

FIT AND FUN

Drill



SEP

23

VIRTUAL MEET

THROUGH ZOOM

TIMING:

4.00.P.M TO 4.30 P.M -GRADE 1-3

4.30 .P.M TO 5.00 P.M -GRADE 4& 5

CIRCULAR NO: CIR21-23

DATE: 9-9-21

Physical activity helps with more than weight maintenance and boosted energy.

Regular exercise

- promotes positive mental health
- builds strong bones and muscles
- reduces the likelihood of developing obesity
- promotes better quality of sleep
- staying active also impacts academic achievement.
- It helps to improve concentration, memory, and classroom behaviour.

**BY
MANAGEMENT**