

## Schedule of Sports Activities (Classes I-VIII)

Month	Gender	Activity
April-May & July	Boys/Girls	Dodge ball in circle (Classes I to IV) Dog and the bone (Classes I to IV) Throw ball, Kho-Kho & Kabbadi (Classes V to VIII)
August	Boys/Girls	Carrom & Hopscotch (Classes I & II) Table-Tennis (Classes III & IV) Chess (Classes V & VIII)
September	Boys/Girls	Simple Races (Classes I to IV) Handball & Badminton (Classes V to VIII)
October	Boys/Girls	Hurdle Races (Classes I to V) Handball & Badminton (Classes V to VIII)
November	Boys/Girls	Hoopla (Classes I to IV) One Legged Race & Hurdle Race (Classes I to IV) Long Jump, Basketball & Football (Classes V to VIII)
December	Boys/Girls	Foot Ball (Classes I) Cricket (Classes II to VIII)
January	Boys/Girls	Foot Ball (Classes I) Cricket (Classes II to VIII) ➤ <b>T-20 Cricket (Classes V &amp; VI)</b>
February	Boys/Girls	Relay Races (Classes I to IV) Table-Tennis (Classes V & VI) ➤ <b>T-20 Cricket (Classes VII &amp; VIII)</b>

### Club Activities

Classes I-IV                  Fridays (1<sup>st</sup> and 2<sup>nd</sup> Periods)

Classes V-VIII              Fridays (3<sup>rd</sup> and 4<sup>th</sup> Periods)

### Yoga and Meditation (Classes I-VIII)

Classes V-VIII              Mondays

Classes I-IV                  Thursdays

### Dance Classes (Classes I-VIII)

Classes V-VIII              Wednesdays

Classes I-IV                  Fridays

### Instrumental Music (Classes I-VIII)

Classes V-VIII              Thursdays

Classes I-IV                  Fridays

