



# Sports Council

Under the aegis of Child Education Society

ANNUAL SPORTS CALENDAR 2023-2024



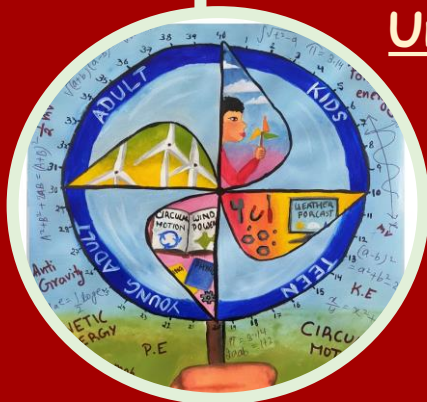
INDIGENOUS GAMES OF INDIA





## Sports Council

Under the aegis of Child Education Society



## A PEEP INTO THE TRADITIONAL GAMES OF INDIA...

India has a rich culture consisting of games played on ground and board games. Some of the Indian games have also received international recognition. Traditional indigenous games teach valuable skills combining mental and physical wellbeing and are very popular in India as they engage the children and adults in reinforcing, adapting and developing their culture through recreational activities such as songs, dances, storytelling, carving, weaving, making drums and rattles, visiting, and playing games. These local, traditional games promote agility, strength, balance, reflexes, hand-eye coordination, accuracy, strategy, intuition and patience along with drawing joy and developing skills of problem solving, decision making and managing interpersonal relations.

APRIL 2023

# CHESS



SPORTS COUNCIL, CES



Chess, originated in India, is one of the world's most popular strategy board games. It is played by two opponents on a checkered board with specially designed pieces of contrasting colours, commonly white and black. Each set consists of 16 pieces. Each player begins the game with eight pawns. The objective of the game is to capture the opponent's king.

## Pedagogic Importance

Playing chess promotes brain growth—specifically, it fuels dendrite growth, and it stimulates both sides of the brain. In addition, Chess develops a plethora of valuable skills, including focus and concentration, planning, foresight and logical thinking.

SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
						1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30						



SPORTS COUNCIL, CES

APRIL 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1 World Autism Awareness Day
2	3	4 Mahavir Jayanti	5	6	7 Good Friday	8
9	10	11	12	13	14 Ambedkar Jayanti	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	*Sports Day (IX & X) BBPS Khargone					

## ACTIVITIES FOR THE MONTH OF APRIL, 2023

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, ANNUPUR	House Meeting (II-XII), Badminton (IV – XII, Boys & Girls)
BBPS, BRIJ VIHAR	Throwing & Catching, Tadasana & Vajrasana, Introducing Ball Handling, Jumping & Hopping With Hurdle (I), Bean Bag Balance Race, Tadasana, Vajrasana & Overhead Ball Relay, Throwing & Catching (II), Athletics, Tadasana & Vrikshasana, Skipping, Domes & Dishes, Inter House Yoga (VI, Boys & Girls), Inter House Table Tennis (VII & VIII, Boys & Girls), Inter House Volleyball (IX, Boys & Girls), Inter House Volleyball (X-XII, Boys), Throwball (X-XII, Girls)
BBPS, DARLIPALI	Throwing and Catching, Tadasana and Vajrasana, Introducing Ball Handling, Jumping and Hopping With Hurdle (I), Bean Bag Balance Race, Tadasana , Vajrasana , Overhead Ball Relay, Throwing & Catching (II), Athletics, Tadasana , Standing Kho Kho ,Circle Chase, Three Court Dodge ball (II & III), Kabaddi, Mini Football, Jump the Rope, Kho -Kho/Leg Cricket, Inter House Bicycle Race – Girls (IV & V), Inter House Volleyball (VI-X, Boys & Girls)
BBPS, DWARKA	Tennis (Primary), Ball Badminton & Skipping (VI-VIII), Tennis Volleyball (IX-XII), Chess (I-XII), Webinar on Cricket Coaching Players To Achieve Their Potential (All Academy Students), Junior NBA Basketball Tournament, Inter-House Football Competition (Primary and Senior), Inter School Volleyball Competition Senior Boys, 50m Sprint, Plate Tapping (I-V), 50m Sprint (VI-XII)
BBPS, GADARWARA	Balance Race (PS & PP) , Potato Race (I & II), Chess (VI-VIII), Inter-House Kho Kho (VI - VIII)
BBPS, GANGARAM	Basketball, Table Tennis, (VIII – X, Boys & Girls) , Badminton (VII – X, Boys & Girls)
BBPS, JHANOR	Hula Hoop Activity, Throw Ball Activity, Sponge Pass Activity (Prep - II), Target Game Activity, Hurdle Race (I & II) Tunnel Relay Activity (III - V)
BBPS, JHARLI	Fun Races- 100m (I-II) Fun Races 200m (III – V)
BBPS, KHANDWA	Inter House Kabaddi Boys and Girls Team (III & IV)
BBPS, KHARGONE	Inter House Badminton ( IV – X, Boys & Girls)



## ACTIVITIES FOR THE MONTH OF APRIL , 2023

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, KUDGI	Tennis Ball Throw Individual ( I- IV), Skipping in 30 Seconds (V-VIII) , Football (IX-X)
BBPS, LUDHIANA	Inter House Athletic Competition (I-III), Badminton (VI – XII)
BBPS, MANESAR	Inter House Girls -Volley Ball, Inter House Boys- Basket Ball (VI- XII), Inter Class Girls and Boys -Throw Ball (III –V)
BBPS, NABI NAGAR	Inter House Chess Competition (I – X), Inter House Carrom Competition (I – V)
BBPS, NAVI MUMBAI	Inter House Cricket Competition- Boys ( VI- XI), Inter House Throwball Competition- Girls (VI- XI)
BBPS, NEELBAD	Inter – House Semi Final Kho-Kho (III-V), Inter-House Semifinal Volleyball (VI- XII)
BBPS, NISHATPURA	Musical Chair, Cricket, Collect and Run, Table Tennis & Badminton
BBPS, NOIDA	School Team Selection Trials, Badminton, Table Tennis , Basketball, Tennis, Rope Skipping (VI TO X)
BBPS, PITAMPURA	Inter House Matches
BBPS, RATNAGIRI	Musical Chair (PS & PP), Lemon & Spoon Race (I & II) , Inter House- Cricket (III & VIII), Inter house –Langdi (V & VI), Inter House – Volleyball (IX & X)
BBPS, ROHINI	Fishing, Rugby, Obstacle Course (PS & PP), Balancing Race, Basket Ball – Dribbling, Parachute, Hop Ball, Snatch the Ball (I –II), Collect the Ball Race (III), Volley Ball - Boys and Girls ( IX-XII)
BBPS, SIMHADRI	Inter House - Carroms Tournament for Boys & Girls (III to V), Inter House - Throw Ball for Girls, Inter House - Football for Boys (VI to X),
BBPS, SIPAT	Lemon & Spoon Race- Boys & Girls ( I-II), 60m Race- - Boys & Girls (III TO V)
BBPS, SOLAN	Inter-House Basketball -Boys & Girls (III – X)

MAY 2023

# MALLAKHAMB



SPORTS COUNCIL, CES



An ancient Indian sport known as 'mallakhamb' refers to a "gymnasts' pole". The word 'Mallakhamb' comes from coalescing two words – 'malla' meaning wrestler and 'khamb' meaning pole. The game blends yoga, exercise, and martial arts. It is said to be the "mother sport" of historic India. Mallakhamba involves athletes doing yoga or gymnastic aerial postures while gripping a pole.

## Pedagogic Importance

Playing on Mallakhamb helps to develop one's speed, reflexes, concentration and coordination. It may be used to develop decision making, balance and strength.

SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
								1	2	3	4	5	6
7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31			





SPORTS COUNCIL, CES

MAY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4 Sports Day (VI-VIII) (incl. CWSN), BBPS (PP)	5 World Asthma Day / Budh Purnima	6
7	8 International Red Cross Day	9	10	11	12	13
14	15	16	17	18 Sports Day (IX-XII) (incl. CWSN), BBPS (PP)	19	20
21	22	23	24	25	26	27
28	29	30	31 World No Tobacco Day (WHO)	*Summer Camp BBPS (ND) BBPS (PP)		

## ACTIVITIES FOR THE MONTH OF MAY, 2023

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, ANNUPUR	-
BBPS, BRIJ VIHAR	Natarajasana & Vrikshasana, Standing Kho Kho, Circle Chase, Tennis, Three Court Dodgeball (IV), Stop And Shoot (Basketball), Pitthu / Kabaddi, Mini Football, Jump The Rope, Kho -Kho/Leg Cricket (V)
BBPS, DARLIPALI	Kabaddi, Mini Football, Jump The Rope, Kho -Kho/Leg Cricket & Inter House Bicycle Race (V, Girls), Inter House -Volley Ball (VI-VIII, Boys & Girls), Inter House Volley Ball (IX & X, Boys & Girls)
BBPS, DWARKA	Inter Class Badminton (III-V, Girls & Boys ), Intra Class 50m Race (VI-VII, Boys & Girls ), Intra Class Long Jump, Tennis (VI-VIII, Boys & Girls), Badminton, Skipping, Basketball and Chess, Workshop on Basketball (II-XII) Nurturing Super Achievers (VI-XII), District Level Championship (Tennis Ball Cricket, Skipping, Basketball, Tennis, Softball, Athletics, Volleyball, Tennis Volleyball), Inter-House Basketball Tournament (Primary and Senior), 600m Walk & Run Fitness Test (IV-XII)
BBPS, GADARWARA	-
BBPS, GANGARAM	Skipping (III Boys and Girls), Badminton (VII-IX, Boys and Girls), Chess (X Boys / Girls), Table Tennis (IX Boys and Girls), Basketball (X, Boys & Girls), Badminton ( VII, Boys & Girls), Volleyball (VI-X Boys)
BBPS, JHANOR	Hopping Activity (I & II), Inter House Football, Boys (VI –XII), Inter House Throw Ball, Girls (VI –XII)
BBPS, JHARLI	Inter House Badminton, Boys & Girls (VI- X), Games Trials For CBSE, Haryana Schools Games & SGFI (III- X)
BBPS, KHANDWA	INTER HOUSE BADMINTON (III-IV Boys and Girls ), INTER HOUSE BADMINTON (V-VI Boys and Girls )
BBPS, KHARGONE	Summer Camp Activities -Athletics, Badminton, Football, Table Tennis, Yoga, Chess, Carrom, Volley Ball, Skating, Kho –Kho, Kabaddi (I –IX)

## ACTIVITIES FOR THE MONTH OF MAY, 2023

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, KUDGI	Summer Camp - Kabaddi, Badminton and Chess (V-X)
BBPS, LUDHIANA	Inter House Badminton Competition (I-V)
BBPS, MANESAR	Summer Camp - All Sports Events (PS –XII)
BBPS, NABI NAGAR	Health Assessment (I – V), Inter-House Table Tennis Competition , Inter House Carrom Competition (VI – X)
BBPS, NAVI MUMBAI	-
BBPS, NEELBAD	-
BBPS, NISHATPURA	-
BBPS, NOIDA	Inter Class Rope Skipping (VI- VIII), Inter Class Badminton (Boys), School Team Selection Trials, Swimming Volley Ball, Chess ( II & VI-VII ), Inter Class Badminton (VI- VIII girls) Inter Class Table Tennis (IX-XII, Boys) & Summer Camp (All Sports Events)
BBPS, PITAMPURA	Inter House Matches
BBPS, RATNAGIRI	Summer Camp (III-X)
BBPS, ROHINI	Croquet (PS & PP) , Soccer – Stop & Pass (PS & PP) , Obstacle Course (I & II), Archery (I & II)
BBPS, SIMHADRI	Sort & Run Race (PS), Mango Race (PP), Hurdle Race (IV), Dribble the Basketball (V), 60 m Flat Race , Long Jump (VI-VIII Boys / Girls)
BBPS, SIPAT	-
BBPS, SOLAN	Inter-House Badminton (III – X, Boys & Girls)

JUNE 2023

# CHAUPAR



SPORTS COUNCIL, CES

Chaupar is an ancient board game widely considered to be originated in India. It is an Indian game of 14th Century. This is a cross and circle board game which resembles 'pachisi', another ancient game of India. The board is made of wood or cloth, with wooden pawns and six cowry shells to be used to determine each player's move.

## Pedagogic Importance:

The historical game 'chaupar' is an intelligence and skill building game. It may be used to develop mathematical skills, strategizing, decision making and concentration.

SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
											1	2	3
4	5	6	7	8	9	10	11	12	13	14	15	16	17
18	19	20	21	22	23	24	25	26	27	28	29	30	



SPORTS COUNCIL, CES

JUNE 2023

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 World Environment Day	6	7	8	9	10
11	12	13	14 World Blood Donor Day	15 *Summer Camp BBPS (ND) - Till 15 <sup>th</sup> June	16	17
18	19	20	21 Yoga International Day	22	23 *Summer Camp BBPS (PP) - Till 23 <sup>rd</sup> June	24
25	26	27	28	29 Eid-UI-Zuha	30	*Sports Day (V) BBPS Khargone

## ACTIVITIES FOR THE MONTH OF JUNE, 2023

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, ANNUPUR	Carom (II , Boys & Girls), Chess (III - XII, Boys & Girls), Table-Tennis (IX- XII Boys)
BBPS, BRIJ VIHAR	-
BBPS, DARLIPALI	-
BBPS, DWARKA	International Martial Arts Webinar (V-XII)
BBPS, GADARWARA	Speed Skipping (III-V)
BBPS, GANGARAM	-
BBPS, JHANOR	-
BBPS, JHARLI	International Yoga Day (PS – X)
BBPS, KHANDWA	-
BBPS, KHARGONE	Yoga (II – X) , Sports Day (V)



## ACTIVITIES FOR THE MONTH OF JUNE, 2023

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, KUDGI	Target The Basket (I – IV), Sit-Ups in 30 Seconds (V-VIII), Badminton (IX & X)
BBPS, LUDHIANA	Summer Camp (Pre Nursery – IX)
BBPS, MANESAR	-
BBPS, NABI NAGAR	International Yoga Day Celebration, Selection Trial for Bbps Olympic Games 2023-24 (All Students)
BBPS, NAVI MUMBAI	Inter Class Chess Competition (III – V, Boys & Girls)
BBPS, NEELBAD	Inter House Semi - Final Basketball, Inter House Final Basketball (VI-XII)
BBPS, NISHATPURA	-
BBPS, NOIDA	Summer Camp
BBPS, PITAMPURA	Summer Camp
BBPS, RATNAGIRI	Lemon Spoon Race (PS & PP), Hit The Target (I –II), Skipping Event (III-VI), Inter House Volleyball (VII & VIII), Inter House Cricket (IX & X)
BBPS, ROHINI	Summer Camp
BBPS, SIMHADRI	100m Run for Boys & Girls – Heats (III-V), 400m Run for Boys & Girls – Heats, Semis, Finals (VI-X)
BBPS, SIPAT	Frog Race (I –II, Boys & Girls), Sack Race (I - V, Boys & Girls), Badminton (VI-VIII, Boys), Table Tennis (VI – VIII, Boys & Girls), Basketball (IX- XII, Boys and Girls), Carrom (IX-XII, Boys & Girls)
BBPS, SOLAN	Inter House Athletics (Boys & Girls) -100m, 200m, 400m, Relay Race, High Jump, Long Jump (III-X)

# LATTOO



SPORTS COUNCIL, CES



The popular term lattoo means the spinning top. The game involves making the top spin for the longest amount of time and also, mastering the skill of lifting the moving top with the string. The tops were initially made of clay and later replaced with wood. However, one can find many different tops today in the market, some even with lights and sound effects.

## Pedagogic Importance

Principles of circular motion, centre of gravity, can be learnt with the help of Lattoo in a play way manner. It enhances concentration and develops fine motor skills.

SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
						1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31					



SPORTS COUNCIL, CES

JULY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11 World Population Day	12	13	14	15
16	17	18	19	20 Nelson Mandela International Day	21	22
23	24	25	26 Kargil Vijay Diwas/Kargil Memorial Day	27	28 World Hepatitis Day	29 Moharram/ International Tiger Day
30	31	*Sports Day (IV) BBPS Khargone				

## ACTIVITIES FOR THE MONTH OF JULY, 2023

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, ANNUPUR	Inter-House Kho-Kho ( VI-XII), Football (IV & V, Boys & Girls), Carrom (II & III)
BBPS, BRIJ VIHAR	Hit The Target, Skipping ,Balancing On One Leg, Athletic, Jump In Hoopla, Swimming (I), Race Practice, Tunnel Race, Obstacle Race, Balance Skipping, Cricket On One Leg (II), Ball Game, Dribble & Shoot, Hitting & Swimming, Rolling, Yoga, Basketball (III), Four Corners (Basketball), Kabaddi, Pitthu /Leg Cricket, Rope Skipping, Athletic, Kho- Kho (IV), Rope Skipping, Hitting & Rolling, Cricket, Tennis & Swimming (V), Inter House -Aerobics (VI, Boys & Girls), Inter House Basketball (VII & VIII, Boys & Girls), Inter House Basketball (VIII, Boys & Girls), Inter House Kabaddi (IX & XI), Inter House Cricket (X & XII)
BBPS, DARLIPALI	Hit The Target, Skipping, Balancing On One Leg, Athletic, Jump In Hoopla (I), Race Practice, Tunnel Race, Obstacle Race, Balance Skipping, Cricket On One Leg (II), Ball Game, Dribble & Shoot, Hitting & Yoga, Basketball (III), Four Corners (Basketball), Kabaddi, Pitthu /Leg Cricket, Rope Skipping, Athletic, Kho- Kho (IV), Rope Skipping, Hitting & Rolling, Cricket, Kho-Kho (V), Inter House ThrowBall (Vi-X, Boys & Girls), Inter House Football ( IV- XII, Boys & Girls)
BBPS, DWARKA	Inter Class 40m Race (I-II), Inter Class Throw Ball (I-III), Inter Class Zig Zag Race (I-II), Inter Class 50m Race (III – V), Badminton, Ball Badminton, Tennis, Volleyball and Basket Ball (II- XII), Badminton (Intra-Class) (VI, boys & girls), Workshop on Rope Skipping- How to boost performance, State Level Championship (Tennis Ball Cricket, Skipping, Basketball, Tennis, Softball, Athletics, Volleyball, Tennis, Volleyball, Inter House Table Tennis Tournament (Primary and Senior), Inter House Skipping Tournament (Primary and Senior), Sit & Reach Fitness Test, Flamingo balancing (I-V), Sit & Reach Fitness Test (I-XII)
BBPS, GADARWARA	Hurdles Race (PS & PP), Cycling (I & II), Rope Skipping (IX-XII), Inter House Kabbadi (IX - XII)
BBPS, GANGARAM	Catch and Throw (I) , Basketball Dribbling (II), Badminton (VI), Volleyball (VII), Throwball (VIII – X), Skipping (V), Chess (VII & VIII)
BBPS, JHANOR	-
BBPS, JHARLI	Target Throw (4 students from each house) (I-II), Inter House Badminton (2 Girls & 2 Boys from each house) (III-V), Inter House Badminton Competition (III – V)
BBPS, KHANDWA	-
BBPS, KHARGONE	Inter House Carrom (Boys & Girls) (I – X)

## ACTIVITIES FOR THE MONTH OF JULY, 2023

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, KUDGI	Toss And Catch (I & II), Shuttle Run (III & IV), Carrom (V & VI) , Kabaddi (VII & VIII), Chess (IX & X), Zonal Bal Bharati Sports Meet 2022-23 (Badminton)
BBPS, LUDHIANA	Inter House Chess Competition, Inter House Carrom Competition (I-V), Swimming / Kabaddi (VI-XII)
BBPS, MANESAR	Inter House Boys & Girls (Table Tennis/Chess) (VI-XII), Inter Class Boys/Girls (Chess) (III-V), Inter House Girls (Table Tennis/Chess)
BBPS, NABI NAGAR	Inter House Yoga Competition, Health Assessment, Inter House Cricket Competition (VI-X)
BBPS, NAVI MUMBAI	Inter Class Football Competition (III – XII), Inter Class Table Tennis Competition (V – XI)
BBPS, NEELBAD	Inter House Semi-Final & Final Badminton Competition (III-V), Inter-House Semi-Final & Final Kabaddi Competition (VI-XII)
BBPS, NISHATPURA	Skipping, Chess, Badminton (Boys), Table Tennis, Assemble The Pyramid, Lemon & Spoon Race
BBPS, NOIDA	Inter Class Yoga (VI- VIII, Boys and Girls), Inter Class Table Tennis (VI- VIII, Girls) , Inter House Football (VI- VIII, Boys), Inter Class Basketball (IX & X, Boys), Inter Class Badminton (IX - XI, Girls)
BBPS, PITAMPURA	-
BBPS, RATNAGIRI	Deep Squat 30 Seconds (PS&PP), Sit-Down-Stand-Up Without Using Hand-1 Min (I & II), Role Play (III & IV) , Chess (V & VI, IX & X), Role Play (VII & VIII)
BBPS, ROHINI	Hop Ball (PS & PP), Scoop Toss (PS & PP), Blongo Ball (PP), Parachute (PS & PP), Croquet (I), Soccer-Dribble (I & II), Cricket Batting (I & II), Bits of Paper Race (PS), Basket Ball Race (PP), Rolling A Ball Race (I), Jump a Little Race (II), Volleyball (VI-VIII, Boys & Girls), Shot Put, Long Jump (IX-XII, Boys & Girls), Standing Broad Jump
BBPS, SIMHADRI	Inter House Kho-Kho for Girls (Semis & Finals) (III-V), Inter House Handball for Girls (Semis & Finals) (VI-X), Inter House Rugby for Boys (Semis & Finals) (VI-X), Inter House Kabaddi for Boys (Leagues) (III-V), Inter House Cricket for Boys & Girls (Leagues) (VI-X)
BBPS, SIPAT	-
BBPS, SOLAN	Volleyball (Boys/Girls) (III-X)

# HOPSCOTCH



SPORTS COUNCIL, CES



This hopping game is in the top 10 games in India and is one of the most played traditional outdoor games in the country. The participants make a grid pattern on the mud or concrete floor and number it. It is a modified version of the popular game, stapoo. The game involves drawing a grid on the ground, numbering it and throwing a small stone into the numbered blocks.

## Pedagogic Importance

Hopsotch is a group game and popularly known as 'Kith - Kith'. Through this game, children can learn the skills of balancing, precision and decision making. It also improves eye-hand coordination.

SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
									1	2	3	4	5
6	7	8	9	10	11	12	13	14	15	16	17	18	19
20	21	22	23	24	25	26	27	28	29	30	31		



# AUGUST 2023



SPORTS COUNCIL, CES

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12 Sanskrit Day
13	14	15 Independence Day	16	17	18	19 World Photographer Day
20	21	22	23	24	25	26
27	28	29 National Sports Day/Dhyancha nd's Birthday	30 Raksha Bandhan	31	*Sports Day (IV) BBPS Khargone	

## ACTIVITIES FOR THE MONTH OF AUGUST, 2023

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, ANNUPUR	Kabaddi (IV-V), Basketball (VI-VIII, Boys & Girls), Football (VI-VIII, Boys), Football (IX-XII, Boys)
BBPS, BRIJ VIHAR	Chasing Game (I), Rhythmic Activities (I), Swimming (I), Rope Skipping (I), Athletics (I), Throw & Run Chasing Game (II), Colour Hunt Take A Flag (II), Collect The Domes (II), Rhythmic Activities (II), Swimming (II), Stepping Hoop (III), Piggy In the Middle (III), Hurdle Running (III), Yoga (III) , Basketball (III), Follow The Leader (III), Throwing Ball (IV), Leg Cricket (IV), Rope Skipping (IV) ,Athletics (IV), Swimming (IV), Leg Cricket (V), Swimming (V), Rope Skipping (V), Cricket (V), Tennis (V), Throwing Ball (V)
BBPS, DARLIPALI	Inter House Football (Boys & Girls, IX-X), Chasing Game (I), Rhythmic Activities (I), Rope Skipping (I), Athletics (I), Throw & Run Chasing Game (II), Colour Hunt Take A Flag (II), Collect The Domes (II), Rhythmic Activities (II), Stepping Hoop (III), Piggy In the Middle (III), Hurdle Running (III), Yoga (III) , Basketball (III), Follow The Leader (III), Throwing Ball (IV), Leg Cricket (IV), Rope Skipping (IV), Athletics (IV), Leg Cricket (V) ,Rope Skipping (V), Cricket (V) , Throwing Ball (V), Inter House Badminton (IV-X, Boys & Girls)
BBPS, DWARKA	Inter Class Football (IV & V, Boys & Girls), Inter House Volleyball Competition (IX-XII, Boys & Girls), Inter Class Tug of War (IV & V), Football, Cricket, Badminton and Volleyball (II-XII), Webinar on Softball (School Team Players), All India Inter Unit Sports Meet (Rope Skipping, Volleyball, Basketball, Athletics, Tennis, Table Tennis, Chess & Badminton), Inter House Volleyball Tournament (Primary and Senior), Push-Ups and Modified Push-Ups Test (IV-V), Push-Ups and Modified Push-Ups Test (VI-XII)
BBPS, GADARWARA	Needle & Thread (III-V), Lemon Spoon Race (PS & PP), Slow Cycling (VI-VIII)
BBPS, GANGARAM	Chess (VI, Boys & Girls), Table Tennis (VI, Boys & Girls), Table Tennis (VI, Boys & Girls), Table Tennis Volleyball (VII, Boys & Girls), Table Tennis (VIII, Boys & Girls), Skipping (IV, Boys), Skipping (IV, Girls), Tentative Inter School Zonal Matches, Swimming Inter School
BBPS, JHANOR	Skipping Activity(III-V)
BBPS, JHARLI	Inter House Volleyball (VI-X, Boys & Girls), National Sports Day Kho- Kho Inter House Match (PS – X), Inter house Volleyball Competition (Class VI – X)
BBPS, KHANDWA	Inter House Badminton (V-VI, Boys & Girls), Inter House Volleyball (III-VI, Boys & Girls), Inter House Kho-Kho (III-V, Boys & Girls)
BBPS, KHARGONE	Chess (I-X, Boys & Girls), Sports Day (III), Sportrium Inter School Event (Sub Junior, Junior and Senior-Boys & Girls (Offline & Online)

## ACTIVITIES FOR THE MONTH OF AUGUST, 2023

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, KUDGI	Frog Race (I-IV), Dribble & Run (V-VI), Badminton (VII-VIII), Skipping In 1 Min (IX-X), National Sports Day Celebration, District School Games (VI-VIII)
BBPS, LUDHIANA	Inter House Swimming Competition (I-V), National Sports Day (I-IX), Table Tennis / Chess (VI – XII)
BBPS, MANESAR	Inter House Girls Kabaddi (VI-XII), Inter House Football (VI-XII, Boys), Inter Class Skating (III-V, Boys & Girls), SGFI Tournament (Block & District Level)
BBPS, NABI NAGAR	Inter House Badminton Competition (I-X), Students Fitness Programme (VI-X), National Sports Day Celebration
BBPS, NAVI MUMBAI	Inter Class Chess competition (VI-IX, Boys & Girls), Selection Trials for Badminton (VI-IX,-Boys & Girls), DSO Games
BBPS, NEELBAD	Inter House Badminton Competition (VI-XII), Inter House Carrom Competition (III-V)
BBPS, NISHATPURA	Handball, Basketball, Tennis Ball Throw, Throwball, Simple Yoga
BBPS, NOIDA	Inter Class Badminton (IX-X-Boys), Inter Class Table Tennis (IX-X-Boys), Badminton (VI-VIII, Boys), Final Table Tennis (VI-VIII, Girls), Final Football (IX-XII, Boys), Inter Class Bicycle Race (III-V, Boys & Girls) Final Inter Class Badminton (III-V, Boys & Girls), Badminton (VI-VIII, Girls), Table Tennis (VI-VIII, Boys) Final Football (IX-XII, Girls)
BBPS, PITAMPURA	Zonal Competitions (VI-XII), Swimming Meet (III-XII)
BBPS, RATNAGIRI	Hit The Target (PS & PP), Musical Chair (I-II), Chess (III-IV), Musical Chair (V-VI), Chess (VII-VIII), Speed Bounce (IX-X), National Sports Day Celebration, District School Games (VI-X)
BBPS, ROHINI	Target Net, Animal Feed, Balancing Run, Ice-Cream Toss (PS & PP), Handling The Ball Cricket (I-II), Badminton (I-II), Baseball (I-II), Speed Shoot (I-II), Whole Body Conditioning (I), Skittles (PS), Puddle Race (PP), Shoot a Score (IV), Alternate Hand Catching (V), Frog Race (PS), Table Tennis (VI-VIII, Boys & Girls), 80 m Flat Race (VI-VIII, Boys & Girls), Shot Put (VI-VIII, Boys & Girls), Badminton (IX-XII, Boys & Girls), Sit & Reach (V-XII)
BBPS, SIMHADRI	Inter House Kabaddi (III-V, Boys), Inter House Cricket (VI-X, Boys & Girls), Inter House Chess (III-V, Boys & Girls), Inter House Relay Run (VI-X, Boys & Girls)
BBPS, SIPAT	Athletic Meet Trials for National Sports Day (I-XII, Boys & Girls), Balance Race, 500m Race, Relay Race (I & II, Boys & Girls), 100m, 200m, Relay, Shot-Put, Long Jump, Discus Throw, Javelin Throw (III-IV & VI-VIII, Boys & Girls) 100m, 200m, Relay, Shot-Put, Long Jump, Discus Throw, Javelin Throw (IX-XII, Boys & Girls)
BBPS, SOLAN	Table Tennis (III-X, Boys & Girls)

## LAGORI



SPORTS COUNCIL, CES



Lagori, also known as seven stones or pitthu, is an intriguing traditional game that was created in India in the past. It calls for the use of a ball, ideally a rubber ball and a row of seven flat stones put on top of one another. It is played between two teams. Each team gets nine chances, three players taking three chances each, to knock down the stones stacked vertically. This sport is more popular in the rural parts of the country.

### Pedagogic Importance

This game enhances team coordination, increases concentration, sharpens one's eyesight, improves stamina, motor skills and alertness.

SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
												1	2
3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30

# SEPTEMBER 2023



SPORTS COUNCIL, CES

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 Teachers' Day Celebration	6 Janmashtami	7	8 International Literacy Day	9
10	11	12	13	14 Hindi Day	15	16 International Day for the preservation of Ozone Layer
17	18	19	20	21 International Day of Peace	22	23
24 World River Day	25	26	27 World Tourism Day	28 Eid-UI-Milad	29	30 Sports Day (II) BBPS Khargone

## ACTIVITIES FOR THE MONTH OF SEPTEMBER, 2023

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, ANNUPUR	Netball (VI-VIII, Boys & Girls), Kabaddi (IX-XII), Hurdle Race (III, Boys & Girls) 50m Race (II, Boys & Girls)
BBPS, BRIJ VIHAR	Annual Athletics Meet Sports Selection (I-XII)
BBPS, DARLIPALI	Dodge Ball, Football Kicking, Tunnel Race (IV), Skipping Skill, Dog & The Bone, Dodge Ball (I), Dodge Ball, Collecting the Ball, Yoga, Bag Balance Race (Girls), Kabaddi, Dodge Ball, Yoga, Basket Ball (III), Dodge Ball, Kabaddi, Athletic, Rope Skipping (IV), Inter House Chess (VI-X, Boys & Girls)
BBPS, DWARKA	Inter Class Long Jump (IV-V, Boys & Girls), Volleyball Intra Class (IX & XII, Boys & Girls), Inter Class Cone Race 30m (I & II), Cricket, Athletics, Chess (V-XII), Training Workshop Tennis (School Team Players & Students Enrolled In Sports Academy), Zonals Rope Skipping & Ball Badminton Championship, 4 x 10m Shuttle Run Test (IV-XII)
BBPS, GADARWARA	Zig Zag Run (I & II), 3 Leg Race (III- V), Table Tennis (VI-VIII, Girls & Boys)
BBPS, GANGARAM	Tennis (VI-X, Boys & Girls), Aqua (I-III, Boys & Girls), Swimming (IV & V, Boys & Girls), Inter School Zonal Matches
BBPS, JHANOR	Inter House Table Tennis (VI - XII), Carrot Run Activity (Prep - II)
BBPS, JHARLI	Fit India Cyclothon (VI-X)
BBPS, KHANDWA	Inter House Kho-Kho (III-VI, Boys & Girls), Inter House Tang Soo Do (Korean Karate) Competition (III-VI, Boys & Girls)
BBPS, KUDGI	Surya Namaskar in 2 Min (I & II), Back Throw Basketball (III & IV), Three Leg Race (V & VI), Carrom (VII & VIII), Kabaddi (IX & X), Zonal Bal Bharati Sports Meet 2022-23 (Table Tennis), District School Games (VI-VIII)
BBPS, LUDHIANA	Inter House Football Competition (I-V), Inter House Kabaddi Competition (IV-V), Athletics(VI – IX & XII)
BBPS, MANESAR	CBSE Cluster & Zonal Tournament



## ACTIVITIES FOR THE MONTH OF SEPTEMBER, 2023

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, NABI NAGAR	Inter House Football Competition (I-V), Students Fitness Programme (I-V), Inter House Football Competition (VI-X)
BBPS, NAVI MUMBAI	DSO, Zonal Matches, NMASA Indoor Games Competition
BBPS, NEELBAD	Inter House Semi Final Indoor Games (VI-VIII, Junior), (IX-XII, Senior), Inter House Final Indoor Games (VI-VIII, Junior), (IX-XII, Senior)
BBPS, NISHATPURA	Volleyball, Frog Race
BBPS, NOIDA	Inter Class Kho-Kho (III-V, Boys & Girls), Inter Class Carom (III-V, Boys & Girls), Inter Class Chess (III-V, Boys & Girls), Inter Class Badminton (IX-XII, Boys & Girls), Inter Class Table Tennis (VI-VIII, Boys & Girls), Inter Class Football (VI-VIII, Boys)
BBPS, PITAMPURA	Zonal Competitions (VI-XII) , Swimming Meet (II)
BBPS, RATNAGIRI	Jumping Jacks 30 Seconds (PS - II), Surya Namaskar (III & IV, VII & VIII), Role Play (V & VI, IX & X), District School Games (VI-X)
BBPS, ROHINI	Skittles(PP), Whole Body conditioning (II), Baton Relay (I & II), Coconut Race (PS & PP), Frisbee (I & II), Cricket (PS & PP), Basketball (I & II), Javelin Throw (PS & PP), Basketball Passes (I & II), Hockey (PS & PP), Rabbit Race (PP), One Leg Hop Race (I), Monkey & Banana Race (PS), Obstacle Race (III), Badminton (VI-VIII, Boys & Girls), Shuttle Run (V-XII)
BBPS, SIMHADRI	Inter House Chess Tournament for Boys & Girls - Semis & Finals (III - V), Inter House Relay Cycling for Boys & Girls (VI – X), Kangaroo Race for Boys & Girls - Heats (III - V), Badminton for Boys & Girls - Leagues (VI – X), Inter House Tennis Ball Cricket for Girls –Leagues (III – V), Athletics Hurdles for Boys & Girls –Leagues (VI – X)
BBPS, SIPAT	-
BBPS, SOLAN	Lawn Tennis (III-X, Boys & Girls)

# FIVE STONES



SPORTS COUNCIL, CES



Gutte is an entertaining game, in which five pebbles or tiny stones are usually needed. Players throw a stone in the air, and then try to pick up as many of the remaining five stones on the ground as possible while making sure to catch the airborne stone before it falls. If you don't manage to catch any stones, your turn is over. The winner is the player who completes eight steps in the fewest possible attempts.

## Pedagogic Importance

It is simple and inexpensive. Any number of people can play this game. This game may be used to develop concentration and decision making. It is a good gauge of one's dexterity and eye-hand coordination.

SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
							1	2	3	4	5	6	7
8	9	10	11	12	13	14	15	16	17	18	19	20	21
22	23	24	25	26	27	28	29	30	31				

# OCTOBER 2023



SPORTS COUNCIL, CES

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Gandhi Jayanti	3 Vidyut (CWSSM students) - BBPS (PP)	4	5 All India Inter Unit Sports Meet	6	7
8	9 Maharishi Valmiki Jayanti and Milad-Un-Nabi	10	11 International Day of Girl Child	12	13 International Day for Disaster Reduction	14
15	16 World Food Day	17	18	19	20	21
22	23	24 Dussehra/ United Nations Day	25	26 Sports Meet - BBPS (Solan)	27	28
29	30	31	* Annual Athletic Sports meet BBPS (BV)			

## ACTIVITIES FOR THE MONTH OF OCTOBER, 2023

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, ANNUPUR	Netball (IV-V & IX-XII, Girls), Kabaddi (VI-VIII), Hurdle race (II, Boys & girls) 50m Race (III, Boys & Girls), Basketball (IX-XII- Boys & Girls), Handball (VI-XII, Boys & Girls), Run for Peace & Unity Ecothone -Half Marathon (II-XII)
BBPS, BRIJ VIHAR	Annual Athletics Sports Meet 2023-24 (I TO XII)
BBPS, DARLIPALI	Annual Athletics Sports Meet Selection (I TO X)
BBPS, DWARKA	Inter Class Badminton (IV-V, Boys), Intra Class Kho Kho (VI, Boys & Girls), Inter-Class Hurdle Race (IV-V), Intra Class Volleyball (X, Boys), Inter Class Badminton (IV & V, Girls), Volleyball Inter Class (IX-XII, Boys) Football, Cricket and Skipping (V-XI), Workshop On Martial Arts (VI-XII), Zonals- Athletics, Tennis, Basketball and Softball Inter-school Athletics Championship, Sit & Reach Fitness Test(IV-V), Partial Curl up fitness test(VI-XII)
BBPS, GADARWARA	Eat and run (PS & PP), Pack and Run (I & II), Chess (IX-XII)
BBPS, GANGARAM	Yoga (I-II Boys / Girls), Cricket (VII-X- Boys), Relay Race (III,+ Boys / Girls) , Yoga Competition (III, Boys / Girls), Football (VI-IX, Boys), Inter School Basketball tournament, Inter School Table Tennis Tournament
BBPS, JHANOR	Rolling The Ball Activity (PS & PP)
BBPS, JHARLI	Fit India School Week (PS –X), Annual Athletics Meet School (PS – X), Carrom Board Game (I-V)
BBPS, KHANDWA	Inter House Tang Soo Do (Korean Karate) (V-VI, Boys & Girls), Prepartaion for District School Games Start (VI-VII), Preparation for Team Participation Inter School Competitions (VI-VII)
BBPS, KHARGONE	Volleyball (VI-X, Boys & Girls)
BBPS, KUDGI	Back Throw Basketball, Surya Namaskar in 2 min (III & IV), Chess (V & VI), Skipping in 1 min (VII & VIII), Slow Cycle Race (IX & X), District School Games (VI-VIII)
BBPS, LUDHIANA	Inter House Basketball Competition (I-V), Inter House Judo Competition(I – XII), Basket Ball/ Volley Ball (VI – XII)

## ACTIVITIES FOR THE MONTH OF OCTOBER, 2023

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, MANESAR	Inter House Boys Volleyball (VI- XII), Inter House Girls Basketball (VI-XII), BBPS Annual Sports Meet & SGFI State Tournament, Inter House Boys Volleyball (VI-VIII), Inter House Girls Basketball (VI-VIII), Inter Class Boys Table Tennis/Tennis/Badminton (III-V, Boys & Girls)
BBPS, NABI NAGAR	Students Fitness Assessment (All Students), Participation In Zonal/District/Inter School Tournaments (Selected Students)
BBPS, NAVI MUMBAI	Inter House Basketball Competition (V-VIII, Boys & Girls), Inter House Volleyball Competition (IX-XII, Boys & Girls), AIIUSM, CBSE Cluster
BBPS, NEELBAD	Inter House Semi- Final & Finals Cricket Competition(VI-XII), Inter House Semi- Final & Finals Table Tennis Competition (III-V)
BBPS, NISHATPURA	Three leg Race, Basketball, Skipping, Football, Tennis Ball Throw
BBPS, NOIDA	Inter Class Carom (III-V, Boys) , Inter Class Chess (III-V, Girls)
BBPS, PITAMPURA	CBSE Cluster (VI-XII), Traditional Sports (XI & XII)
BBPS, RATNAGIRI	Frog Race (PS & PP), Throwing Event (I & II), Medicine Ball Throw (III & IV), Chess (V & VI), Inter House Tug of War (VII & VIII), Yoga Asana (IX & X), District School Games (VI-X), Fit India week & Fit India Freedom Run
BBPS, ROHINI	Rugby (I & II), Hopscotch Game (PS), Javelin Throw (I & II), Lollipop Paddle (PS & PP), Sun Salutation (I & II), Soccer – Penalty Shoot (PS & PP), Rugby (Hiking & Drop) (Kick I & II), Ring Toss (PS & PP), Scarf Activity (PS), Shining Star Race (PS), Mind your Steps Race (V), Bird Race (PP), Chess (VI-XII, Boys & Girls)
BBPS, SIMHADRI	Inter House Tennis Ball Cricket for Girls (III - V), Athletics - Hurdles (VI-X, Boys & Girls), One Legged Race (III-V, Boys & Girls), Inter House Kabaddi (VI-X, Boys), Inter House Kho Kho (VI-X, Girls)
BBPS, SIPAT	Hurdle Race (I & II Boys & Girls), Zig- Zag Race (III - V, Boys & Girls), Kabaddi (VI-VIII, Boys), Kho-Kho (VI-VIII, Girls), Soccer (IX - XII, Boys), Cricket (IX - XII, Girls), Long Jump (I – II, Boys & Girls), Badminton (III-V, Boys), Cycle Race (III – V, Girls), Kho-Kho (VI-VII, Boys), Badminton (VI - VII-Girls), Cricket (IX-XII-Boys), Soccer (IX TO XII, Girls)
BBPS, SOLAN	Inter House Dodgeball (I – X), Inter House Kabaddi Competition (III – X), Inter House Cricket Match Competition (III – X), Sports Meet (PP –IV, VI - X)



## KANCHHA



SPORTS COUNCIL, CES



Kancha is a popular traditional game played across the country using glass marbles which is also known as Lakhoti, Goti, Golli, Marbles. To win, a player must use one of his marbles to strike the designated target marble. The players are required to hit the selected target 'Kancha' using their own marble ball. The winner takes all kanchas of rest of the players.

### Pedagogic Importance:

Kancha may be customised to strengthen children's foundational literacy and numeracy. Alphabets or numbers can be painted on plain marbles. Children love to learn while playing. Kancha helps in developing eye-hand coordination and fine and gross motor skills.

SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
										1	2	3	4
5	6	7	8	9	10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27	28	29	30		



# NOVEMBER 2023



SPORTS COUNCIL, CES

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11 National Education Day
12 Diwali	13 Goverdhan Puja	14 Children's Day	15 Bhai Dooj	16	17	18
19	20	21	22	23	24 Sports Day (Middle & Sr. wing) BBPS(GR)	25
26	27 Guru Nanak Jayanti	28	29	30 Annual Sports Day BBPS, Nabi Nagar	*Annual Sports Day BBPS, Ludhiana	*Sports Day (VI - VIII) BBPS Khargone

## ACTIVITIES FOR THE MONTH OF NOVEMBER, 2023

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, ANNUPUR	Annual Function
BBPS, BRIJ VIHAR	Dodge Ball, Collecting the Ball, Yoga, Basket Ball, Dog And Bone, Bean Bag Balance Race (I), Colour Hunt (Take A Flag), Dodge Ball, Football Kicking, Tunnel Race, Dog & The Bone With Partners (II), Skipping Skill, Dog And the Bone, Dodge Ball, Cricket, Tennis, Responding to Commands & Signals (III), Kabaddi, Playing Two Against Dodgeball, Yoga, Basketball (IV), Dodge Ball, Kabaddi, Athletics, Rope, Skipping (V), Inter House Chess (VI & VII, IX & XI, Boys & Girls), Inter House Volleyball (VIII, Boys & Girls), Inter House Tennis (X, Boys & Girls), Inter House Badminton (XII, Boys & Girls)
BBPS, DARLIPALI	Annual Athletics Meet Sports Selection (I - X)
BBPS, DWARKA	Inter Class Throw Ball (Boys & Girls) (IV & V), Inter Class Volleyball (IX & X V/s XI & XII, Girls), Intra Class Volleyball (VIII), Tennis & Football (IX-XI), Workshop On Anti-Doping Awareness (VI-XII), Zonals- Table Tennis, Badminton, Volleyball, Ball Badminton & Volleyball, Partial Curl Up Fitness Test (IV & V)
BBPS, GADARWARA	Sack Race (III- V), Football (Girls) Ashoka Vs Subhash & Shastri Vs Shivaji, (Boys) Subhash Vs Shastri & Ashoka Vs Shivaji (Finals) (IX-XII)
BBPS, GANGARAM	Skating (II & III, Boys & Girls), Athletics (VI-X, Boys & Girls), Football (III, Boys & Girls), Middle & Senior Department Sports Day, CBSE Cluster & Nationals
BBPS, JHANOR	Running Race (Boys & Girls) (PS & PP), Get Ready For School (I-II), Volleyball Competition (Boys) (VI-XII), Cricket Match (Girls) (VI-XII)
BBPS, JHARLI	Basketball Inter House Competition (7 Boys & 7 Girls From Each House) (VI-X), Inter House Basketball Competition
BBPS, KHANDWA	-
BBPS, KHARGONE	Kabaddi (IV-VIII, Boys & Girls), Sports Day (VI –VIII)
BBPS, KUDGI	Shuttle Run (I-II), Jumping Jack In 30 Seconds (III & IV), Badminton (V & VI), Slow Cycle Race (VII & VIII), Table Tennis (IX & X)
BBPS, LUDHIANA	Annual Sports Day, Football (VI-XII)
BBPS, MANESAR	Inter House Boys & Girls (Track Event) (VI-XI), CBSE And SGFI National Tournament, Inter Class Boys & Girls (Kho- Kho) (III-V)

## ACTIVITIES FOR THE MONTH OF NOVEMBER, 2023

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, NABI NAGAR	Annual Sports Meet 2023-24
BBPS, NAVI MUMBAI	Inter House Cricket Competition (XI), Cricket Competition (XI Vs Staff), NMASA Outdoor Games Followed By Local Tournaments
BBPS, NEELBAD	Inter House Semi-final Volleyball Competition (III-V), Inter House Final Volleyball Competition (III-V), Inter House Semi Final Kho- Kho /Kabbadi Competition (VI-VIII & IX-XII), Inter House Final Kho - Kho /Kabbadi Competition (VI-VIII, IX-XII)
BBPS, NISHATPURA	Carrom, Football, Target The Basket, Shuttle Run, Cricket, Kabaddi, Blind Fold Activity, Football
BBPS, NOIDA	Inter Class Badminton (Boys) (VI- X), Inter Class Table Tennis (Girls) (IX-XII), Inter Class Football (Girls) (VI-VIII), Inter Class Athletic (Girls) (II – V), Inter Class Carrom (Boys) (III – V ), Inter Class Chess (Girls) (III – V), Inter Class Badminton (Girls) (IX-XII ), Inter Class Table Tennis (Boys) (IX-XII), Inter Class Football (Girls) (VI-VIII), Kho-Kho (Boys & Girls) – Final (III – V), Carom (Boys & Girls) Final (III – V), Chess (Girls & Boys) – Final (III – V )
BBPS, PITAMPURA	CBSE Cluster (VI-XII)
BBPS, RATNAGIRI	Throwing Event (PS & PP), Role Play (I-II), Inter House Tug Of War (III & IV, IX & X), Medicine Ball Throw (V-VI), Jumping Event (VII-VIII), Fit India Week And Fit India Freedom Run.
BBPS, ROHINI	Scarf Activity (PP), Tug Of War (I&II), Sack Race (PS & PP), Animal Yoga (PS & PP), Paddle Shot (I & II), Volleyball Passes (I & II), Balloon Fun (PS&PP), Volleyball Overhead Pass (II), Mind Your Step (PS&PP), Soccer Passes(I & II), Obstacle Race (PP), Toss & Catch The Ball (I), Hurdle Race (PS), Bounce The Ball (II), Book Balancing Race (III), Rope Skipping (VI - VIII, Boys & Girls), Football (IX-XII), Standing Broad Jump (V-XII)
BBPS, SIMHADRI	Inter House Relay Run, One legged Race - Semis & Finals (III-V, Boys & Girls), Inter House Kho Kho (Semis & Finals (V – X, Boys & Girls), Inter House Volleyball For Boys (Leagues) (VI-X), Inter House Table Tennis For Girls (Leagues) (VI-X)
BBPS, SIPAT	High Jump (Boys & Girls) (I-II), Kho-kho (Boys) (III-V), Kabaddi (Girls) (III-V), Cricket (Boys) (VI-VIII), Soccer (Girls) (VI-VIII), Tug Of War (Boys & Girls) (IX-XII)
BBPS, SOLAN	-

## KABADDI



SPORTS COUNCIL, CES



This game is played without any gear or equipment, and is based on pure strength and strategy. Played between two teams, the game involves a single player from each team trying to touch down and break into the area of the opponent team. The player needs to touch as many players of the opposite team while reaching the line and repeating 'kabaddi'.

### Pedagogic Importance

Playing Kabaddi, children develop physical stamina and control over their breathing. They also learn decision making along with building muscles and increasing the lung capacity necessary for fitness.

SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
					1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18	19	20	21	22	23
24	25	26	27	28	29	30	31						

# DECEMBER 2023



SPORTS COUNCIL, CES

SUN	MON	TUE	WED	THU	FRI	SAT
					1 World AIDS Day	2 National Pollution Control Day
3 International Day of Persons with Disability	4	5	6	7	8	9
10	11	12	13	14 World Energy Conservation Day	15	16
17	18	19	20	21	22 Sports Day BBPS (DW)	23
24	25 Christmas	26	27	28	29	30
31	* Annual Sports Day (BBPS, Annupur)			* Annual Athletics Meet BBPS Kudgi	* Sports Day (PS & PP) - BBPS Khargone	

## ACTIVITIES FOR THE MONTH OF DECEMBER, 2023

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, ANNUPUR	Annual Sports Day
BBPS, BRIJ VIHAR	Clap & Catch The Ball (I), Fit On The Line (I), Bean Bag Relay (I), Dodge Ball (I), Throw And Run (I), Hit The Target (With Ball) (I), Athletic (II), Balloon Breathing (II), Football Kicking (II-V), Laughter Exercise (II), Skipping (II) Hitting & Rolling With Ball (II), Table Tennis (III & V), Sukshma Vyayam (III-V), Hitting & Rolling With Ball (III), Tennis (III-IV), Rope Skipping (III), Basket Ball (IV-V), Running With Dribbling (IV-V), Cricket (IV), Inter House Cricket (Boys) (VI-IX & XI), Inter House Chess (Boys & Girls) (X & XII)
BBPS, DARLIPALI	Clap & Catch The Ball (VII), Fit On The Line (VII), Bean Bag Relay (VII), Dodge Ball (VII), Throw And Run (VII), Hit The Target (With Ball) (VII), Athletics (VIII), Balloon Breathing (VIII), Football Kicking (V & VIII-X), Laughter Exercise (VIII), Skipping (VIII), Hitting & Rolling With Ball (VIII-IX), Sukshma Vyayam (V & IX- X), Rope Skipping (IX), Basket Ball (V & X), Running With Dribbling (V & X), Cricket (X), Inter House Cricket (VI-VIII, Boys ), Inter House Basketball (IV-X, Boys & Girls)
BBPS, DWARKA	Intra Class Volleyball (VII, Boys), Inter-class 30m Race (I & II), Sports Day (Primary And Senior), Athletics, Volleyball And Basketball (VI, VIII, IX & XI), Workshop On Sports Nutrition (IV-XI), CBSE Cluster Games, Delhi State School Games- Basketball, Tennis, Chess, Table Tennis, Football, Athletics, Badminton And Ball Badminton, Volleyball (Intra-class) Girls (VII)
BBPS, GADARWARA	-
BBPS, GANGARAM	Football (I – III, Boys & Girls), Basketball (IV & V, Boys & Girls), CBSE Cluster And Nationals
BBPS, JHANOR	Basket Run (PS & PP), Flat Race (I & II), Sack Race (III & IV)
BBPS, JHARLI	Sahodaya Interschool, Volleyball Competition , Sahodaya Interschool Volleyball Competition (VI-X),
BBPS, KHANDWA	-
BBPS, KHARGONE	Annual Athletic Meet (I-X, Boys & Girls), Sports Day (PS & PP)
BBPS, KUDGI	Dribble And Run (I-IV), Shuttle Run (V & VI), Football (VII & VIII), Carrom (IX & X)
BBPS, LUDHIANA	Yoga Activity (I-XII), Inter House Table Tennis Competition (I-V)
BBPS, MANESAR	Inter House Tennis (VI-XI, Boys & Girls), Inter Class Football (III-V, Boys & Girls), CBSE And SGFI National Tournament

## ACTIVITIES FOR THE MONTH OF DECEMBER, 2023

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, NABI NAGAR	Trekking & Cycling (Senior Students), Inter-house Leg Cricket Competition (All Houses)
BBPS, NAVI MUMBAI	Athletics Heats for Annual Sports Meet, NMASA Outdoor Games Followed By Local Tournaments
BBPS, NEELBAD	Inter House Semi-final & Final Football Competition (VI-XII)
BBPS, NISHATPURA	Handball, Surya Namaskar, Back Race, Volleyball, Carrom
BBPS, NOIDA	Badminton Final (IX-XII, Boys), Table Tennis Final (IX-XII, Girls), Football Final (VI-VIII, Boys), Inter Class Volleyball (III – V, Girls), Inter House Cricket (III-V, Boys), Badminton Final (IX-XII, Girls), Table Tennis Final (Boys IX-XII), Football Final (VI-VIII, Girls), Inter Class Volleyball (III-V, Girls), Inter House Cricket (III-V, Boys), Inter Class Kho-Kho (VI-VIII, Boys & Girls), Inter Class Basketball (Girls IX-XII), Inter Class Cricket (IX-XII, Boys), Inter Class Volleyball Final (III-V, Girls), Inter Class Cricket Final (III-V, Boys)
BBPS, PITAMPURA	SGFI Nationals, Federation Nationals, CBSE Nationals
BBPS, RATNAGIRI	Sack Race (PS-PP), Surya Namaskar (I-II), Inter House Football (III-IV), Inter House Kho- Kho (V-VI), Skipping (VII-VIII), Inter House Lagori (IX-X)
BBPS, ROHINI	Mind Your Step (PP), Soccer Passes (I-II), Whole Body Workout Fun (PS-PP), Magic Ball & Mitten Game (I-II), Stacking & Breaking Game (PS-PP), Soccer- Zig Zag Dribble (I-II), Baton Relay (PS-PP), Santa Race (PS), Basket Ball (Boys & Girls) (VI-XII), Sit-ups (V – XII)
BBPS, SIMHADRI	Inter House Relay Cycling (III-V, Boys & Girls), Inter House Volleyball Semis & Finals (VI-X, Boys), Inter House Table Tennis Leagues, Semis & Finals (VI-X, Girls), Inter House Football Leagues, Semis & Finals (III-V, Boys), Inter House Tennikoit , Semis & Finals (VI-X, Girls)
BBPS, SIPAT	Tug Of War (I-II), Kho- Kho (Boys III-V), Kabaddi (Girls III-V), Soccer (Girls VI-VIII), Cricket (Boys VI-VIII), Volleyball (IX-XII)
BBPS, SOLAN	-



## KHO - KHO



SPORTS COUNCIL, CES



Kho - Kho is the most popular tag game in the subcontinent after Kabaddi, a modified form of "Run Chase." Kho - Kho is played on a rectangular court with a central lane connecting two poles which are at either end of the court. The sitting player of the chasing team faces the opposite direction of his / her adjacent teammate. The game involves running after another player and touching him or her to win.

### Pedagogic Importance

This game fosters desirable traits such as sportsmanship, teamwork, loyalty, competitiveness and self esteem as well as speed, agility, strategy and quick thinking.

SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
								1	2	3	4	5	6
7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31			

# JANUARY 2024



SPORTS COUNCIL, CES

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10 World Hindi Day	11	12 National Youth Day (Birthday of Swami Vivekanand)	13
14	15	16	17	18	19 Annual Sports Meet BBPS (NM)	20
21	22	23 Netaji Subhash Chandra Bose's Birth Anniversary	24	25	26 Republic Day	27
28	29	30 Sports Day (Incl. CSWN) (Class III - V) BBPS (PP)	31	*Sports Day (I) BBPS Khargone	*AgniPath - Inter Class Athletic Meet BBPS (ND)	

## ACTIVITIES FOR THE MONTH OF JANUARY, 2024

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, ANNUPUR	-
BBPS, BRIJ VIHAR	-
BBPS, DARLIPALI	Athletic (III), Stepping Hoop (III) , Football Kicking (III), Standing Kho- Kho (III), Cricket (IV), Passing & Catching (IV), Net Game (IV), Basket Ball (V), Pitthu Gram (V), Chasing Game (V), Kho Kho (V), Dodge Ball (V), Net Games (V), Yoga (V), Place Bean Bag In Hoopla (I), Throw the Bean Bag (I), Cricket (I), Yoga (II), Throw the Bean Bag (II), Basket Ball (II), Place Bean Bag In Hoopla (II), Inter House Kabaddi (IV-X, Boys & Girls)
BBPS, DWARKA	Inter Class 30m Race (I & II), Intra Class Volleyball (VIII, Girls), Inter Class Volleyball (IX vs XI, Boys & Girls), Athletics (II-V), Volleyball (VI-VIII), Special Olympics (I-XII), CBSE Nationals, SGFI Nationals, Federation Nationals
BBPS, GADARWARA	-
BBPS, GANGARAM	Chess (I-V, Boys & Girls), Hurdle Race (I), Kabaddi (VI-IX, Boys) , Kho Kho (VI-IX, Girls), Table Tennis (II & III, Boys & Girls), CBSE Cluster & Nationals
BBPS, JHANOR	Sprint Race Activity (III-V)
BBPS, JHARLI	-
BBPS, KHANDWA	-
BBPS, KHARGONE	Football (VI-IX, Boys & Girls), Sports Day (I)
BBPS, KUDGI	Jumping Jack in 30 Seconds (I & II), Toss & Catch (III & IV), Surya Namaskar in 2 Min (V & VI), Chess (VII & VIII), Leg Cricket (IX & X)
BBPS, LUDHIANA	Inter House Skating Competition (I-XII), Inter House Tennis Competition (I-V), Tennis (VI-XII)
BBPS, MANESAR	Inter House Field Event (VI-XI, Boys & Girls), Inter Class Basketball (III-V, Boys & Girls)

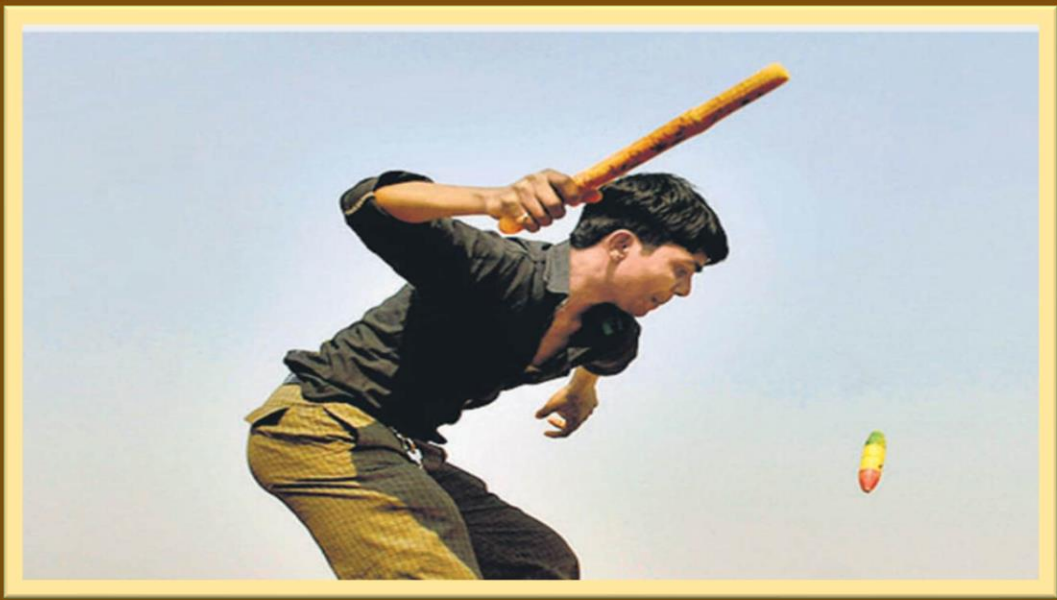
## ACTIVITIES FOR THE MONTH OF JANUARY, 2024

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, NABI NAGAR	Inter House Traditional Game Competition & Inter House Cricket Competition (All Houses)
BBPS, NAVI MUMBAI	Annual Sports Meet (I – IX & XI)
BBPS, NEELBAD	Inter House Basketball Semi- Final & Final Competition (III-V)
BBPS, NISHATPURA	Back race, Cricket , Yoga , Table Tennis, Ice Cream Run
BBPS, NOIDA	Inter Class Kho-Kho Semi - Finals & Finals (Boys & Girls) (VI-VIII), Inter Class Basketball Semi - Finals & Finals (Girls) (IX-XII), Inter Class Cricket Semi - Finals & Finals (Boys) (IX-XII) Trials Inter House Athletic Meet –Agnipath (VI-XII)
BBPS, PITAMPURA	SGFI Nationals, Federation Nationals, CBSE Nationals, Sports Day (Including CWSN Students) (III-V),
BBPS, RATNAGIRI	Yoga Asana (PS & PP), Skipping (I & II). Inter House Lagori (III & IV), Inter House Cricket (V & VI), Inter House Kho Kho ( VII & VIII), Jumping Event ( IX & X)
BBPS, ROHINI	Soccer – Penalty Shoot (I & II), Match The Object (PS & PP), Giant Ball Fun (I & II), Fun Aerobics (PS & PP), Golf – Introduction (I), Relay Race (PP), Under Arm Ball Throw (IV), Balancing Race (PS), Shuttle Run Race (V), Taekwondo (Boys & Girls) (VI-VIII)
BBPS, SIMHADRI	Inter House - Football for Boys (Semis & Finals) (III-V), Inter House -Table Tennis for Boys & Girls (Semis & Finals) (VI-X)
BBPS, SIPAT	-
BBPS, SOLAN	-

# GILLI DANDA



SPORTS COUNCIL, CES



One of the most fascinating traditional Indian sports created on the Indian Subcontinent, Gilli Danda, having similarities to the popular Indian sport of cricket. Two sticks are required to play this traditional game of India. The longer wooden piece is known as "danda," while the smaller, oval-shaped one is known as "Gilli".

## Pedagogic Importance:

This game helps in enhancing eye-hand coordination, decision making, estimation and measurement of distance, and also in learning concepts related to projectile motion.

SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
											1	2	3
4	5	6	7	8	9	10	11	12	13	14	15	16	17
18	19	20	21	22	23	24	25	26	27	28	29		

# FEBRUARY 2024



SPORTS COUNCIL, CES

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Sports Day (IV) BBPS GR Sports Day (I) BBPS PP	2 Sports Day (Class V) BBPS GR	3
4	5	6	7 Sports Day, Pre Primary BBPS (PP)	8 Sports Day, Pre School BBPS (PP)	9	10 Annual Athletic Meet BBPS (NP)
11	12	13	14	15	16	17 Annual Athletic Meet (PS-X) BBPS (Ratnagiri)
18	19	20	21	22 Sports Day (Class III) BBPS (GR)	23 Sports Day (incl. CWSN), BBPS (PP)	24
25	26	27	28 National Science Day	29	*Annual Athletic Meet (PS & PP) BBPS Khargone	*Spring Fest BBPS (ND)

## ACTIVITIES FOR THE MONTH OF FEBRUARY, 2024

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, ANNUPUR	-
BBPS, BRIJ VIHAR	Place Bean Bag In Hoopla, Throw the Bean Bag, Cricket (I), Yoga, Throw the Bean Bag, Basket Ball, Place Bean Bag In Hoopla, Athletic, Stepping Hoop, Football Kicking, Standing Kho- Kho, Piggy In The Middle (III), Cricket, Passing & Catching, Net Game (IV), Basket Ball, Pittu Gram, Chasing Game, Kho Kho, Dodge Ball, Net Games, Yoga (V), Tennis (I, III & IV), Table Tennis (I-V)
BBPS, DARLIPALI	Inter House Kho-Kho (Boys & Girls VI-X), Inter House Throwball (Boys & Girls VI-IX)
BBPS, DWARKA	Workshop On Sports Injuries & First Aid (VI-IX & XI), Winter Cup 2024 (Basketball, Tennis, Skipping, Football, Cricket, Softball & Athletics (I-IX & XI)
BBPS, GADARWARA	-
BBPS, GANGARAM	Sports Day (III-V)
BBPS, JHANOR	Dodgeball Activity ( I & II), Balancing Activity (Prep- II)
BBPS, JHARLI	-
BBPS, KHANDWA	-
BBPS, KHARGONE	Annual Athletic Meet (PS & PP, Boys & Girls)



## ACTIVITIES FOR THE MONTH OF FEBRUARY, 2024

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, KUDGI	Hula Hoops Pass Race (I & II), Back Medicine Ball Throw (III & IV), Three Leg Race (V & VI), Leg Cricket (VII-X)
BBPS, LUDHIANA	-
BBPS, MANESAR	-
BBPS, NABI NAGAR	Inter House Skipping Competition, Inter House Kabaddi Competition (All House)
BBPS, NAVI MUMBAI	Selection Trials For All Games (III-V), NMASA Athletics Sports Meet
BBPS, NEELBAD	-
BBPS, NISHATPURA	Kho-Kho, Kabbadi, Athletics Meet, Frog Race
BBPS, NOIDA	Spring Fest (PS-V)
BBPS, PITAMPURA	Sports Day (PS-II)
BBPS, RATNAGIRI	Annual Athletic Meet (PS-X)
BBPS, ROHINI	Jiggle Wiggle, Target Fun, Golf, Mitten & Magic Ball (PS & PP), Sapling Race (PS), Go Green Race (PP), Golf Introduction, Golf Skill, Tumble Fumble, Agility Ladder Object, Balloon Fun (I & II), One Leg Hop Race (II), Dribble The Basket Ball (III), Shuttle Run Race (V), Baseball (PS- II), Target Disc Game, Frisbee (PS & PP), Rugby Game, Soccer Match (I & II)
BBPS, SIMHADRI	-
BBPS, SIPAT	-
BBPS, SOLAN	-

## KUSHTI



SPORTS COUNCIL, CES



“Khushti” or “Pehlwani”, a mud wrestling style that evokes the culture of Indian soil, originates from a time when Mughal rulers ruled over this vast country. It is an ancient and traditional sport played on a field known as AKHADA. Kushti game terminates when one of the players signal their defeat. The Olympic Games now include this sport as one of the major events.

### Pedagogic Importance

This game develops physical stamina and control over breathing. People also learn decision making along with building muscles, increasing the lung capacity necessary for fitness.

SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
					1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18	19	20	21	22	23
24	25	26	27	28	29	30	31						



SPORTS COUNCIL, CES

MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7 Sports Day (Class II) BBPS GR	8 Women's Day / Maha Shivratri	9
10	11 Sports Day (Class I) BBPS GR	12	13	14 World Pie Day	15 Consumer Protection Day	16
17	18	19	20	21	22	23
24	25 Holi	26	27	28	29 Good Friday	30
31						

## ACTIVITIES FOR THE MONTH OF MARCH, 2024

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, ANNUPUR	-
BBPS, BRIJ VIHAR	Inter House Kho Kho (VI & VII, Boys & Girls), Inter House Kabaddi (VIII, Boys & Girls), Inter House Basketball (IX & XI, Boys & Girls)
BBPS, DARLIPALI	Chasing Game, Rhythmic Activities, Rope Skipping, Athletics (I), Throwing & Catching, Tadasana & Vajrasana, Jumping & Hopping With Hurdle (II), Stepping Hoop, Piggy In The Middle, Hurdle Running, Yoga, Basketball, Follow The Leader (III), Kabaddi, Mini Football, Jump the Rope, Kho – Kho / Leg Cricket (IV), Throwing Ball, Leg Cricket, Rope Skipping, Athletics (V)
BBPS, DWARKA	-
BBPS, GADARWARA	-
BBPS, GANGARAM	Sports Day (I & II)
BBPS, JHANOR	Balancing Activity ( PP - V)
BBPS, JHARLI	-
BBPS, KHANDWA	-
BBPS, KHARGONE	-

## ACTIVITIES FOR THE MONTH OF MARCH, 2024

NAME OF THE UNIT	SPORTS ACTIVITIES
BBPS, KUDGI	-
BBPS, LUDHIANA	-
BBPS, MANESAR	-
BBPS, NABI NAGAR	Traditional And Fun Games (All Students & Teachers)
BBPS, NAVI MUMBAI	Off Season Practice for Selected Students (VIII & IX)
BBPS, NEELBAD	-
BBPS, NISHATPURA	-
BBPS, NOIDA	-
BBPS, PITAMPURA	Special Camp (For Making School Teams)
BBPS, RATNAGIRI	-
BBPS, ROHINI	Target Disc Game, Frisbee (PS & PP), Rugby Game, Soccer Match (I & II)
BBPS, SIMHADRI	-
BBPS, SIPAT	-
BBPS, SOLAN	-





SPORTS COUNCIL, CES



“Playing games is not  
just about having fun  
but also about taking  
risks, experimenting,  
and testing  
boundaries.”