

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

HASSAN PUBLIC SCHOOL

ANNUAL SPORTS REPORT 2019-20

'A healthy mind resides in a healthy body'. HASSAN PUBLIC SCHOOL has always taken that extra step to make the students believe in that.

Physical Education is an integral part of the total education system. It helps in the attainment of the ultimate aim of education i.e., the achievement of holistic development. Games and Sports play a vital role in the student's life. A student should study hard to be successful in competitive examinations. But, he should also play games and sports to enjoy the health and vigour of life. Along with bookish learning, a student should spend his time on games and sports also. Either study or work alone makes us exhaust. We remain no longer efficient to do any work. Sports remove our mental exhaustion. Education without sports is incomplete. The Department of Physical Education and Sports marks itself as one amongst the most efficacious Department of HASSAN PUBLIC SCHOOL. It strives to excel at all levels and bring laurels in the school. With the help of school faculty we are continuously improving in sports field. Considering the concept of "SPORTS FOR ALL" throughout the entire session we organized Inter-department tournaments for students as well as some sports activities for staff (teaching and non-teaching). It is one of the largest co-curricular activity programs that offer an extensive opportunity to all the students and staff. This venture shall enable the students and staff to have fun, learn new sports, enhance social interaction and tests one's physical capability. These competitions also offer a break from the daily routine tasks and recreate or re-energise them.

The school council consist of two students, a boy and a girl who is elected as Sports Captain and Vice Sports Captain.

SPORTS ACTIVITY

"What can be learned on the ground cannot be learned in the classroom".

At HASSAN PUBLIC SCHOOL, we lay a strong emphasis on sports and physical development. Our sports curriculum is planned and designed for students to develop and enhance skills like strength, speed, endurance, agility, flexibility, control, balance etc. Sports today has also evolved as a form of entertainment and also offers promising careers.

Sports develop the physical as well as mental strength in students. Daily physical exercise is essential for students because exercise not only helps students to stay healthy, but it also helps to improve their emotional fitness.

Sports should be a major part of the school curriculum because if students stay emotionally and physically healthy, they can easily focus on their studies.

Students have to participate in school sports to increase confidence, mental alertness, and self-esteem. *Sports are important in schools* because it helps to teach various skills to students like leadership, patience, team efforts, and social skills. Here we are discussing some benefits of **sports in Schools**.

1. Stay Healthy

Sports help students to stay healthy. If students do daily physical activities, then it helps them to avoid unwanted illness. Nowadays students eat a lot of junk food which is not suitable for their health. So to stay healthy sports is essential for students. Sports help students to increase cardiovascular fitness and also increase bone density. It also helps to reduce the blood sugar levels, chronic muscular tension, and strengthen the lungs. Students become more energetic because of sports.

2. Good Fitness Level

Nowadays, students eat a lot of junk food, and they gain fat at a very young age. So to reduce the fatness, sports activities are very important for students. Sports activities avoid the formation of excess fat, and students stay fit and slim. Daily sports activities help students to maintain a good fitness level. The interest in outdoor games also reduces indoor activities like watching television and video games.

3. Develop Leadership skills

In *sports*, students not only play the role of team players but sometimes they also have to play the role of leader. Knowing that they have to lead the team will boost their leadership qualities, and this helps them to become good decision-makers. Being a leader, their duty is not just to lead the team but also need to boost and appreciate the team.

4. Positive Mentoring

During *sports activities*, every sportsperson is encouraged by their parents, coaches, and the support staff for achieving success. This positive mentoring will also help students in other phases of their life. Students will learn to perform better and achieve success in their life. Positive mentoring also allows students to develop a positive mind set, like not to feel upset when you lose any game, respect the Authorities' decision and accept your failure.

5. Boost Emotional Fitness

The physical activities help students to refresh their minds and create happiness in them. Sports also help students to stay cheerful and emotionally fit by reducing stress and mental depression. If students are emotionally and mentally healthy, then it can also help in their studies and help them to achieve their

goals. If students increase their interest in *sports activities*, they can also make it a passion and also make a career from it.

6. Develop Social Life

Sports also develop the social life of students. When students are part of any sports team, so it helps them to interact with many people of different ages. It's easier for students to make new friends and respect the difference with an open mind-set. Interaction with senior students and coaches encourages them and helps to face everything with a happy face. It also helps to develop confidence in students to come forward to face the problems and never stay back.

7. Develop Discipline

Sports activities establish the qualities of discipline which help in every field of life. The *sports activities* teach the physical mental and tactical training to students. Students should have to follow the rules and regulations of the game, obey and respect the decision of the coach. By doing this, students can realize their goals and help them to gain success.

8. Better Performance in Academics

The *sports activities* can also help students to perform better in academics. The daily physical activities help students to improve their memory and refresh their minds. If sports are part of daily routine, then students can perform better in their academics. Because students become physically and mentally healthy, so this will help them to focus on their studies.

9. Develop Self-esteem

Sports activities can help students to develop self- confidence and self-esteem. Even small things in sports can enhance the student's self-esteem. From regular sports activities, students can also work on their weakness and practice until they see success and improvement.

10. Develop Cooperation and Teamwork

When students are participating in any sports matches or competitions, then they need good teamwork, cooperation, and coordination. Learning these skills during sports activities also helps them in various phases of their life, like in academics or future careers. Students also learn how to cooperate with other teammates to win and enable to respect the other point of views.

The following events have been organized in the 2019-20

V international yoga day was celebrated in the HASSAN PUBLIC SCHOOL campus on 21st June morning under the guidance and co-operation of Principal and Physical Education Teachers. All the teachers and students from 5th to 10th standard participated in this whole heartedly to make this programme a grand success. On the whole 191 boys and 181 girls total 372 Participated in 'Yoga day'. Our P.T teachers Mr. THRILOKA K H, summarised the significance of 'Yoga day' and Importance of Yoga in our day-today life. Yoga trainer Mr. MANJUNATH gave his valuable guidance to the students. Some of our teachers and students demonstrated Yoga by following the instruction given by the trainer. We all celebrate the day with a lot of eagerness and joy. It was a very interesting Day for all of us. The experience we got was really amazing and important.

SPORTING GLORIES

The immensely talented school Kho-Kho team; both boys and girls participated in Cluster-VIII Kho-Kho tournament held at K R Lakkamma Memorial CBSE School, Mudhol in Bagalkot. The boys' team secured 3rd place while the girls team ascended the winner's podium with the first position for the third consecutive time, thereby qualifying for the Nationals. Miss. Lakshmi S bagged the 'Best-chaser' trophy and Miss. Ganavi H R was adjudged the 'All Rounder'.

Annual sports Meet

The Sports department organized a series of Inter House indoor and outdoor tournaments.

The annual Sports meet was conducted on 21st of DECEMBER 2019 at the SCHOOL ground. The President of HPS, Mr. H K Javare gowda was the chief guest. A large number of parents attended the closing ceremony held on 21st December evening. The students presented yoga, aerobics and pyramid formations in front of the audience. The finals of the inter house relay competition made the audience stand up and applaude. The chief guest gave away the prizes for academic proficiency in various sports activities

The following events were organized for the inter-class sports tournaments:

- CRICKET
- VOLLEYBALL
- KHO-KHO
- CHESS
- ATHLETICS
- TUG OF WAR
- THROW BALL
- KABADDI

Plan and execution of Physical Education Classes through E-learning 2020-21

The pandemic has created a dire necessity for everyone to improve and heed towards the goals to boost immunity. One being physical exercise, our school initiated an online physical programme. Simple fitness and stretch exercise pre-recorded videos were posted to students everyday. During the online sessions children were given demonstration and the guidance on the importance of exercises.

The following concepts are explained and demonstrated through recorded videos.

Physical exercise:- under this

- Motor skills & ability
- Cardiovascular exercise
- Strength training
- Circuit training workout
- Field & court layout & dimensions
 - Kho-kho
 - Kabaddi
 - Cricket
 - Volley ball
 - Throw ball
 - Hand ball
 - Tug of war
 - Chess
 - Athletics
 - Carrom

Yoga :

- Suryanamaskara
- Tadasana (Mountain Pose)
- Vrikshasana (Tree Pose)
- Adho Mukho Svanasana
- Trikonasana (Triangle Pose)
- Kursiasana (Chair Pose)
- Naukasana (Boat Pose)

Food and nutrition

- Vitamins and minerals (importantly Vitamin C)
- Water
- Proteins
- carbohydrates

School has instructed and motivated to practice daily in their home even cycling, Breathing exercise are also given encouragement by the school along with parents involvement.