**KENDRIYA VIDYALAYA ONGC CAMBAY**

**ANNUAL CALENDAR FOR GAMES AND SPORTS 2023-24**

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| **S.NO.** | **MONTH** | **ACTIVITY** |
| 1 | **APRIL TO MAY** | * GENERAL FITNESS EXERCISE INTER HOUSE COMPETITION OF DIFFERENT GAMES * VIDYALAYA LEVEL SPORTS COMPETITIONS * SELECTION OF VIDYALAYA TEAMS/PLAYERS * SUB-REGIONAL/REGIONAL SPORTS MEET * PARTICIPATION IN FIT INDIA QUIZ AS AUDIENCE * FITNESS KA DOSE AADHA GHUNTA ROZ |
| 2 | **JUNE TO JULY** | * DIFFERENT POSES OF YOGA THROUGH FIT INDIA MOBILE APP * MENTAL FITNESS AND YOGA * RHYTHMIC YOGA * INTERNATIONAL YOGA DAY ON 21TH JUNE * REGIONAL COACHING CAMP * SKILL STRATEGY AND FITNESS DEVELOPMENT OF STUDENT IN VARIOUS GAMES AND SPORTS * INDIGINEOUS GAMES * DEVELOPMENT OF TECHNIQUE AND MATCH PRACTICE * KVS NATIONAL SPORTS MEET * FITNESS WEEK CELEBRATION (ONCE IN A MONTH) |
| 3 | **AUGUST** | * SBSB 1ST TEST * FIRST MEDICAL CHEK UP * INTER-HOUSE COMPETITIONS * ORGANISING FIT INDIA FREEDOM RUN * TRACK AND FIELD EVENTS * RUNNIG JUMPING AND THROWING STYLE AND TECHANIQUE * FITNESS WEEK CELEBRATION (ONCE IN A MONTH) |
| 4 | **SEPTEMBER** | * INTER-HOUSE COMPETITIONS * FITNESS WEEK CELEBRATION (ONCE IN A MONTH) |
| 5 | **OCTOBER** | * ON 2ND OCTOBER “FIT INDIA PLOGGING RUN” * INTER-HOUSE COMPETITIONS * PREPARATIONS OF MARCHPASS * PREPRATIONS FOR ANNUAL SPORTS MEET * FITNESS WEEK CELEBRATION (ONCE IN A MONTH) |
| 6 | **NOVEMBER** | * PREPRATION FOR CMP SPORTS MEET * PARTICIPATION IN CMP SPORTS MEET * ANNUAL FITNESS WEEK CELEBRATION |
| 7 | **DECEMBER** | * INTER CLASS COMPETITIONS FOR PRIMARY SECTIONS * FITNESS WEEK CELEBRATION (ONCE IN A MONTH) |
| 8 | **JANUARY** | * SBSB 2ND TEST * SECOND MEDICAL CHECK UP |
| 9 | **FEBRUARY AND MARCH** | * GRADING OF GAME AND SPORTS * PREPARATION AND PRACTICE OF REGIONAL SPORTS MEET 2020 * MARCHPASS * FITNESS WEEK CELEBRATION (ONCE IN A MONTH) |

I/C GAMES & SPORTS PRINCIPAL

(T. PUSHPA REDDY)