

Schools open up to various sports beyond PT

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Schools have come a long way from the time when the only activity that students in day-schools did was robotic physical training exercises. Today, students can opt from a range of sports, including golf to mallakhamb and horse riding.

Sports: Rifle shooting, Mallakhamb and athletics
At: Smt. Sulochanadevi Singhania School, Thane

"Students are trained in athletics until they are in class 4, after which, based on their body mass index or BMI and height, they are allocated a sport they are most likely and suitable to excel in," says the school's head of department for physical education, Sunil Pawar. "The student sticks with the allotted sport till Class 12 and masters it instead of dabbling into multiple sports."

Each of the 10 sports the school offers is headed by a certified NIS (National Institute of Sports) coach. For athletics, the school has a 200m mud track on which 400, 800, 1600 metre races are held. The space also serves as a ground for long, triple and standing broad jump matches as well as for javelin, discus and shotput. "Recently, our student, Keisha Modi, set a new metre record for long jump (5.37m) at the ICSE nationals in Hyderabad at the start of November," says Pawar.

The school's annual sports day is a calendar event as upto 10,000 spectators come to watch the boys attempt acrobatics on the Mallakhamb pole. Horizontal bars, pommel horse and Roman rings are used mainly for straddle jumps and headstands. Girls do floor exercises and uneven bars for cartwheeling. Under the tutelage of Chhatrapati awardee, Mangesh Ingle, students compete in gymnastics at the district level. The school won a gold, silver and bronze medal at the annual sports and cultural event, Parle Mahotsav 2016, for gymnastics. "We will start rope mallakhamb shortly," says Pawar.

Sports: Squash, golf, horse riding,



Students of different schools participating in various kinds of sports

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— **Sunil Pawar**, HOD, PT, Smt. Sulochanadevi Singhania School

chess

At: Indus School, Bangalore
The Indus School has won many laurels in sports, according to vice-principal Selina Krishnan. "Aahan Aggarwal and Bhuvras Doshi won a gold each in Squash JASE Cup 2016 organised by the Jain International Residential School, Bangalore. The event saw 20 teams participating from different schools," says

Krishnan. "Our ex-student Aariya Patel is a national level squash player. We provide students all the sporting equipment and have coaches and ground staff for every sport."

Students, class 6 onwards, can avail of the squash court. For golf, the school has partnered with the 18-hole course Clovers and Greens, where students of all grades can avail professional training.

The school has nine horses and dedicated arenas for dressage, riding and jumping. Students are taught skills such as show jumping, mounting and dismounting. "An ex-servicemen from the National Defence Academy (NDA), Dr Rajesh Singh, who has participated in the Republic and Independence day parades in Delhi, is the school's riding instructor," adds Krishnan.

Under former national-level chess champion Rohan Shandilya, the school's students just won four gold medals and one bronze medal

at the Malaysian Chess Festival. The chess program currently has 240 students.

Sports: facilities: Hockey and gymnasium

At: Jankidevi Public School, Mumbai

In addition to football, handball, karate, skating and swimming, the school recently included hockey as well. "We got an artificial turf six months ago, and commenced hockey coaching," says the school's sports coordinator Anupama Parmar. "We have a staff of 10 physical trainers for all the sporting activities."

The school provides 15 hockey sticks or students can bring their own. The school team consists of 18-20 students.

There's also a gymnasium with different workout areas for boys and girls manned by male and female instructors. Students can use sporting equipment for chest and leg press, sit-ups, cycling, weight-



training, abs, aerobic blocks and bags, etc.

Sports: Horse riding and archery
At: Amity International, Noida
The school's on-campus stable houses eight Marwari horses tended to by nine helpers and trainers. Coach Pravinder Singh, says: "Students are permitted to practice in the morning from 5.30-8.30am and in the evening from 4.30-7pm.

There's no training in their activity period and also on Wednesdays, so the horses can recover." They provide riding gears such as breeches, gumboots, helmet, chest guard, etc. Nearly 115 students have opted for the equestrian training.

A 30m area is cordoned off solely for archery. Compound bows, carbon and bamboo arrows, and five targets are used. Students have participated in CBSE federation tournaments and represented Delhi at a competition hosted by the Archery Association of India.

Sport: Taekwondo

At: Hiranandani Foundation School International, Mumbai
The school introduced Taekwondo after it partnered with sports education, training and technology company KOOH, which has re-evaluated sports curriculum for 200 schools across the country. "Interactions with teachers and parents made us realise the need for self-defence skills that requires mental fitness along with physical. Taekwondo provides just that," says Arnav Thakker, regional director of KOOH.

Four Taekwondo specialists run the 60-minute class, which combines Taekwondo techniques of *hoshinsul*, *kyuurogi*, and *poomsae*. A special 'freedom from fear program' teaches girls to use combs, pins, bags, bottles, bangles, mobile phones, books, etc and 'yell theory' for self defence. Exams and ceremonies are held at every level of acquiring Taekwondo belts. Parents receive an annual report card of their child's progress. The popularity of the martial art among students has prompted the school to open a community centre within its premises for children in the neighbourhood.