# New logo to represent UAE for 50 years released | Uae – Gulf NewsC:\Users\III D\Desktop\emb.jpgEMIRATES FUTURE INTERNATIONAL ACADEMY DEPARTMENT OF PHYSICAL EDUCATION

**VIRTUAL ANNUAL SPORTS 2021-22**

**Ref: EFIA/CIR- 55/ 2021-22 25/1/2022**

Dear Parents & Students,

This is to inform you that, the 14th Annual Sports Meet for the academic year 2021-2022, will be held virtually in the month of February 2022. The list of events and categories are given below. Interested students are requested to select the event of their interest and send the entries to their class teachers on or before 28 /1/2022.

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| **CATEGORY** | **SL NO** | **EVENT** | **TIME LIMIT** | **MATERIAL REQUIRED** | **MEASURING CRITERIA** |
| **JUNIORS-I (Gr 1&2)**  **BOYS & GIRLS** | 1 | Boat pose  balance challenge | NO TIME LIMIT | Not Applicable | Holding balance maximum time without losing balance. |
| 2 | Jump left and right over one tissue box.  (Tissue boxes to be stacked end to end and jumped over a static position with both legs) | 1  MINUTE | Four tissue boxes | No. of jumps in 1 minute |
| 3 | Jumping Jacks with clap | 1  MINUTE | Not Applicable | No of jumps in 1 minute |
| **JUNIORS-II (Gr: 3&4)**  **BOYS & GIRLS** | 1 | Natraj Asana  balance challenge | NO TIME LIMIT | Not Applicable | Holding balance maximum time without losing balance. |
| 2 | Jump right and left over one tissue box (Tissue boxes to be stacked end to end and jumped over a static position with both legs). | 1  MINUTE | Four tissue boxes | No. of jumps in 1 minute |
| **BOYS ONLY** | 3 | Bouncing table tennis ball  (Sit on chair and bounce) | 1  MINUTE | Table tennis bat and ball | Holding maximum time without changing position |
| **GIRLS ONLY** |  | Skipping rope jump with  both legs | 1  MINUTE | Skipping rope | No of jumps with the  skipping rope |
| **INTERS (5&6) BOYS/GIRLS** | 1 | Jump left and right over 2 tissue boxes Tissue  (Boxes to be stacked end to end and jumped over a static position with both legs). | 1  MINUTE | Six tissue boxes | No. of continuous jump over tissue boxes in one minute |
| **BOYS** | 2 | Bouncing table tennis ball  ( Sit on chair and bounce) | 1 MINUTE | Table tennis bat and ball | No. of bounce in one minute. |

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| **GIRLS** |  | Skipping rope jump with both legs | 1  MINUTE | Skipping rope | No. of jumps in 1 minute |
| **BOYS/GIRLS** | 3 | Nataraj Asana | NO TIME LIMIT | Not Applicable | Balancing  maximum time without losing balance. |
| **SENIORS (7, 8, 9)**  **BOYS/GIRLS** | 1 | Jump left and right over three tissue  boxes for boys &  Two tissue boxes for girls. (Tissue boxes to be stacked  End to end and jumped over a static position with both legs). | 1  MINUTE | 6 tissue boxes | No. Of continuous jump over tissue boxes in one minute |
| 2 | Cricket bat bouncy ball or Football juggling challenge(boys)/ Badminton cock bounce (girls) | 1  MINUTE | Cricket Bat and canvas ball/Badminton Racket and cock. | No. Of bounce in 1 minute |
| 3 | Natraj Asana(boys &Girls) | NO TIME LIMIT | Not Applicable | Balancing  Maximum time without losing balance. |
| **S.SENIORS (10, 11, 12) BOYS/GIRLS** | 1 | Jump left and right over three tissue boxes for boys& two tissue boxes for girls. (Tissue boxes to be stacked end to  end and jumped over a static position with both legs). | 1  MINUTE | 6 tissue boxes | No. Of continuous jump over tissue boxes in one minute |
| 2 | Cricket bat bouncy ball or football juggling challenge  (boys) Badminton cock bounce challenge (girls) | 1  MINUTE | Cricket Bat and canvas ball//football /Badminton Racket and cock. | No. of bounce/juggling in one minute. |
| 3 | Pushups (boys)/ skipping rope jump (girls) | 1  MINUTE | Not Applicable | No. Of pushups or no of skipping jump in 1 minute |

Students are requested to register through Google form. Link will be shared by the class teacher.

(Note: students are not allowed to participate in more than 2 events. No change in events are allowed once the

list is finalise)

Regards

Principal Physical Education department