

CO-CURRICULAR ACTIVITIES 2010-11

SECONDARY SECTION

Sl.no	Competition	Class	Date	REMARKS
1	HOUSE MEETING (Formation ,Electing School Pupil Leader, Captain)	VI-XII	24.06.2010	Open to all
2	English Debate (Individual)	VI-XII	01.07.2010	Individual
3	Drawing and Painting Competition	VI-XII	08.07.2010	Open to all
4	Creative Writing	VI-XII	15.07.2010	Open to all
5	Group Dance	VI-XII	29.07.2010	Group Event
6	Solo Song Competition	VI-XII	05.08.2010	Individual
7	Science Quiz	VI-XII	12.08.2010	Group Event
8	Sanskrit Recitation	VI-XII	19.08.2010	Individual
9	Group Song Competition	VI-XII	26.08.2010	Group Event
10	HINDI PAKWADA	VI-XII	02.09.2010- 30.09.2010	Open to all
11	English Recitation	VI-XII	07.10.2010	Individual
12	Math's Quiz	VI-XII	28.10.2010	Group Event
13	Vegetable Carving	VI-XII	04.11.2010	Individual
14	Rangoli	VI-XII	11.11.2010	Open to all
15	Mono Acting	VI-XII	02.12.2010	Individual
16	Hindi Skit	VI-XII	09.12.2010	Group Event
17	Just a Minute	VI-XII	16.12.2010	Individual

NOTE: Children are eligible to take part in one item only.

PRIMARY SECTION

Sl.no	Competition	Class	Date	Remarks
1	Drawing and painting	I-V	24-4-10	Open to all
2	English recitation	I-V	26-6-10	Individual

3	Classical dance	II-V	3-7-10	Individual
4	Group dance	III-V	17-7-10	Group event
5	Solo song	I-V	24-7-10	Individual
6	Hindi story telling	I-V	7-8-10	Individual
	Craft exhibition	III-V	7-8-10	Open to all
7	Group Song	I-V	21.8.10	Group Event
8	Hindi/English Creative Writing	III-V	28.8.10	Open to All
9	English Story Telling	I-V	4.09.10	Individual
10	Hindi Recitation	I-V	8.09.10	Individual
11	Skit(Value Based)	I-V	18.09.10	Group Event
12	Clay Modeling	I-II	23.10.10	Open to All
	Science Exhibition	III-V	23.10.10	Individual
13	Paper Folding	I-II	30.10.10	Open to All
	Quiz	III-V	30.10.10	Group Event
14	Fancy Dress	I-V	13.10.10	Open to All

NOTE: Children are eligible to take part in one item only.

ANNUAL PLAN FOR THE CLASSES VI-XII OF PHYSICAL EDUCATION (BOYS AND GIRLS)

FOR THE YEAR 2010 -2011

***GENERAL OBJECT**

1. To know the value of good health and National integration.
2. Position. That aware about their strong body and good health.
3. Development, to use demonstration method and practical exercises for physical education.

***APRIL**

1. To teach fundamentals in drill and marching, quick marching, March time, turning while marching Right and Left, repetition of attention, stand at ease, line formation etc.
2. To take battery test (physical fitness test for classes VI-VIII only).
3. Introducing major games and track and field events also guidance for team events.

***MAY**

1. Summer vacation
2. Summer coaching camp by KVS national and regional level of all games and sports.

***JUNE**

1. Summer vacation
2. Introducing minor games like standing Kho-Kho, throw ball, dodge ball, ram-rawan, relay race, tree-tree.

***JULY**

1. Repetition of drill and marching.
2. To develop interest in exercises, sports and games for their self- satisfaction.
3. Inter houses (house wise/intra morals) competitions in volleyball, hockey, football, table tennis, badminton, kabaddi, Kho-Kho, cricket etc.
4. Athletics: Track events: 100mts, 200mts, 400mts, 800mts, 1500mts and 3000mts.
Field events: Jumping- High jump, long jump and triple jump.
Throwing events: shot-put throw, javelin throw, hammer throw, Vidyalaya level sports competition.

***AUGUST**

1. Camp and special coaching for regional level players and also training for track and field events students.
2. Track events: jumping- high jump, long jump.
Throwing events: - shot put throw, discuss throw, javelin throw, hammer throw.
3. Preparation for Independence Day (15 Aug).
4. Celebration of annual sports day.

***SEPTEMBER**

1. Repetition for regional meet practice and competition section, also selection for regional meets player and practice for game wise.

2. Regional level coaching camp for those who were selected in regional team of different games.

***OCTOBER**

1. Preparation for KVS national level sports and games meet and pre SGFI coaching camps also SGFI meet.

***NOVEMBER**

1. Physical exercise and combative rhythmic exercise
2. Physical fitness for standard VI-VIII only
3. Repetition of drills and March past and taking practice.

***DECEMBER**

1. Introducing rhythmic activities like laziumsports, rhythmic exercise using ball, cubes etc. performed using different drill formation.
2. Physical education test for all classes (std X-XII)
3. Winter break.

***JANUARY**

1. Drill and marching practice.
2. Track and field events- introducing and searching good players for lower classes students only for special events like 100mts, 200mts, 400mts, 800mts, 1500mts, 3000mts, running, high jump, long jump, shot put, javelin throw, guidance and practice.
3. Yoga and selected asana.
4. Preparation for republic day (26th Jan)
5. Junior sports meet (cluster and regional level).

***FEBRUARY**

1. To introduce gymnastics: general development exercises, skill part like floor exercises. Example-front roll, back roll, side roll etc.

2. Lectures about different games and sports, also they come to know about the techniques, rule, regulations, etc. like volleyball, cricket, hockey, football, basketball, hand ball, table tennis, badminton, Tennykoit, chess etc.

3. Physical exercise and rhythmic exercise.

4. Physical fitness test.

***MARCH**

1. Introducing recreation games.

2. Lectures about health and physical fitness and their values.

3. Physical education test for all classes.

