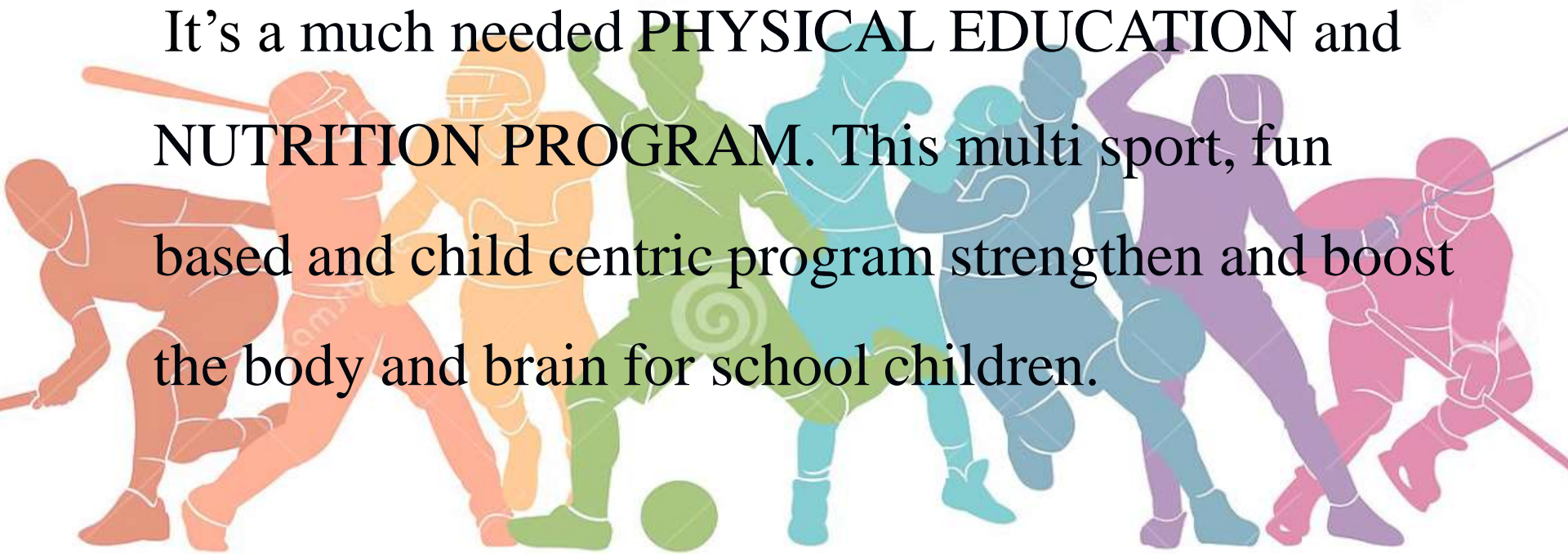


ADITYA PHYSICAL EDUCATION

It's a much needed **PHYSICAL EDUCATION** and **NUTRITION PROGRAM**. This multi sport, fun based and child centric program strengthen and boost the body and brain for school children.



OUR VISION

To provide quality sports, physical education and nutrition curriculum that contributes towards the holistic development of children.



UNIQUE SAILING PROGRAM

- Physical education and nutrition curriculum
- Qualified and certified trainers
- Appropriate equipment for different age groups.
- Rubric and skill based assessments

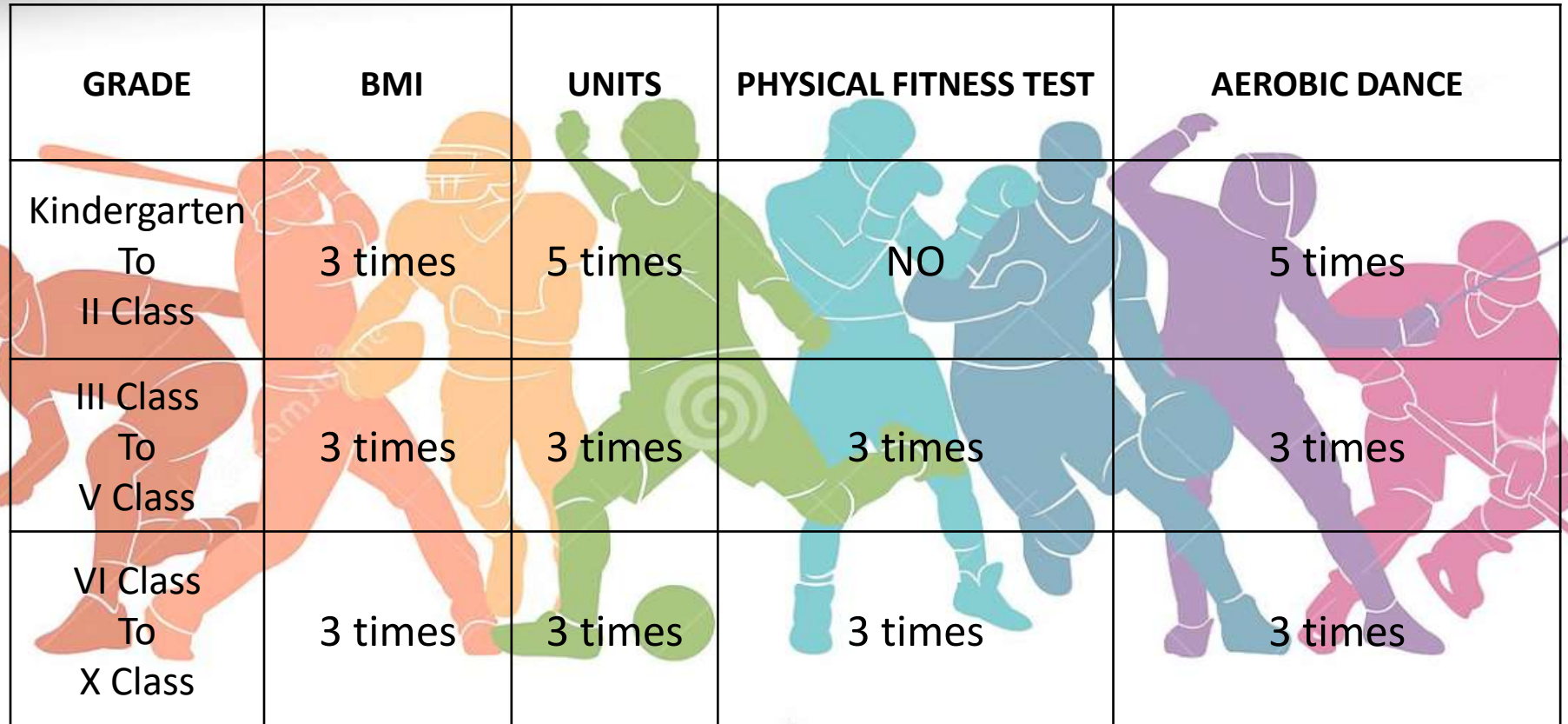


SPORTS AND PHYSICAL EDUCATION PROGRAM STRUCTURE



GRADE	FOCUS
Kindergarten To II Class	MOVEMENT EDUCATION MANIPULATIVE SKILLS COOPERATIVE ACTIVITIES
III Class To V Class	BASIC SPORTS SKILLS INDIVIDUAL AND TEAM ACTIVITIES HEALTH AND NUTRITION
VI Class To X Class	SKILL IMPROVEMENT GAME TECHNIQUES AND TACTICS NUTRITION

KINDERGARTEN TO X CLASS ANNUAL OPERATING PLAN



GRADE	BMI	UNITS	PHYSICAL FITNESS TEST	AEROBIC DANCE
Kindergarten To II Class	3 times	5 times	NO	5 times
III Class To V Class	3 times	3 times	3 times	3 times
VI Class To X Class	3 times	3 times	3 times	3 times

KINDERGARTEN TO X CLASS LESSON SEGMENTS

GRADE	WARM-UP	INTRODUCTION	ACTIVITY	WRAP-IT UP
Kindergarten To II Class	Dance	Brief Overview & Concept Of the Activity	Movements & Manipulative Skills	Health Cool Down
III Class To V Class	Joint Mobility Exercises & Fitness Circuit	Brief Overview & Concept Of the Activity	Fundamental & Critical Skills	Review Nutrition Game Knowledge
VI Class To X Class	Joint Mobility Exercises & Fitness Circuit	Brief Overview & Concept Of the Activity	Skill Improvement & Techniques Tactics	Review Nutrition Game Knowledge

SPORTS MEET

In each Academic year ADITYA gives equal importance to Scholastic and Co-curricular activities by conducting SPORTS MEET, which is memorable in Kindergarten to High school level student's career. This helps to unearth their inherent talents and to develop Sportsmanship. Winners will be awarded with **Gold, Silver and Bronze medals.**

