

## SCHOOL ACTIVITIES

### A) Morning Assembly

8.15 a.m. to 8.30 a.m. is the Assembly time. Pledge, Thought, News, Role plays, Speech, General Knowledge Questions, and activities related to important weeks like Vigilance Awareness Week, Science Week etc. are presented in the daily assembly.

Activities are presented class wise and section wise. These are checked and passed by class / subject teachers and Assembly In charges (Secondary & Primary) before being presented in Assembly. All important announcements regarding Examinations, NCC Parade dates, etc. are made in the Assembly. Some times few Warmup / Yoga Exercises are taken up by Physical Education Teachers for the students. Certain Trophies like Swachh Bharath are presented for the Best Class and Section (for Primary and Secondary Classes). It is very important for every student to attend the Assembly everyday.

### B) Co-curricular Activities 2016-17

With the introduction of continuous and comprehensive assessment co-curricular activities have assumed greater significance in nurturing talent among the students of school.

To teach students to be competitive and work in team the students of the school from classes I to X are divided into four houses namely Sarabhai House, Shantiniketan House, Nehru House and Nalanda House. The competitions are conducted House wise.

CCA is conducted every Saturday where in the students participate House wise.

Apart from house wise division the school is also divided into different Groups for the smooth conduct of competitions.

#### Primary Wing

Junior group-class I and II

Senior group-classes III to V

#### Secondary Wing

Junior group-classes VI to VIII

Senior Group-classes IX - X

Different competitions are listed for the Pre-Prep, Prep Junior and Senior groups of each Wing (Primary & Secondary).

#### CCA Schedule for Preprep & Prep for the Year 2016-2017

Preprep CCA Schedule			Prep CCA Schedule		
1)	Colouring	09.08.2016	1)	Colouring	26.07.2016
2)	Clay Moulding	23.08.2016	2)	Clay Moulding	09.08.2016
3)	Rhymes	06.09.2016	3)	Rhymes	23.08.2016
4)	Memory Test	10.09.2016	4)	Origamy	06.09.2016
5)	Fancy Dress	22.10.2016	5)	Memory Test	10.09.2016
			6)	Solo Singing	17.09.2016
			7)	Story Telling	26.09.2016
			8)	Fancy Dress	30.09.2016

## Primary CCA Schedule 2016-2017

Dates	Junior - Classes I, II	Seniors - Classes III, IV, V
25.06.16	Selection of Office Bearers	
02.07.16	Art Competition	Art Competition
09.07.16	English & Hindi Calligraphy	English & Hindi Calligraphy
16.07.16	English Recitation	News Reading
23.07.16	Toy Description	English Recitation
30.07.16	Origami	Solo Singing (Class wise)
06.08.16	Greeting Card Making	Rakhi Making
13.08.16	Story Telling (Class wise)	English Elocution
20.08.16	Fun with Plasticine	Science Model Making
27.08.16	Group Singing	Group Singing
03.09.16	Collage Work	Rangoli
24.09.16	Picture Composition	Picture Composition
01.10.16	Quiz	Essay Writing
22.10.16	Memory Test	Quiz
14.11.16	Fancy Dress	Group Dance
No. of competitions : Juniors		Seniors
i)	Individual = 12 (Section-wise)	Individual = 08 (Section-wise)
ii)	Individual = 01 (Class-wise)	Individual = 02 (Class-wise)
iii)	Group Activities = 02	Group Activities = 05
	Total = 15	Total = 15

**Please Note :** A child can participate in the above competitions and win a maximum of 3 individual prizes and 2 group prizes.

## Secondary Co-curricular Activities

### Classification of activities

CCA Competitions for the secondary section are divided into three categories

1. Individual Activities
2. Class-wise activities
3. Open Activities
4. Group Activities {

more than 5 participants  
 less than 5 participants

### Participation Norms

1. A Student can get a maximum of two prizes each in individual, class-wise and open activities. After getting the maximum no. of prizes, he / she cannot participate in that category events.
2. A student can get a maximum of three prizes in group activities (<5 participants or > 5 participants taken as one category)  
After getting the maximum no. of prizes he / she cannot participate in any of the group events.

### Distribution of points

Each house is given participation points as per the number of participants in a particular event from that house. This is added to the winning points.

Prizes	I	II	III
Individuals + Open + Class-wise	5 Winning points + Participation points	3 Winning points + Participation points	2 Winning points + Participation points
Group Activities	5 Winning points + Participation points	3 Winning points + Participation points	----

If two children from the same house get 1 & 2 position, the participation points are added only once. e.g. if the students of Blue house got 1 & 2 position the points awarded will be as follows

$$\begin{array}{r}
 \text{Winning points for I position} - 5 \\
 + \\
 \text{Winning points for II position} - 3 \\
 + \\
 \text{Participation points} - 4 \\
 \text{(assuming that no. of participants} \\
 \text{from that house is 4)} \quad \underline{\underline{12 \text{ points}}}
 \end{array}$$



## Secondary CCA Schedule 2016-17

Date	Juniors	Seniors
25.06.16	Selection of office bearers	
01.07.16	Art Competition	Art Competition
16.07.16	Pot Painting	Just a Minute
23.07.16	Traditional Dress	Debate in English
30.07.16	Group Song	Group Song
06.08.16	Rakhi Preparation	Awareness on DAE Activities (Essay Writing) in English & Hindi
27.08.16	English/Hindi Recitation	On the Spot poetry Writing
24.09.16	Quiz	Quiz
22.10.16	Solo Singing	Flower Arrangement
05.11.16	Vegetable Carving	Mime Show
12.11.16	Group Dance	Group Dance

### C) Sports

Sports and games form an integral part of the school curriculum. A sports schedule for the year is made to keep the students physically fit.

#### i) Pre-Prep Sports Schedule 2016-17

Sports - August 26th and 27th 2016

Events : Threading of beads, Sorting by Colours,  
Running Race, Shopping for Mother.

#### ii) Prep Sports Schedule 2016-17

Sports - August 29th and 30th 2016

Events : Running Race, Potato Race, Book Balancing,  
Getting Ready for School.

**Note :** Children should wear canvas shoes for sports.

### Primary Sports Schedule 2016-17

August 26th & 27th 2016 (Tentative Dates)

S.No.	Activity	Class	Entry
1.	50 Meters Dash	I & II	Boys & Girls
2.	30 Meters Hopping Race	I & II	Boys & Girls
3.	Frog Race	I & II	Boys & Girls
4.	Ball Throw (Sitting Position)	I & II	Boys & Girls
5.	100 Meters Dash	III	Boys
6.	200 Meters Dash	IV & V	Boys
7.	50 Meters Hopping Race	III, IV & V	Boys
8.	Long Jump	III, IV & V	Boys
9.	Ball Throw (Sitting Position)	III, IV & V	Boys
10.	100 Meters Dash	III, IV & V	Girls
11.	50 Meters Skipping	III, IV & V	Girls
12.	Long Jump	III, IV & V	Girls
13.	Ball Throw (Sitting Position)	III, IV & V	Girls

### lii) Physical Education Programme - Secondary (2016-17)

Physical Education, Games and Sports Provide a strong foundation to be active for lifetime. It helps in creating a holistic personality, healthy and stable body functions, maintaining the proper hormone and higher immunity levels besides managing stress and depression.

With continuous Physical Education and participation in Games and Sports, most of the students become confident and learn to overcome failures, stress and depression. Hence, participation in Physical Education, Games and Sports is essential for the students which gives them the Sportsman spirit, develops Leadership qualities, Taking decisions, brotherhood etc.

#### Participation :

1. Preparatory, I to V all events and all students.
2. Junior and Senior Group :- One student can take part in 5 events i.e. 2 Track & 3 Field or Vice-Versa. Two entries are permitted for each event per house for boys & girls respectively.
3. The Inter house activities will be conducted in three groups.  
**A.** Class VI, **B.** Junior Group (Class VII & VIII) below 14 years, **C.** Senior Group (Class IX & X) above 14 years for boys & girls respectively.

#### Athletics

S.No.	Group	Events
1	A Group Class VI	100mtrs, 200mtrs, 400mtrs, Long Jump, Shot Put, 4x100 relay.
2	B Group Class VII & VIII	100mtrs, 200mtrs, 400mtrs, 800mtrs (Boys), Long Jump, High Jump, Shot Put, 4x100 relay
3	C Group Class IX & X	100mtrs, 200mtrs, 400mtrs, 800mtrs (Boys), Long Jump, High Jump, Discus Throw, Javelin Throw, Shot Put, 4x100 relay.

#### Secondary Annual Sports Events 2016-2017

Dates	Activities	Group	Entry
Apr 2016	Table Tennis	Boys & Girls Jr. & Sr. Group	Open to all
	Badminton	Boys & Girls Jr. & Sr. Group	Open to all
June/July 2016	Athletics	Field Events for Boys, (All Groups)	2 Athletes from each house per event.
	Athletics	Field Events for Girls, (All Groups)	2 Athletes from each house per event.
	Athletics	Track Events for B/G, (All Groups)	2 Athletes from each house per event.
Aug 2016	Volley Ball	Boys & Girls of Jr. & Sr. Group	One Team for each category from each house
	Basket Ball	Boys & Girls of Jr. & Sr. Group	One Team for each category from each house
Sep 2016	TT / BADM	Boys & Girls Jr. Group of Class VI	Open to all
	Basket Ball	Boys & Girls of Class VI	One Team for each category from each house
	Volley Ball	Boys & Girls of Class VI	One Team for each category from each house

#### Distribution of points

Event / Position	I / Winner	II / Runner	III	IV
Individual	5	3	1	---
Games	7	5	---	---

**Note :** 1) High Jump event will be conducted if time permits.

2) Open event for classes VI to XII 1500mtrs for Boys and 800mtrs for Girls.

As far as possible, the games and sports activities will be conducted after school hours. All students must take part in at least two games and sports activities.

Activity	Month
Chess, Table Tennis	July, August
Basket Ball, Throwball	October, November, December

The detailed program for Inter House games and sports will be communicated to all the students and displayed on the notice boards.

All the competitions of Primary section will be conducted as per the convenience. This schedule will be intimated one week before the competition.

Evaluation of PHE for Classes VI-X will be as per the CCE / Society guidelines issued by CBSE & AEES

- D) Swachha Bharath :** Students are encouraged to keep their classrooms as well as surroundings clean. Rolling Trophies are given to the Best Class in Primary and Secondary at the end of the every month.
- E) Exhibition :** School level Science, Mathematics, Social Science & Teaching Aids exhibition is held every year. The selected entries at the school level are sent for participation at all India Jawarharlal Nehru Science & Maths exhibition.
- F) Education Tours :** To combine entertainment and learning, all the students are taken out on field trips and excursions at least once a year.
- G) Horticulture :** In their free periods students are encouraged to nurture plants and know more about them. As a part of Shramadaan programme students maintain rose gardens in the school premises. They tend the plants regularly and learn about the various species of plants.