

REPORT
BAL SABHA ACTIVITY (2023-24)
THE RELAY RACE

Date: 21.08.2023 - 29.08.2023

Classes: IV & V

Theme: Observing Sports Week

“The five S’s of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit.” - Ken Doherty

Just like a diet of healthy nutrients is needed for nourishing the body, playing sports holds a great significance in enhancing our lives, especially for growing children. Children who are indulged in physical activities sustain good values of mutual respect and cooperation. Playing sports teaches them skills such as accountability, leadership, and learning to work with a sense of responsibility.



The 12th National Sports day was celebrated across India on 29th August 2023 to commemorate the birth anniversary of hockey legend Major Dhyan Chand with the theme ***“Sports are an enabler to an inclusive and fit society”***.

To promote sports activities and indigenous games, Sports week was observed in the school from August 21, 2023 to August 29, 2023. Students of Class IV and V took part in **The Relay Race** activity.

In this game four participants work as a team to reach the finish line. The aim is to reach the end as quickly as possible and each member of the team takes a turn completing the part of the course. The athletes run to cover a given distance and must pass a baton to each other around the circuit. If the baton is dropped during the relay race, the team can be disqualified.



The children played the game with great enthusiasm and enjoyed it. It provided fun to the children and proved as a social way to exercise. It not only promoted teamwork and communication among the students but also helped in developing their physical fitness.

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