

(An Institution of Child Education Society (Regd.), New Delhi)
NTPC Darlipali, Odisha

Annual Sports And Games Calender- 2023-24

ANNUAL SPORTS CALENDAR

All the matches will be held during the Bal Sabha & P.T periods.

S NO.	DAY/DATE	NATURE OF SPORTS EVENT/ACTIVITY	CLASS	
1	April & May	● Kabaddi, Mini Football, Jump the Rope, Kho - Kho/Leg Cricket	V	<ul style="list-style-type: none"> Always encourage the students to participate all types of sports activities and sports for growth and development in our life. To develop the friendly environment during the PE classess.
		● Activities, Kabaddi, Mini Football, Jump the Rope, Kho - Kho/Leg Cricket	IV	
		● Athletics, Tadasana , Standing Kho Kho ,Circle Chase, Three Court Dodge ball .	III-II	
		● Bean Bag Balance Race ,Tadasana , Vajrasana , Overhead Ball Relay ,Throwing And Catching	II	
		● Throwing and Catching, Tadasana and Vajrasana, Introducing Ball Handling, Jumping and Hopping With Hurdle.	I	
		● Inter House Bicycle Race (Girls)	IV-V	
		● Inter House -Volley Ball (Boys & Girls)	VI-VII-VIII	
		Inter House -Volley Ball (Boys & Girls)	IX-X	
2	July	● Four Corners (Basketball), Kabaddi, Pitthu /Leg Cricket, Rope Skipping, Athletic, Kho- Kho.	IV	<ul style="list-style-type: none"> To motivate the students for activate participation in all sports activities. To develop the physical, mental, and morel value. To organize different types of sports activities and social awareness program in our
		● Rope Skipping, Hitting & Rolling , Cricket, & Kho-kho	V	
		● Ball Game, Dribble & Shoot, Hitting & Yoga, Basketball	III	
		● Race Practice, Tunnel Race, Obstacle Race, Balance Skipping, Cricket On One Leg.	II	
		● Hit The Target, Skipping ,Balancing On One Leg, Athletic , Jump In Hoopla ,	I	
		● Inter House -Throw Ball (Boys & Girls)	VI-VII-VIII	
		● Inter House -Throw Ball (Boys & Girls)	IX-X	
		● Inter House Football (Boys & Girls)	IV-V	
		● Inter House Football (Boys & Girls)	VI-VII-VIII	
		● Inter House Football (Boys & Girls)	IX-X	

				school.
3	August	<ul style="list-style-type: none"> Chasing Game, Rhythmic Activities, Rope Skipping, Athletics. 	I	<ul style="list-style-type: none"> Develop physical talents to their maximum potential.
		<ul style="list-style-type: none"> Throw & Run Chasing Game, Colour Hunt Take A Flag, Collect The Domes, Rhythmic Activities, 	II	
		<ul style="list-style-type: none"> Stepping Hoop, Piggy In the Middle, Hurdle Running, Yoga , Basketball, Follow The Leader 	III	
		<ul style="list-style-type: none"> Throwing Ball, Leg Cricket, Rope Skipping ,Athletics, 	IV	
		<ul style="list-style-type: none"> Leg Cricket ,Rope Skipping, Cricket , Throwing Ball 	V	
		<ul style="list-style-type: none"> Inter House –Badminton (Boys & Girls) 	IV-V	
		<ul style="list-style-type: none"> Inter House –Badminton (Boys & Girls) 	VI	
		<ul style="list-style-type: none"> Inter House –Badminton (Boys & Girls) 	VII	
		<ul style="list-style-type: none"> Inter House –Badminton (Boys & Girls) 	VIII	
		<ul style="list-style-type: none"> Inter House –Badminton (Boys & Girls) 	IX	
		<ul style="list-style-type: none"> Inter House –Badminton (Boys & Girls) 	X	

4	September	● Dodge Ball, Football Kicking, Tunnel Race,	IV	● Improve their self-esteem, developing interpersonal social skills.
		● Skipping Skill, Dog And Bone, Dodge Ball,	I	
		● Dodge Ball, Collecting the Ball, Yoga , Bag Balance Race	G	
		● Kabaddi, Dodge ball, Yoga, Basket Ball	III	
		● Dodge Ball, Kabaddi, Athletic, Rope Skipping	IV	
		● Inter House -Chess (Boys & Girls)	VI-VII	
		● Inter House -Chess (Boys & Girls)	VIII-IX	
		● Inter House -Chess (Boys & Girls)	X	
5	October	● Annual Athletics Sports Meet Selection (I TO X)	I to X	● To improve physical ability and skills while providing enjoyment to participats
6	November	● Annual Athletics Meet Sports Selection (I TO X)	I to X	● To develop the physical fitness and mentally balance.
7	December	● Clap & Catch The Ball, Fit On the Line, Bean Bag Relay, Dodge Ball, Throw And Run, Hit The Target (With Ball)	VII	● It helps in building teamwork, leadership, and discipline.
		● Athletics, Balloon Breathing, Football Kicking , Laughter Exercise, Skipping Hitting & Rolling With Ball.	VIII	
		● Football Kicking, Sukshma Vyayam, Hitting & Rolling With Ball, Rope Skipping	IX	
		● Basket Ball, Running With Dribbling, Sukshma Vyayam, Football Kicking ,Cricket	X	
		● Sukshma Vyayam , Football Kicking, Basket Ball, Running With Dribbling, .	V	
		● Inter House -Cricket (Boys)	VI	
		● Inter House -Cricket (Boys)	VII	
		● Inter House -Cricket (Boys)	VIII	
		● Inter House -Basket Ball (Boys & Girls)	VI-VII-VIII	
		● Inter House -Basket Ball (Boys & Girls)	IX-X	
		● Inter House -Basket Ball (Boys & Girls)	IV-V	

10	January	<ul style="list-style-type: none"> Cricket, Passing & Catching, Net Game, 	IV	<ul style="list-style-type: none"> To work together as a team to achieve a common goal Critical thinking skills & strategic thinking. To maintained laser focus throughout the game Set goals, manage their time and deal with winning & losing
		<ul style="list-style-type: none"> Basket Ball, Pittu Gram, Chasing Game, Kho Kho, Dodge Ball, Net Games, Yoga. 	V	
		<ul style="list-style-type: none"> Place Bean Bag In Hoopla, Throw the Bean Bag, Cricket. 	I	
		<ul style="list-style-type: none"> Yoga, Throw the Bean Bag, Basket Ball, Place Bean Bag In Hoopla, 	II	
		<ul style="list-style-type: none"> Inter House -Kabaddi (Boys & Girls) 	VI-VII-VIII	
		<ul style="list-style-type: none"> Inter House -Kabaddi (Boys & Girls) 	IX-X	
		Inter House -Kabaddi (Boys & Girls)	IV-V	

11	February	<ul style="list-style-type: none"> Inter House – Throw Ball (Boys & Girls) 	VI-VII	
		<ul style="list-style-type: none"> Inter House - Throw Ball (Boys & Girls) 	VIII	
		<ul style="list-style-type: none"> Inter House - Throw Ball (Boys & Girls) 	IX	
12	March	<ul style="list-style-type: none"> Throwing and Catching, Tadasana and Vajrasana, Jumping and Hopping With Hurdle. 	II	<ul style="list-style-type: none"> Learn basic steps of hit the target. Coordinate rhythm with hand-eye
		<ul style="list-style-type: none"> Chasing Game, Rhythmic Activities, Rope Skipping, Athletics. 	I	
		<ul style="list-style-type: none"> Stepping Hoop, Piggy In the Middle, Hurdle Running, Yoga , Basketball, Follow The Leader 	III	
		<ul style="list-style-type: none"> Activities, Kabaddi, Mini Football, Jump the Rope, Kho - Kho/Leg Cricket 	IV	
		<ul style="list-style-type: none"> Throwing Ball, Leg Cricket, Rope Skipping ,Athletics, 	V	

S. N Mohanty
Principal