



DELHI PUBLIC SCHOOL

Secunderabad

Report on

Inter House Competition

Obstacle Race

Date: 18.07.2019

Time: Zero Period

Venue: Assembly area.

Nature of Activity: Individual

Participants: Class I

Conducted by : Kaveri House

“Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity.” – John F. Kennedy

Physical literacy is no different than other aspects of literacy. Children aren't born knowing how to read and count, similarly they aren't born physically literate. Education systems have prioritized literacy and numeracy so as to teach children to be successful in all aspects of their life. However, to truly succeed one needs to be healthy in mind and body. Keeping this in mind Kaveri house organized an Inter House Competition, 'Obstacle race' to encourage students to develop their physical strength, balance, sensory sequencing, memory and coordination.

The preliminary round saw all the students participate in a fun filled race where they had to cross several hurdles to reach the finish line. The students from each house who took the shortest time to finish the race moved to the semi-final round and this was held a week prior to the final round. The semi finalists were trained by the P.E department for a week.

The final round took place amidst cheering by students of all sections of class 1. The obstacle course was pretty amazing with many drops, lifts, leaps, twists and running. All the participants did a fabulous job with great fervour and vigour. The first three positions were announced as winners.

Soon after which our dear Principal ma'am ensured that the students in the audience were not left behind to revel in the awesomeness of the obstacle race. Hence the competition was culminated in all the students engaging all their senses and students loved to push themselves and conquer these obstacles and left back to class in high spirits.

Prepared by –Ms. Prisma Mercy.