

Physical & Health Education Programme Session 2019-2020

As per AEES sports policy, games and sports are compulsory for all the students. To inculcate the value of good health amongst all the students in the school, some physical and yogic exercises are planned on regular basis. The games and sports activity will be conducted as per the guidelines.

Details of the activities during regular physical & health education periods for the session 2019-2020 are as follows.

Activities	Month
Basketball	All the activities will be conducted during whole academic year . Two to three activities will be conducted simultaneously & students will choose the activity as per his / her interest during the physical & health education periods. Yoga / Mass PT will be conducted throughout the year regularly
Volleyball	
Badminton	
Table-tennis	
Chess	
Carrom	
Football	
Kho-Kho	
Athletics	
Marching	
Yoga	

Annual Sports Events

Session-2019-2020

Secondary Section

Groups

1. VI to VIII (Boys & Girls) House-wise (Junior)
2. IX to XII (Boys & Girls) House-wise (Senior)

CLASS / HOUSE WISE EVENTS

S.No.	Class	Group	Events
1.	VI to VIII	Junior (Boys & Girls)	Track Events: - 100 meters, 200 meters, 400 meters, 800 meters, 4 x 100 meters Relay & 4 x 400 meters Relay. Field Events: - High Jump, Long Jump, Discus Throw & Shot Put.
2.	IX to XII	Senior (Boys & Girls)	Track Events :- 100 meters, 200 meters, 400 meters, 800 meters, 1500 meters, 4x100 meters Relay & 4x400 meters Relay, Field Events :- High Jump, Long Jump, Discus Throw, Javelin Throw , Shot Put, Triple Jump (Only for boys).

Participation:-

- 1) Junior and Senior group: - One participant can take part in 5 events i.e. 2 Track events & 3 field events or Vice-Versa excluding all relays.
- 2) Relay: - One team from each house.
- 3) Athletics - Maximum two entries & one reserve for each event from each house. List should be signed by house master & captain and should be submitted to the Physical Education department at least 7 days before the commencement of the event.

Inter House Competition

(Session 2019-2020)

Secondary Section

(Tentative Schedule)

S. No.	Game	Schedule of Competition	Category	Group
1	Basketball	July/August	Boys & Girls	Junior & Senior
2	Volleyball	July/August	Boys & Girls	Junior & Senior
3	Table Tennis	August	Boys & Girls	Junior & Senior
4	Badminton	August	Boys & Girls	Junior & Senior
5	Football	September	Boys	Junior & Senior
6	Kho - Kho	September	Girls	Junior & Senior
7	Sports Day	November 2019	Boys & Girls	Junior & Senior

Dates of competition will be informed well in advance.

Every Student has to participate in atleast two games.

Distribution of points:-

Events	1 st / Winner	2 nd / Runner	3 rd / Third	4 th / Fourth
Individual	5	3	1	0
Team Games	7	5	3	1

(Primary Section)

Proposed Sports Activities for the session 2019-20

Class	I	II	III	IV	V
1	30 mts Dash	30 mts Dash	50 mts Dash	100 mts Dash	100 mts Dash
2	30 mts Potato Race	30 mts Potato Race	50 mts Potato Race	50 mts Potato Race	50 mts Potato Race
3	30 mts Two legs Hopping	30 mts Two legs Hopping	30 mts Two legs Hopping	30 mts Two legs Hopping	30 mts Two legs Hopping
4	30 mts Lemon Race	30 mts Lemon Race	30 mts Lemon Race	50 mts Lemon Race	50 mts Lemon Race
5	Ball Throw	Ball Throw	Ball Throw	Ball Throw	Ball Throw