

**TODAY'S EDITION**

► Try these simple techniques to tackle stress and boost well-being

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**STUDENT EDITION**

THURSDAY, JANUARY 28, 2021

**WEB EDITION**

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**SCHOOL IS COOL**

THURSDAY, JANUARY 28, 2021

It's not just a place where you get to learn Einstein's Theory of Relativity. It's also a place where you can think beyond the classroom. Hence we say, SCHOOL IS COOL!

**03**

## e-Spoorti: Celebrating fitness

### Virtual Sports week at Pawar Public School, Pune

*Persistence can change failure into extraordinary achievement. - Marv Levy*

Sports is an integral part of our school life and more so during this pandemic. In accordance with this philosophy, the physical education department of Pawar Public School, Pune took the initiative of organising the annual sports event, Spoorti through the virtual platform and aptly naming it e-Spoorti. It was a 15-day long event comprising pre-primary, primary and secondary schools. Each class had a day allocated for sports and various sports activities were conducted for the students who were smartly dressed in their PE uniforms.

Over three days, the pre-primary students celebrated the sports day for all the three sections - Nursery, Junior KG and Senior KG respectively. The students were extremely enthusiastic and so were their parents as this was a very different experience for everyone. The sports teachers had already prepared them with the various activities that would be performed keeping in mind the items which would be easily available at home. The activities for the pre-primary included 'Throwing overhead', 'Jumping over the pillow', 'Throwing underarm' and 'Drop the ball'. The pre-primary students have been practicing

a physical fitness regime even during their online sessions.

The primary sports day was held with various activities that were conducted aimed at increasing their concentration, agility and focus. The students had to run in a zigzag manner showcasing their control and balance. They were asked to aim and hit the bottles in one go and the class V students during army crawling were seen huffing and puffing to finish the activity. The students were engaged in drawing different sports equipment and also wrote slogans highlighting the importance of sports in their lives.

For the secondary section, various age appropriate sporting events were planned. The uniqueness of the event lay in it being integrated with the art department. The collaboration with the art department unleashed the creativity of the students which was amply displayed through events like 'Designing a jersey' and 'Designing the school ground'.

The virtual sports week witnessed the students jumping over sticks and brooms, tossing the balloons within the confines of cloth hoopla, sweating out in the modified squats, doing crunches and bucket push-ups and engrossed in jumping and 3C's challenge. The most spectacular feature of the event was the use of household items like bottles, buckets, broom, chair, paper balls and balloons. The winners in each category were awarded with e-certificates.

The event witnessed the



Exercises with the cloth hoopla

energetic participation of the students across all grades. The sports teachers had really worked hard to make this event a great success. They motivated and encouraged the students all throughout.

In continuation with the celebration of health and fitness, a session on 'Wholesome Food for Good Health' was conducted by Deepa Nandy a reputed nutritionist. She spoke about the importance of a balanced healthy diet for adolescents as this is when nutrition plays an important part in bone growth, tissue growth and hormones. She spoke about micro and macro nutrients. She also suggested healthy options to popular snacks like chips, Maggi etc. The session ended with a question and answer session where the students put across their queries and concerns. This was addressed aptly by Nandy. The e-Spoorti along with the session on 'Whole-



Students showcase their creativity in 'Designing a jersey' contest

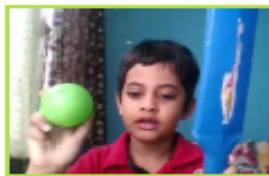
some Food for Good Health' empowered the students with the required insights and will surely pave the way for their healthy future.

- Sangita Malhotra and Rumela Sircar, Pawar Public School, Pune

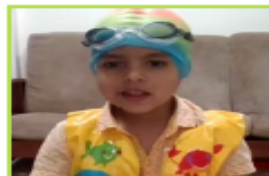
Picture talk is an interactive game that aims at improving the visual discrimination and communication skills of the children. Pictures can provide the young ones with endless opportunities for memorable activities as young children look through the pictures and express their thoughts.

To improve students' vocabulary and boost their confidence, Royaal Kids recently organised a Picture Talk activity on the topic- Sports.

### A Picture Talk on sports



A student talks about ball games



Explaining the accessories required for swimming

Students explained the sports related pictures and objects in English, fluently and confidently. It was impressive to see their interest in sports and to know about their favourite sportsperson. Students spoke on sports like cricket, hockey, football, swimming and many more. It was a great experience to listen to all the students.