

# ADARSH VIDHAYALA HIGH SCHOOL - ZAHEERABAD

## SPORTS YEAR PLAN 2024-25

S.NO	MONTH	EVENTS	GROUPS	TIME PERIODS JUDEGES
1	June	50 mtr Running & Claps	L K G & U K G	Morning / after lunch Physical teacher along with all students and teacher
		50 mtr 80 mtr Running , pack the bag	I st & II nd class	
		100MTR,200MTR Running	III IV & V class	
		International yoga day	all classes	
2	July	Ball passing & Frog jump In out & Throw in the basket	L K G & U K G	Morning / after lunch Physical teacher along with all students and teacher
		In out musical chair, Frog jump, Boma blast	I st & II nd class	
		kho kho, ball passing, Skipping, Hoops, Musical chairs	III IV & V class	
		Short , out javaling throw	vi , vii ,viii , ix & x	
3	Aug	15 Aug celebration	L K G & U K G	Morning / after lunch Physical teacher along with all students and teacher
		15 Aug celebration	I st & II nd class	
		All Indoor games	III IV & V class	
		15th Aug celebration, March-past	all classes	
4	Sept	Bag packing game, Running 50 mtrs	L K G & U K G	Morning / after lunch Physical teacher along with all students and teacher
		All indoor playkids games	I st & II nd class	
		All Indoor games, Tennikite, Flyingdisc,	III IV & V class	
		Indoor Games, T. T, Chess, Carrom	vii , viii , ix & x	

5	Oct	Ball balance game kids, Funny games	L K G & U K G	Mroning physical teacher along with all students and teacher
		Musical chair Active games	I st & II nd class	
		Jumping, Longjump, Highjump, Running race	III IV & V class	
		Foot ball boys , kho-kho girls, Kho-kho boys & girls	vii , viii , ix & x	
6	Nov	Memory game	L K G & U K G	Morning / after lunch Physical teacher along with all students and teacher
		Memory game & Play game	I st & II nd class	
		Annual Sports Meet	III IV & V class	
		Annual Sport Meet	vii , viii , ix & x	
7	Dec	10 New different funny games	L K G & U K G	Morning / after lunch Physical teacher along with all students and teacher
		10 New different funny games	I st & II nd class	
		Tennitkite, Flyingdisc	III IV & V class	
		100, 200 ,4X100 realy&1500mtr, Cricket & Volley Ball for both girls & boys	vii , viii , ix & x	
8	Jan	Clap Clap song game	ALL Students	Morning / after lunch Physical teacher along with all students and teacher
		Play ground games	I st & II nd class	
		Republic celebration, Games & Sports	III IV & V class	
		26-january marchpast & Mass P T, Activeties etc.,	all classes	
9	Feb	All games rehearsal	L K G & U K G	Morning / after lunch Physical teacher along with all students and
			I st & II nd class	

	TUE	All games rehearsal	III IV & V class	Physical teacher along with all students and teacher
			all classes	
10	Mar	All indoor games rehearsal	L K G & U K G	Morning / after lunch Physical teacher along with all students and teacher
			I st & II nd class	
			III IV & V class	
			all classes	

*Every Wednesday and saturday yoga as well as mass P T exercise*