

ATOMIC ENERGY CENTRAL SCHOOL – KAKRAPAR  
SPORTS CALENDAR 2017-2018  
**Sports & Games (Physical Education) Schedule for 2017-18**

**Sports Schedule for Pre-Prep and Prep**

<b>Group</b>	<b>Pre-Prep – All sections</b>	<b>Prep – All sections</b>
Event 1	50 meters dash (Sprint)	50 meters - dash (Sprint)
Event 2	Sorting by Color (Time bound)	25 meters - Potato race
Event 3	Threading Beads (Time bound)	25 meters - Pack and go
Event 4	Shopping for mother	25 meters - Balancing the ring

**Sports Schedule for Primary Section**

<b>Group</b>	<b>Primary- 1<sup>st</sup> – 3<sup>rd</sup>Std.</b>	<b>Primary - 4<sup>th</sup> – 5<sup>th</sup> Std.</b>
Event 1	50 meters - Sprint	75meters – Sprint
Event 2	30meters - Double -leg jump	50meters - Single - leg hopping
Event 3	30meters - Ring race	50meters - Indian club race
Event 4	30meters - Backward race	50meters - Zigzag race

**Sports Schedule for Secondary, intermediate, and Higher Secondary Classes**

**# Intramurals:**

Also known as **Inter-House Competitions** are conducted in six different sports and games in four categories, i.e., Senior Boys, Senior Girls, Junior Boys and Junior Girls. A student can participate in Athletics - Track and Field (Individual Events) Two Track Events and Three Field events (vice-versa) Total 5 events, and in games (Group Events) any three group events including relays.

1. **Table Tennis** in the month of June – Day and dates will be announced later, Table Tennis matches will be conducted as a team game maximum no. of players 05, game rule best of 3 with singles, doubles & reverse singles for each match 11 points
2. **Badminton** in the month of July – Day and dates will be announced later, Badminton matches will be conducted as a team game maximum no. of players 05, game rule best of 3 with singles, doubles & reverse singles for each match 11 points
3. **Football** in the month of July – Day and dates will be announced later, Foot Ball matches will be conducted with match time – total duration of 20 minutes (10-5-10) with 5min. Break and maximum no. of players 12 in each team.
4. **Basketball** in the month of August – Day and dates will be announced later, Basket Ball matches will be conducted with match time – total duration of 20 minutes (10-5-10) with 5min. Break maximum no. of players 12 in each team.
5. **Volleyball** in the month of August – Day and dates will be announced later, Volley Ball matches will be conducted in Best of 3 marches with 15 Points each match, maximum no. of players 12

6. **Athletics** in the month of September – Day and dates will be announced later, will be conducted in three different groups in both boys & girls categories, such as Secondary, Intermediate and Sr. Secondary groups. A student can participate in 5 events maximum no. of players 02 in each event except relay.

List of Events as follows:

<b>Name of the Group</b>	<b>Secondary 6<sup>th</sup> – 7<sup>th</sup> Classes</b>	<b>Intermediate 8<sup>th</sup> – 9<sup>th</sup> Classes</b>	<b>Sr. Secondary 10<sup>th</sup> to 12<sup>th</sup> Classes</b>
Event 1	100mts. Sprint	100mts. Sprint	100mts. Sprint
Event 2	200mts. Sprint	200mts. Sprint	200mts. Sprint
Event 3	400mts. Sprint	400mts. Sprint	800mts. Sprint
Event 4	Long Jump	Long Jump	Long Jump
Event 5	High Jump	High Jump	High Jump
Event 6	Shot – Put	Shot – Put	Shot – Put
Event 7	4x100 Relay	Discus	Discus
Event 8	4x400 Relay	4x100 Relay	Javelin
Event 9	-	4x400 Relay	4x100 Relay
Event 10	-	-	4x400 Relay

## # Extra-murals:

Also known as **Outgoing Tournaments** like **DSA, SAG, CBSE, and SGFI competitions.**

- 1. DSA** (District Sports Authority) these tournaments will be organized by District Sports Officer of Tapi.
- 2. SAG** (Sports Authority of Gujarat) Khelmahakumbh sports competitions will be organized by Sports Authority of Gujarat office.
- 3. CBSE** (Central Board of Secondary Education) sports competitions will be organized by Central Board of Secondary Education.
- 4. SGFI** (School Games Federation of India) sports competitions will be organized by School Games Federation of India

# **Sorts Day** will be celebrated around **4<sup>th</sup> week of November 2017**

## # Physical and Health Education (CCE) grading system:

**Physical and Health Education as a Scholastic Subject, Part 1.B:** Grading is based on the 5-point scale A+, A, B+, B, and C. Continuous Assessment in games, yoga and assembly- 40%, theory- 30%, and Practical- 30%, done for both the terms. Their basic skills, knowledge, rules, regulations, tactics adopted, performance and achievements in specific activities are given preference.

**Physical and Health Education as a Co-Scholastic Subject, Part 3.B:** Grading is based on the 3- point scale A+, A, and B. Continuous Assessment is done based on activity performance and achievements in any two of the following:

### **1. Sports/Games - any one game is essential for each student and for all the classes from VI to XII**

\***Sports** –Table-Tennis, Badminton, Football, Basketball, Volleyball, and Athletics.

### **2. Yoga – It is Compulsory for all the students of school (Classes of I to XII)**

\***Yoga asanas** – Surya namaskaras, Padmasana, Bakasana, Pastimotanasana, Matsyasana, Sarvangasana, Danurasana, Vajrasana, Parvatasana, Yogamudra etc.

\***Yogic Breathing** - Pranayama procedures – Simple Breathing, Anulomavilaoma, Bastrika, and Kapalbathi, .

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