



Grades 1 to 8

JSSPS/CTP/PO/GEN/073/20-21  
15<sup>th</sup> November 2020

**Subject: E Mural: Inter-Section Sports Day 2020**

Dear Parents,

Greeting!!

**JSS Private School is hosting the first of its kind – ‘E Mural - JSSPS INTER SECTION VIRTUAL SPORTS DAY 2020- 2021 in December 2020.**

Unique times call for unique actions. We all have gracefully adapted to the new days and new ways of Teaching and Learning and we are surely proud of ourselves. To take further step in the same platform, JSS PS has initiated this event to enhance the learning and to promote physical and mental wellbeing of the students.

The event is aimed at celebrating the determination and resilience of students who continue to hone their skills and strength, even in these challenging times.

**Details of the preliminary round (selections) are:**

- ***Day and Date:*** During PE Period
- ***Venue:*** Microsoft TEAMS.
- **Categories:** Section/Grade wise

**Selection Criteria-**


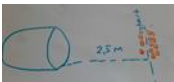
- The first round of selection will be Section-Wise.
- From each section 1 boy and 1 Girl student will be selected.
- The next round will be between the sections.
- Competition between the section will be conducted on the final sports day. Dates will be sent soon.

**Rules for participation-**

- Students should be in their PE T-Shirt.
- Internet connection and camera quality should be good.
- Performing area should have sufficient and clean space with proper light.

Note:- Any problem in these areas will lead to disqualification of the students.

## Details of the Events:-

Grade	Event	Rules and regulation	Resources	Judgment Criteria
1	<p><b>Static Balance</b></p> <p>Standing Balance with the tissue box on the top of the head.</p> 	<p><b>Students will be given one minute to practice their balancing before starting.</b></p> <p>The student keeps the tissue box on the top of the head, stand on one leg having their arms by their sides held out horizontally for as long as possible. The timing stops when:</p> <ul style="list-style-type: none"> <li>✓ The elevated foot touches the ground</li> <li>✓ The student hops</li> <li>✓ The students lose their balance position</li> <li>✓ Drops the tissue box.</li> </ul> <p>In this stand, the student stands on one leg as long as possible.</p>	Flat, non-slip surface, standard tissue box.	The longest stand (total time) without a fault from the rules and regulations.
2	<p><b>Basket Soccer</b></p> 	Place an empty basket on the floor to create a goal post (horizontally, the top of the basket on the floor). Measure 2.5 meters distance and mark your starting line. Kick the sock ball with right/left foot into the basket to get a score. The winning student will be, the one with highest number of targets achieved within 1 minute.	<p>Flat, non-slip surface. Total surface required- 4 meters.</p> <p><b>Basket (laundry/ water bucket</b> Diameter from 22-25 cm)</p> <p><b>Socks ball</b> 10-15pic</p>	The highest number of targets achieved within 1 minute.
3-6	<p><b>Kangaroo Speed Hop</b></p>	For this event you will need 1 A4 size paper, place it on the floor. Stand on one side of the paper and balance the socks ball or any soft ball in between the knees and hop over sideways with two feet together. (Sideways hopping)	<p>1. Socks ball or small soft ball.</p> <p>2. A4 size paper</p>	<p>Time limit: 1 minute.</p> <p>Achievement: Maximum number of hops without dropping ball.</p>
7-8	<p><b>Crunches (Basketball shots)</b></p>	While doing crunches, one need to shoot the balls into the bucket, which will be placed 6 feet (182 cm) apart from the crunches point.	<p>1. Water bucket</p> <p>2. Maximum paper balls, socks balls, crumpled grocery bags. (approx. 15-20 objects)</p>	<p>Time limit: 1 minute.</p> <p>Achievement: Maximum number of balls in the basket while doing crunches.</p>

Stay safe; Stay healthy; Stay connected.

Regards

Sd/-..

Chitra Sharma  
Principal