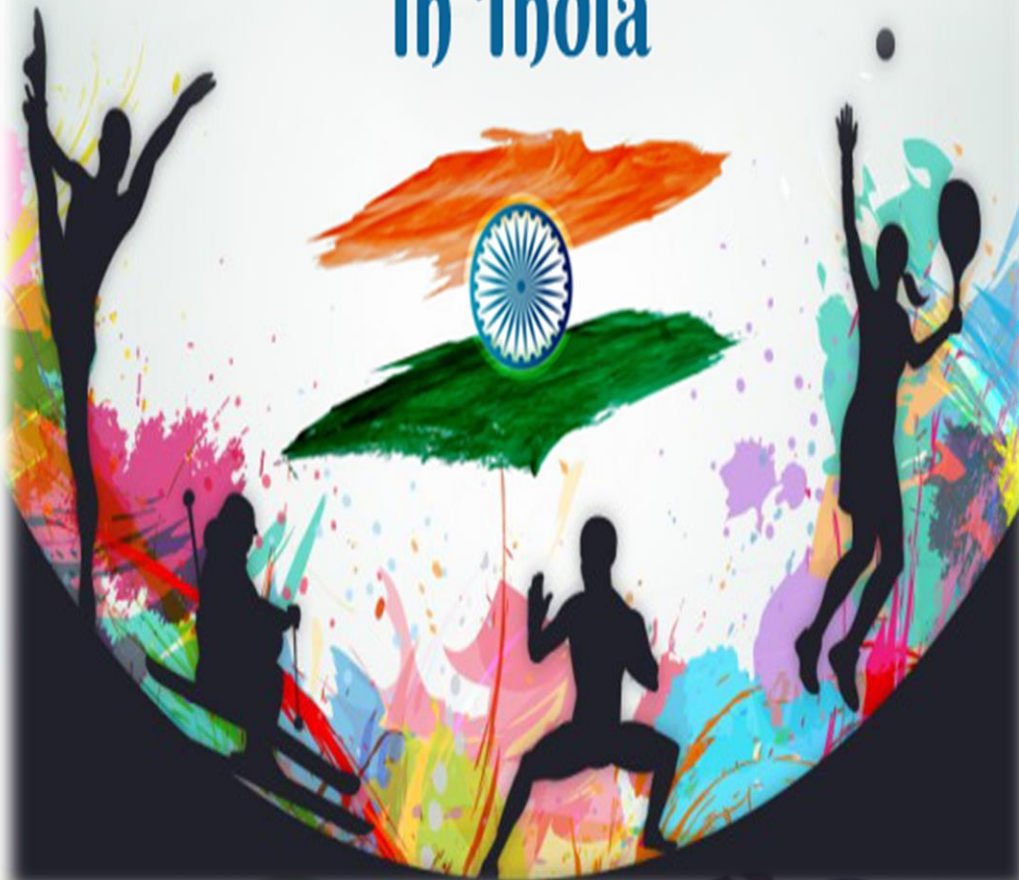




**"If I have a reason to do something, and I have enough passion, I generally succeed."**

*- Leander Paes*

**August 29**  
**National Sports Day**  
**in India**





## ***FitFam Tourney!***

*Sports have been viewed as a way to stay healthy and fit. They enhance physical and mental abilities of students and help them face the challenges of life. In addition to good exercises, sports build up teamwork, self-esteem, resilience among the players. With this thought process of empowering our students to move forward well prepared to face the outer world with strength of body, skill of mind & spirit of self-attainment.*

*Lets workout and accept any one of the fitness challenges mentioned below:*

### **Challenge 1- Tennis Uppies**

*Use a ball and a racquet or a book and a ball of socks and bounce the ball up and down.*

*How many bounces can you achieve in 30 seconds?*

### **Challenge 2- Kickoff**

*Place 5 items out in a line 1 metre/1 large step apart.*

*How many times can you dribble back and forth in 30 seconds?*

### **Challenge 3- Hop-Skip**

*How many hops can you do on one leg in 30 seconds?*

### **Challenge 4-Power Ball**

*How many chest passes can you do with the ball against a wall in 30 seconds?*

### **Challenge 5- Tip-Tap**

*How many times can you bounce the ball with alternate dribble in 30 seconds?*

### **General Guidelines:**

- *Students from Classes VI-VIII can participate in this activity.*
- *The video clip should not exceed 1 minute.*
- *Decent attire such as T-shirt and lowers/leggings/shorts/track suit & shoes is preferred.*
- *The performance video must have clarity of sound and visibility.*
- *Best Video will be uploaded on school website.*
- *Last date of submission is 31<sup>st</sup> August 2021.*
- [https://docs.google.com/forms/d/e/1FAIpQLSdyRFmBB4qQYoXZMN\\_z\\_A-hrzdWqdDmtVQVTPNuYX4n3OO1ZA/viewform?usp=sf\\_form](https://docs.google.com/forms/d/e/1FAIpQLSdyRFmBB4qQYoXZMN_z_A-hrzdWqdDmtVQVTPNuYX4n3OO1ZA/viewform?usp=sf_form)