



Bal Bharati
PUBLIC SCHOOL
Sector-21, Noida, G.B. Nagar

“Continuous effort—not strength or intelligence—is the key to unlocking our potential.” —Liane Cardes

Bal Bharati Public School Noida organised the summer sports camp which was held in the school grounds from 15th May to 5th June 2023 for Classes PS to XII. To accomplish all the key principles and outcomes envisioned by NEP 2020, the camp offered a plethora of sports activities which included Basketball, Football, Swimming, Rope Skipping ,Chess ,Badminton, Volleyball and Table Tennis.

The Camp witnessed extensive participation wherein more than 250 children enrolled in the sport of their choice.

The focus of the camp was on developing the skills of the participants in their chosen sport and to ensure the same the Children were divided into groups according to their age and skill level. The coaches provided individual attention to each participant and guided them to improve their techniques, physical fitness, mental toughness and develop sportsmanship spirit.



Let your practice be a celebration of life



Learning Smashes and Serves

Through the duration of camp, the participants learnt new techniques to improve their game and to all intents and purposes, the camp exposed the children to valuable mentorship building their stamina, trust, self-esteem, team spirit and most importantly strategic thinking.

In order to create awareness about good health and wellness amongst students, a special programme 'Weight loss and wellbeing Camp' was designed for students in

Classes I to VIII comprising yoga, stretching and other exercises which benefitted them to regain better physiques.

Several techniques and skills developed during the Camp were dribbling, goal keeping, smashes, serving, postures, fielding, resilience & ability to deal with change.

The school also hosted Inter Unit Badminton Friendly Tournament on 18th and 19th May 2023 wherein all Sister schools of Delhi NCR participated with immense zeal. The matches offered a striking opportunity to the budding shuttlers to hone their game skills and gain valuable experiences of sportsmanship and team bonding.



Breathtaking Shots



Inter Unit Badminton Friendly Tournament



Champions keep playing, until they get it

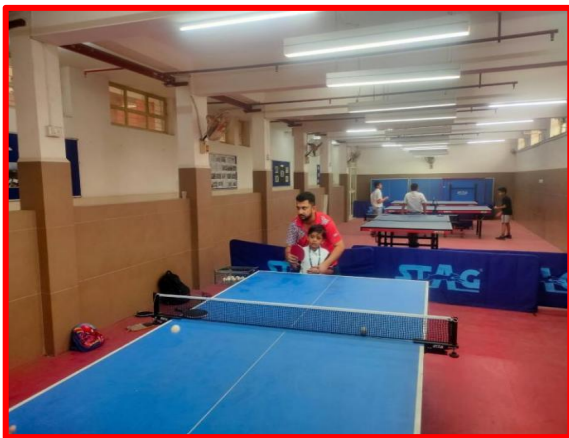
The sports camp was a great success, and the participants got a charge out of the various activities and the learning experience made an indelible impression in them. The camp uplifted their skills, infused teamwork and perseverance among all. All the children were also awarded a Certificate of Participation which further boosted their confidence.



Warm up



Stretch Time always plays a major role



Acquiring skills of the Ping Pong Game



Water, water everywhere !



The only limits in our minds



Basketball passion

In a way the camp was also an excellent refresher of abilities during the summer break for the young aspirants.

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