  
Shubhangi Miss



# *Plane for March*

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## **PRI PRIMARY**

29th August

Colour Matching

Equipment – Colour Ball,  
Colour Rings.

Judges – Gayatri Miss &  
Bhagyashree Miss

## **PRIMARY**

29<sup>th</sup> August

3 X3 Cube – 2 Players  
per Class per House

Equipment - Cube

Judges – Suhana Miss &  
Komal Miss

## **MIDDLE AND SECONDARY**

30<sup>th</sup> August

Handball – 6 players (3  
Extra)

Equipment – Handball

Judges – More Miss &  
Masiya Miss

# *Rules for Competition*

1. A student can participate in 3 competitions.
2. The list of participating students should be submitted to the sports teacher 2 days in advance.
3. Every Student in the house should participate in the game.

## *Housewise Practice Time*

- Every P T period
- 3 Days before the competition
- RED HOUSE – Tuesday
- YELLOW HOUSE – Wednesday
- GREEN HOUSE – Thursday

NOTE – THE PLAYGROUND WILL BE  
LAID OUT ON FRIDAY



## *P T lecture planning*

### 40 min lecture

- ❖ 2 or 3 Ground jogging round (gradually increase the number of round according to the children's abilities.)
- ❖ 10 min Parade (1<sup>st</sup> to 4<sup>th</sup> Dahine mud Baye mud line formation & 5<sup>th</sup> to 10<sup>th</sup> full parade).
- ❖ 15 min games

# *Regular sports practice*

Monday to Friday

After school 2.30pm to 4.30pm

Game wise Workout

Every Friday game day

*THANK YOU*