

**LEADERS PRIVATE SCHOOL, SHARJAH**  
**ACADEMIC YEAR (2020-21)**

**ORGANISING VIRTUAL INTERNATIONAL YOGA DAY**

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. Being in balance maintains not only our happiness and well-being but also our physical and mental health. Yoga helps to develop a great understanding of ourselves, the purpose of life and our relationship with the Supreme Being. The essential purpose of yoga is to bring together body, mind and spirit into a harmonious whole.

On 21<sup>st</sup> June 2020, we at Leaders Private School, celebrated ‘International Yoga Day, in all its sense, under the banner ‘Yoga at Home. Yoga with Family’, on digital media.

Our Principal, **Ms. Rafia Zafar Ali**, who is an ardent believer of having a ‘Healthy Mind in a Healthy Body’, regularly reiterates, in all her messages to the students, as well as Parents, the importance of maintaining Healthy Lifestyles.

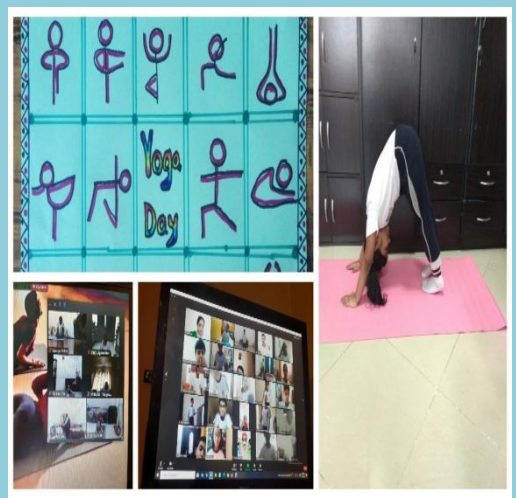
The morning commenced with the screening of the UAE National Anthem, followed by the Quran Recitation and the COVID-19 message, after which the students had the yoga session.

All the students were ready for the yoga session, with just a light breakfast. They had their yoga mats spread on the ground, in front of the video cams. An interactive video was screened on the various ‘asana’ and their benefits. The students performed the asana, by viewing the screen and following the instructions given by the trainer. A number of yogasanas were demonstrated and the students performed with great interest.

An extended activity for yoga day was:

KG	Activity:- Yoga Alphabet Video
I & II	Activity:- Yoga is fun (Drawing)
III TO V	Activity:-Poster Making related to Yoga Day
VI TO VIII	Activity: - PPT Presentation (Benefits and importance of yoga in day today life)
IX TO XII	Activity:- Open discussion on COVID-19 & YOGA





## ORGANISING VIRTUUAL SPORTS DAY

“Intelligence and skills can only function at the peak of their capacity when the body is healthy and strong”

By John F Kennedy

The healthy body can be achieved when we play Sports and Games. Sports is an integral part of our education system. It helps the students to be disciplined and have a healthy body. Sports Day is one of the most awaited events in the school calendar. This year due to the pandemic It has been decided by LEADERS PRIVATE SCHOOL, SHARJAH to hold a Virtual Sports Day to give students the opportunity to perform the different physical tasks and exhibit their discipline and skill.

Every student has been motivated to participate online and there were virtual challenges for students to complete. Participants were requested to take part in 1 or 2 events. Every activity pushed the children to test their skills and accuracy. The challenges were designed with the things available easily at their home.

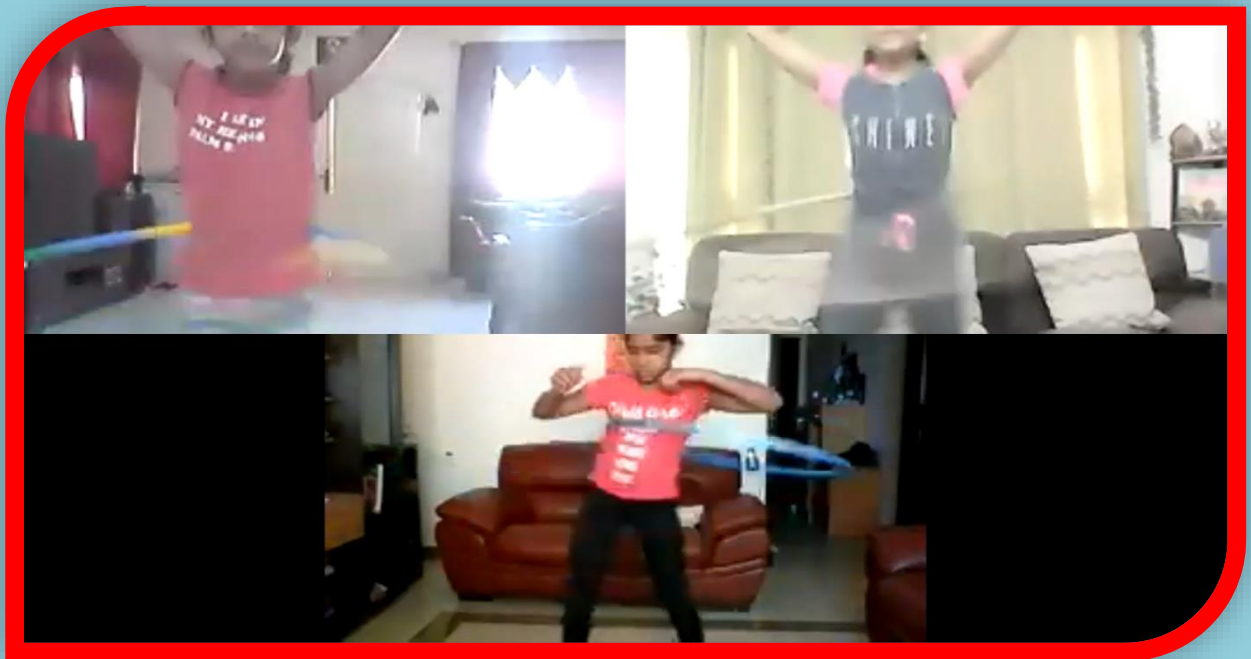
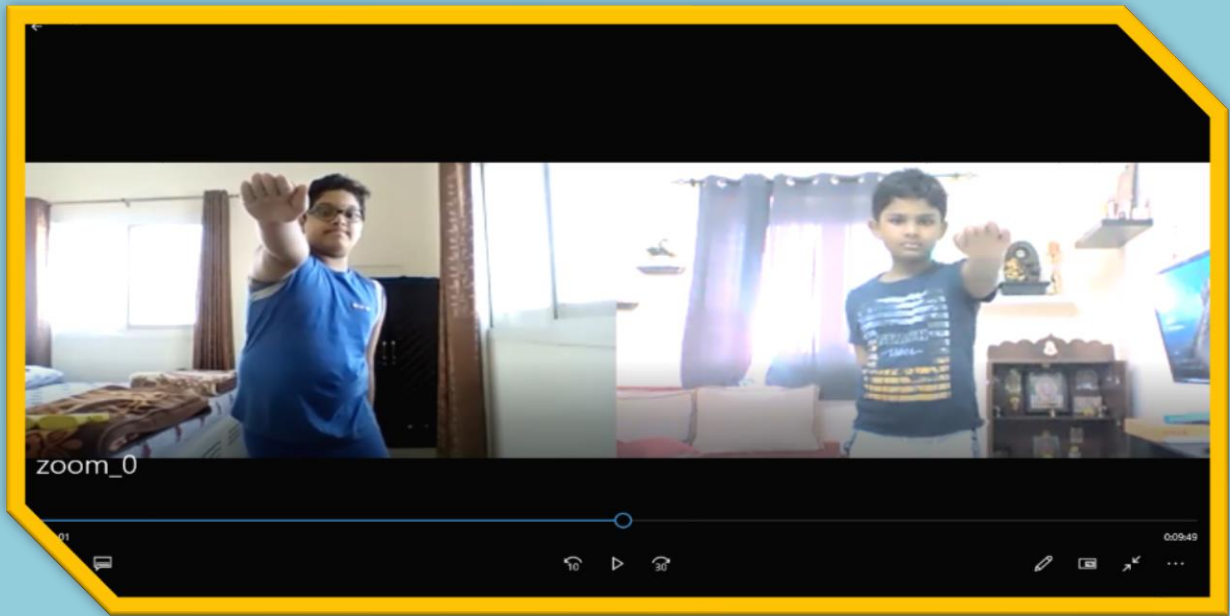
The Sports Day began with:

- ✚ Holy Quran Recitation
- ✚ UAE National Anthem
- ✚ Welcome Speech
- ✚ Oath taking
- ✚ Inaugural Video

The selection of students was done during their PE periods and selected students were asked to practice and be ready on the day of the Final Sports Event. We could see the other students cheering up their friends which gave us the feeling of Sports Day at its best.

On the Final Day the selected students joined the PE Teachers ID which was given to them. The events went on smoothly and students enjoyed each minute of the activity. It was a grand success. The thanking speech was delivered by the activity president and closing ceremony video was played to end the day. PE department would like to Thank our beloved Principal Mrs. Rafia Zafar Ali, for her motivation and support. She provided us with all the facilities for the grand success of Virtual Sports Day. It was indeed a most memorable day in the current academic year as it gave us the hope that anything can be possible if you have a vision and wish to fulfill it.

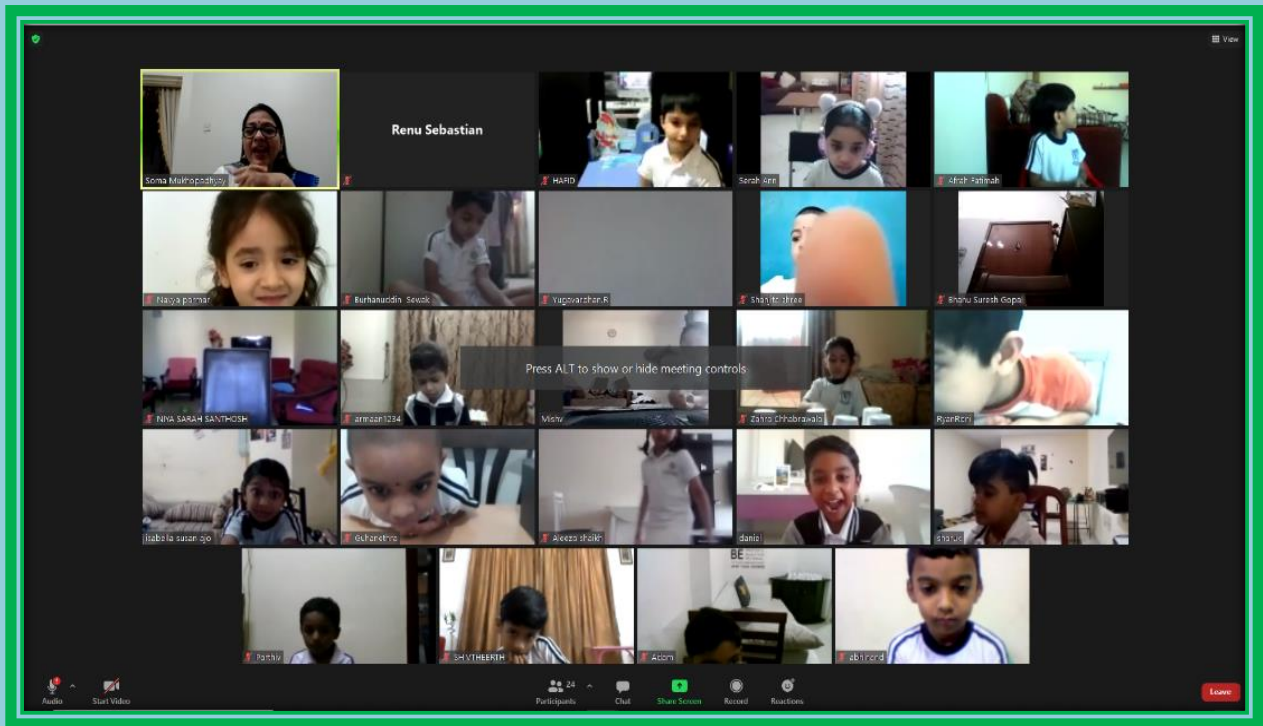
SL. NO.	EVENTS	TIME
1	<b>PLATE TAPPING</b>	25 CYCLES
2	<b>LEMON AND SPOON</b>	1 MINUTES
3	<b>FLAMINGO BALANCE</b>	MAXIMUM TIME TAKEN
4	<b>PYRAMID FORMATION</b>	MINIMUM TIME TAKEN
5	<b>FLIP BOTTLE</b>	30 SECONDS
6	<b>JUMPING JACKS (GIRLS)</b>	1 MINUTES
7	<b>SKIPPING</b>	1 MINUTES
8	<b>HULA HOOP FUN (GIRLS)</b>	MAXIMUM TIME TAKEN
9	<b>STRAW AND CHICKPEAS</b>	30 SECONDS
10	<b>THROW, CLAP, CATCH</b>	30 SECONDS
11	<b>CURL UP</b>	30 SECONDS
12	<b>PING-PONG VERTICALL RALLY</b>	1 MINUTES
13	<b>PUSH UP</b>	MAXIMUM PUSH UPS COUNTED
14	<b>FOOTBALL JUGGLING</b>	1 MINUTES

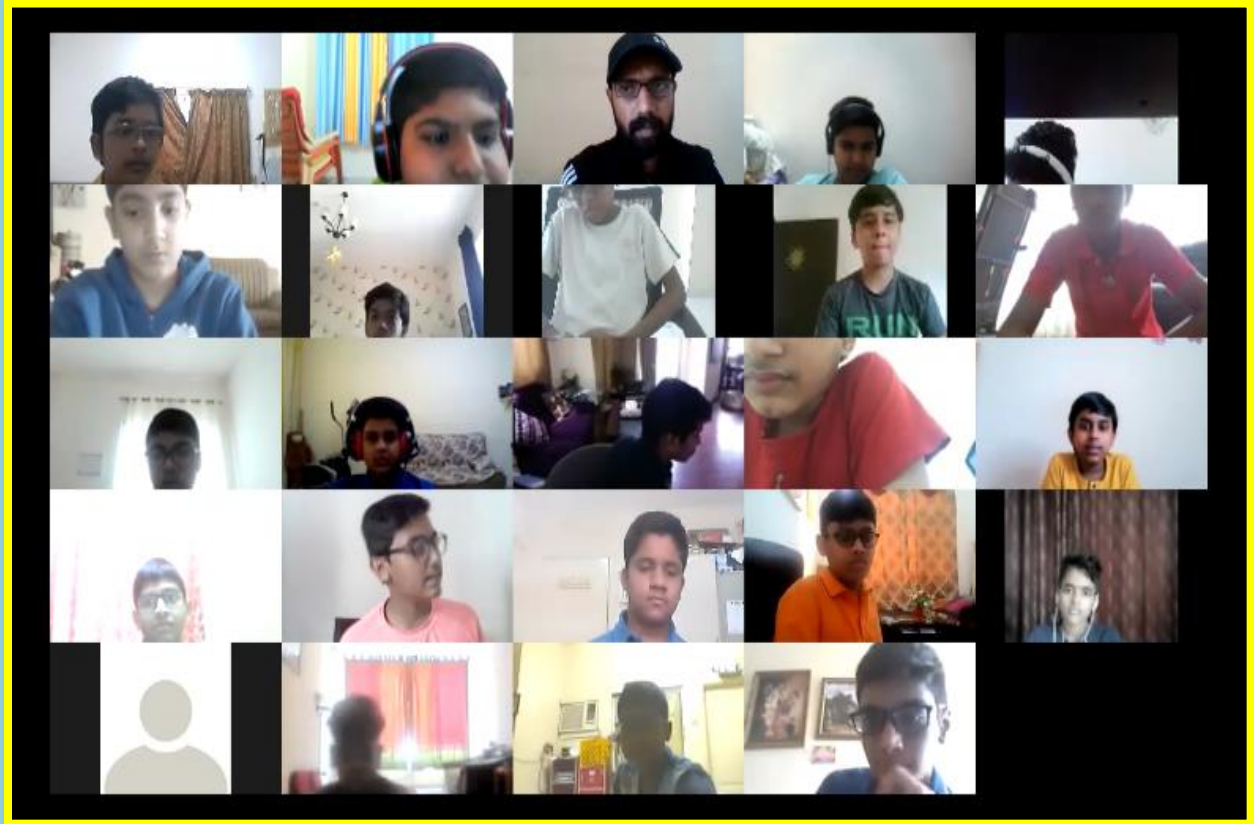


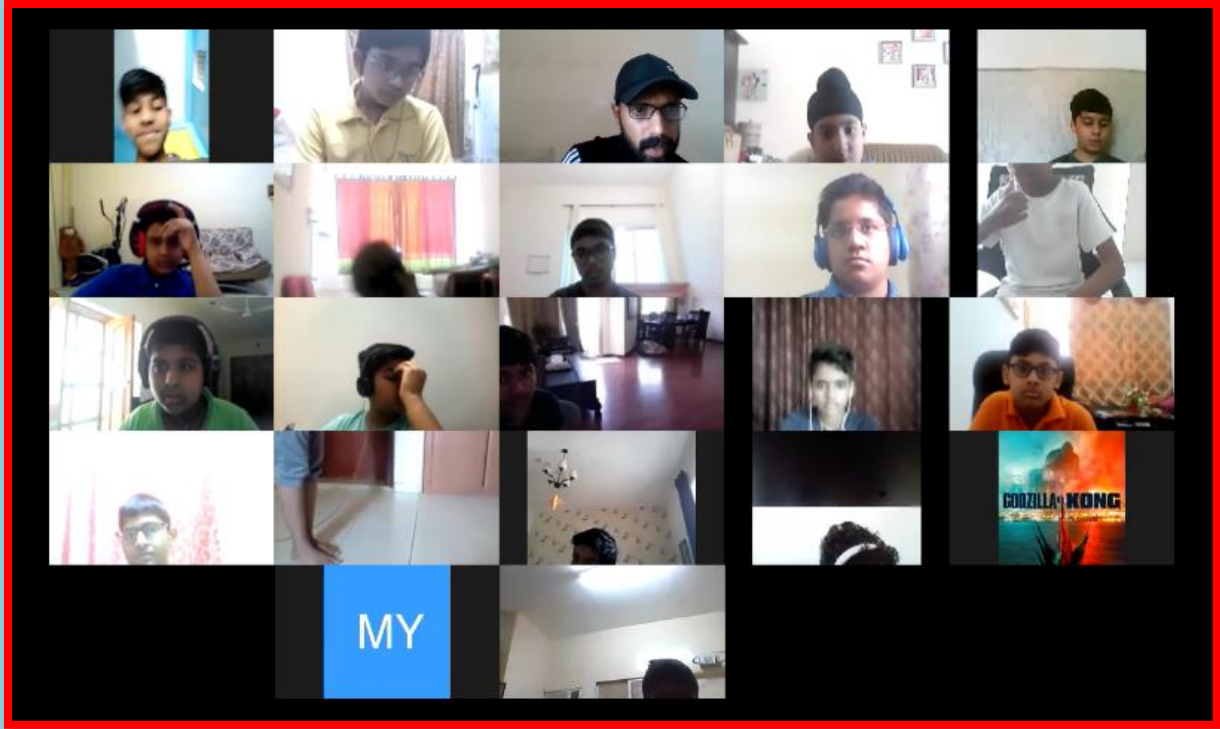




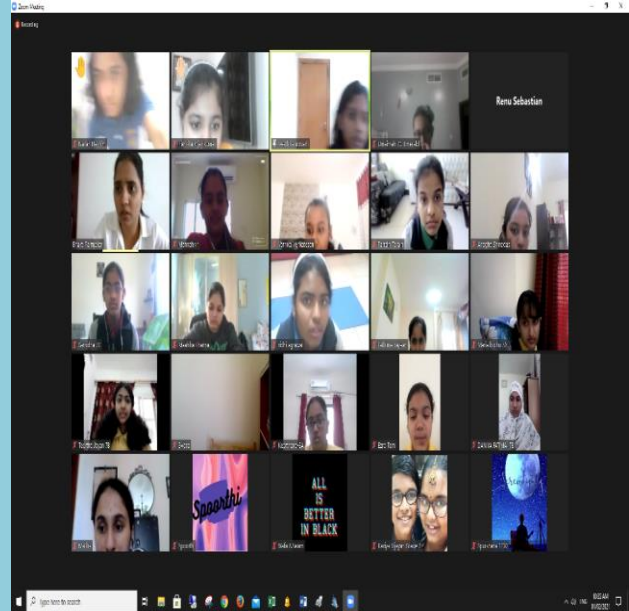
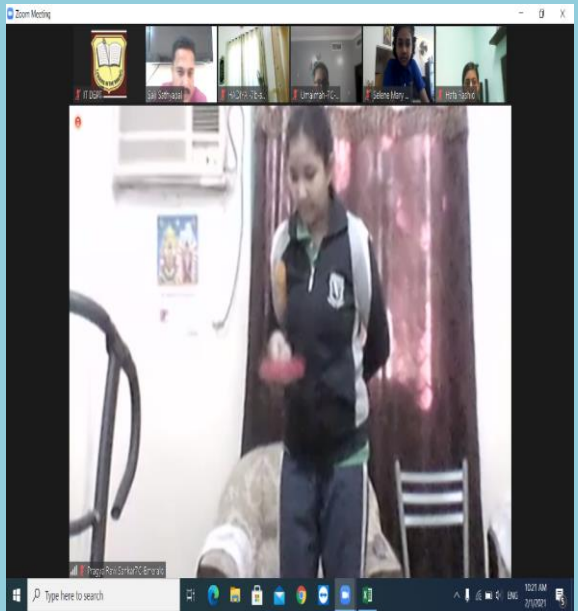
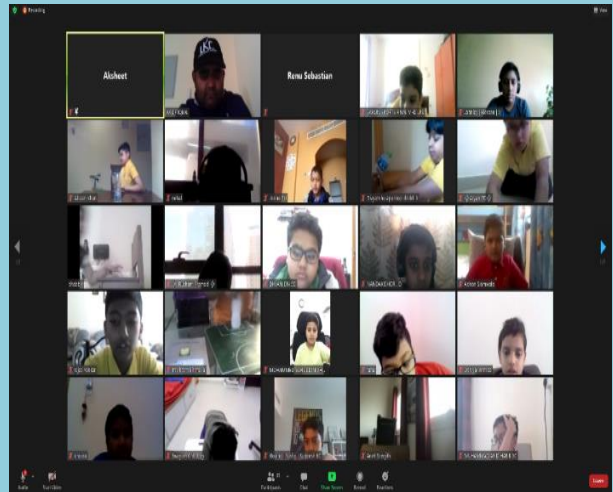












## ORGANISING OF SPORTS ACTIVITY

Sports and physical education are one of the most important in the school. This pandemic enabled us to celebrate it in different style. All children should have the opportunity to live healthy and active lives. So that we at Leaders Private School, decided to have an activity week which include sports also on Virtual platform.

The PE department added a bit of flair to spice up the events which could be conducted remotely with the equipment which could be acquired easily and is handy at home. Students responded enormously and participated with high spirits.

It is one of the largest co-curricular activity programs that offer an extensive opportunity to all the students. This venture shall enable the students 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-energetic them. Attached below is the list of age-appropriate events rolled out for all classes.

SL. NO.	ACTIVITY	TIME
1	FLIP BOTTLE.	1 MINUTES
2	STRAW AND CHICKPEAS.	1 MINUTES
3	HULA HOOP FUN	MAXIMUM TIME TAKEN
4	SKIPPING	1 MINUTES
5	BALL CATCHING/THROW CLAP AND CATCH	1 MINUTES
6	YOGA	ACCORDING TO THE VIDEO GIVEN
7	SIDE JUMP	1 MINUTES

