

Cultural And Sports Camp Held From 19th March To 23rd March 2018

The students of classes V, VI VII and VIII attended the Cultural and Sports Camp held from 19th March to 23rd March in the school from 8am to 11.30am. The children chose two options from a host of activities. The objective of this camp was enabling students to become independent leaders and to develop their personal skills and group management skills.

Our core activities included sports, art, music and yoga and each course offered students the opportunity to learn new skills, develop techniques so that it may form part of a larger record of achievement.

BASKETBALL: conducted by Mr. M. Alam and Ms. Susan, was filled with loads of learning, lively practice, a lot of fun and the students thoroughly enjoyed the game.

FOOTBALL: Mr.Keshav and Mr. Ravinder conducted the activity. Students were impressed by the basic skills taught in the class. They enjoyed the extra time and exposure to the game and specific skills they learnt from being in the activity. The skills learnt were accurate passes, positions of standing on the ground and tips on good goal keeping. It also improved their stamina and technique of playing. The students enjoyed the game immensely.

TABLE TENNIS: Mr. Kirti and Mr. Naveen taught the game. For some it was a new learning experience and for others it helped hone their skills. They learnt new ways to serve the ball, work on their leg movements and learned other techniques. It was overall, a very satisfying and enriching experience.

YOGA: Ms.Radha Gusain conducted the activity. The children learnt new methods of warming up, practiced holding asanas correctly and worked on their breathing, focus and concentration.. The students described the experience as very relaxing, enriching as well as a boost to their self-confidence.

Each time a child attends these activities, they are given a chance to expand their artistic side. The main aim of these is to give a new and fun aspect to arts and crafts while involving environmental and cultural aspects.

ART: Mr. Manish and Mr. Kaptan conducted Art. Students enjoyed sketching, drawing and completed some splendid work. Some students even expressed their desire to become artists.

JAZZ: Ms. Renate taught this dance form and students expressed satisfaction in learning new steps. The music beats were new and they choreographed three songs and enjoyed it a lot.

VOCAL MUSIC AND TABLA: Ms. Divya and Mr. Ganesh conducted these classes. The students felt the relaxing impact of Hindustani music. Learnt new songs and enjoyed the stimulating atmosphere.

THEATRE: Mr. Mukesh conducted the activity. The students learnt a lot about themselves in addition to learning about theatre. The experience allowed them to

express their emotions, improve their acting skills and provided them an opportunity to showcase their talent. The activity culminated with a skit put up by the students on the final day.

GUITAR: Mr. Rajiv conducted the activity. The students learnt to play new songs and expressed the great amount of freedom and fun they had in the classes.

Some of the activities were designed to enable students to step out of their comfort zones while others challenged students to solve problems and work with others to achieve tasks.

These activities included age appropriate activities for our different age groups so that all students could participate at a level, which challenged them at a suitable level.

Students returned from this camp with great experiences, fantastic memories and lifelong friendships.

