



EMIRATES FUTURE INTERNATIONAL ACADEMY
DEPARTMENT OF PHYSICAL EDUCATION
VIRTUAL ANNUAL SPORTS 2020-21



REF: EFIA/CIR-116/2020-21

03-11-2020

Greetings!

Dear Parents,

This is to inform you that, the 13th Annual Sports Meet for the academic year 2020-2021, will be held virtually in the month of November. 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 8/11/2020.

(Note: students are not allowed to participate in more than 2 events)

| CATEGORY | SL NO | EVENT | TIME LIMIT | MATERIAL REQUIRED | MEASURING CRITERIA |
|--|--------------|---|-------------------|--------------------------|--|
| JUNIORS-I (Gr 1&2) BOYS & GIRLS | 1 | Tree pose(Vrikshasana) balance challenge | 1 MINUTE | Not Applicable | Standing maximum time without losing balance |
| | 2 | JUMP OVER 1 TISSUE BOX (Tissue boxes to be stacked end to end and jumped over a static position) | 1 MINUTE | Two tissue boxes | No. of jumps in 1 minute |
| | 3 | Jumping jacks with claps | 1 MINUTE | Not Applicable | No of jumping jacks in 1 minute |
| JUNIORS-II (Gr: 3&4) BOYS & GIRLS | 1 | Tree pose (Vrikshasana) balance challenge | 1 MINUTE | Not required | Standing maximum time without losing balance |
| | 2 | JUMP OVER 2 TISSUE BOXES (Tissue boxes to be stacked end to end and jumped over a static position) | 1 MINUTE | 4 tissue boxes | No. of jumps in 1 minute |
| BOYS ONLY | 3 | PLANK | NO TIME LIMIT | Not Applicable | 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 | JUMPING OVER TWO TISSUE BOXES (Tissue boxes to be stacked end to end and jumped over a static position) | 1 MINUTE | 4 tissue boxes | No. of continuous jump over tissue boxes in one minute |
| BOYS | 2 | Plank | NO TIME LIMIT | Not Applicable | Holding maximum time without changing position |

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|--|---|---|------------------|-------------------|---|
| GIRLS | | Skipping rope jump | 1 MINUTE | Skipping rope | No. of jumps in 1 minute |
| BOYS/GIRLS | 3 | Tree pose (Vrikshasana) Balance challenge | NO TIME LIMIT | Not Applicable | Balancing standing maximum time without losing balance |
| SENIORS (7, 8, 9) BOYS/GIRLS | 1 | Jumping 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) | 1 MINUTE | 6 tissue boxes | No. Of continuous jump over tissue boxes in one minute |
| | 2 | Plank with shoulder tap (boys)/jumping jacks (girls) | NO TIME LIMIT | Not Applicable | No. Of shoulder tap or no. of jumping jacks in 1 minute |
| | 3 | Pushups (boys) skipping rope jump (girls) | 1 MINUTE | Not Applicable | No. Of pushups or no of skipping jump in 1 minute |
| S.SENIORS (10, 11, 12) BOYS/GIRLS | 1 | Jumping 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) | 1 MINUTE | 3 tissue boxes | No. Of continuous jump over tissue boxes in one minute |
| | 2 | Plank with shoulder tap(boys) normal plank (girls) | NO TIME LIMIT | Not Applicable | No. Of shoulder tap in 1 minute |
| | 3 | Pushups (boys)/ skipping rope jump (girls) | 1 MINUTE | Not Applicable | No. Of pushups or no of skipping jump in 1 minute |

Please list your entries through the below given form.

<https://forms.gle/9BzkgbDsNR9CTJZSA>

Saji Oommen

Principal