# C3R 39 of 39 ublic Section 1 ANNUAL SPORTS DAY CELEBRATIONS 2022-23

06th January 2023

PROGRAM SHEET S.NO PROGRAM TIMINGS		
	PROGRAM	TIMINGS
1.	Arrival of the Chief Guest	3:30 -3:31p.m
2.	Presentation of Badges	3:31-3:32 p.m.
3.	Prayer song	3:32-3:35 p.m
4.	Presentation of Bouquets	3:35-3:36 p.m.
5.	Welcome Dance	3:36-3:46 p.m
6.	Welcome address and the Annual Report by the Principal	3:46-3:50 p.m.
7	Lighting the Sports Flame	3:50-3:57 p.m.
8.	Flag Hoisting by the Chief Guest	3:57-4:00 p.m.
9.	March past-Marching ahead	4:00-4:10 p.m
10.	Administration of Oath	4:10-4:11 p.m
11.	Declaration of Sports Meet Open and release of Balloons	4:11-4:12 p.m
12.	Track event	4:12-4:17 p.m
13.	Flower drill by the students of U.K.G, 1 & 2	4:17-4:22 p.m
14.	Dance by students of Montessori	4:22-4:27 p.m
15.	Hoops drill by students of class 6	4:27-4:32 p.m
1.6.	Jungle dance by students of class 3,4 & 5	4:32-4:37 p.m
17.	Prize distribution	4:37-4:52 p.m
18.	Aerobics by the students of class 3,4 & 5	4:52-4:57 p.m
19.	Yoga performance	4:57-5:02 p.m
20.	Peacock Dance by the students of class 6 & 7	5:02-5:07 p.m
21.	Presentation of Mementoes to the Guests	5:07-5:09 p.m
22.	Cultural fusion- National Integration	5:09-5:26 p.m
23.	Vote of thanks	5:26-5:27 p.m
24.	Address by the Guest of Honour	5:27-5:30 p.m
25.	Address by the Chief Guest	5:30-5:37 p.m
26.	Lowering the Flag	5:37-5:38 p.m
27.	Declaration of Sports Meet Close	5:38-5:39 p.m
28.	National Anthem	5:39-5:40 p.m







# **Sports Day Programme Template**

**Dr. John Louis Slack** 

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High-Performance Training for Sports Joyce, David, Lewindon, Dan, 2014-05-16 High Performance Training for Sports presents today s best athlete conditioning protocols and programs in the world An elite group of international strength and conditioning specialists and sport physiotherapists explain and demonstrate the most effective applications of the most current sport science and sports medicine to enhance athletic performance Teacher Support Pack Alison Page, Tristram Shepard, Darren Coghlan, Ian Fitzgibbon, 2000-10 Also available on an electronic product on CD ROM see sample Student focused material allows independent learning and progress at individual rates A learning unit structure provides maximum flexibility in the classroom with suggested lesson plans for non IT specialists Targets for the start of each unit of work are reviewed at the end for complete consolidation <u>Developing Power NSCA - National Strength & Conditioning</u> Association, Mike McGuigan, 2017-06-01 Authored by the National Strength and Conditioning Association Developing Power is the definitive resource for developing athletic power In Developing Power you ll find research based recommendations from the world's leading experts on power development Coverage includes the following Assessment protocols for testing jumps throws and ballistic exercises Step by step instructions for exercises and drills for upper body lower body and total body power Guidance on how to add progressions safely and effectively for continued development Multiple training methods such as explosive weight training Olympic lifts and plyometrics Ready to use programs for 12 of the world's most popular sports Leaving no topic uncovered Developing Power is the most comprehensive resource dedicated to increasing athletic power These are the exercises programs and protocols being used at the highest levels of sport and performance With Developing Power the experts at NSCA are ready to elevate your power Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam How to Dazzle at Information Technology Ann Goodwin, 2000 How to Dazzle at Information Technology contains over 40 photocopiable ideas for use with Key Stage 3 KS3 students However many of them could also be used with Key Stage 4 KS4 slower learners They are practice tasks which presuppose that students have the knowledge and skills required to use the various programs Sportsmanship Tim Delaney, 2016-03-01 Sportsmanship is a broad concept ethics fairness honor and self control Some people find it difficult to define what makes a good sport but state I know one when I see one This collection of new essays brings together the work of more than two dozen contributors from around the world who teach sportsmanship in a range of academic disciplines including sociology psychology economics education kinesiology and applied athletics Topics include the moral ambiguities of cheating recreation in prison ethics and character formation coaching perspectives gender race and the portrayal of sportsmanship in film Instructors considering this book for use in a course may request an examination copy here NASM's Essentials of Sports Performance Training Micheal Clark, Scott Lucett, Donald T. Kirkendall, 2010 This First Edition based on the National Academy of Sports Medicine

NASM proprietary Optimum Performance Training OPT model teaches future sports performance coaches and other trainers how to strategically design strength and conditioning programs to train athletes safely and effectively Readers will learn NASM's systematic approach to program design with sports performance program guidelines and variables protocols for building stabilization strength and power programs innovative approaches to speed agility and quickness drills and more This is the main study tool for NASM's Performance Enhancement Specialist PES **The Sociology of Sports** Tim Delaney, Tim Madigan, 2021-08-19 This third edition takes a fresh approach to the study of sport presenting key concepts such as socialization race ethnicity gender economics religion politics deviance violence school sports and sportsmanship While providing a critical examination of athletics this text also highlights many of sports positive features This new edition includes significantly updated statistics data and information along with updated popular culture references and real world examples Newly explored is the impact of several major world events that have left lasting effects on the sports realm including a global pandemic SARS CoV 2 or Covid 19 and social movements like Black Lives Matter and Me Too Another new topic is the pay for play movement wherein college athletes demanded greater compensation and at the very least the right to profit from their own names images and likenesses Maximise Your Fitness Potential (for All Levels) Wayne Lambert, 2011-09 About the Author Wayne spends his spare time raising money for various charities boxing travelling reading and enjoying family life in Dubai where he lives with his wife and baby daughter Profits from any commercial product or service are donated to various charities Profits from this book are donated to Help for Heroes Royal British Legion and War Child About the Book The books most obvious concept is how you can exercise your body anywhere and this book is a mammoth of information from actually how to keep a journal of your progress to detailed explanations to why and how the exercises work Conquer your fitness potential inclusive of your aerobic anaerobic muscular endurance strength and power to name only a few Easy templates are provided within this book to help you Basically all the work is done for you from basic to intense programs depending on your fitness levels you just have to read it and take action Life is choice choose to do it today

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s role giving a dynamic overview of the realities of producing film today and exploring the entire process from development through to post production and distribution **Directing Youth Sports Programs** Rainer Martens, 2001 Directing Youth Sports Programs is loaded with helpful tools to get your program on the right track including sample recruiting plans job descriptions for coaches a sample calendar of events a first aid inventory emergency medical information and up to date addresses and reference information You ll also find more than 30 forms and 20 practice exercises to use to organize and manage your program plus a unique Sport Event Planner an indispensable tool to guide you through the process of planning youth sport events Whether you re a novice youth sport director looking for a user friendly handbook or an experienced administrator in search of a strategic reference turn to ASEP for the ideal resource Directing Youth Sports Programs BOOK Rehabilitation Techniques for Sports Medicine and Athletic Training William Prentice, 2024-06-01 Rehabilitation IACKET Techniques for Sports Medicine and Athletic Training Seventh Edition is the definitive reference for athletic training students and professionals who are interested in gaining more in depth exposure to the theory and practical application of rehabilitation techniques used in a sports medicine environment Dr William Prentice and his contributors have combined their knowledge and expertise to produce a single text that encompasses all aspects of sports medicine rehabilitation Featuring more than 1 000 full color illustrations 700 high resolution videos and an integrated laboratory manual this newly updated Seventh Edition provides the athletic trainer with a complete guide to the design implementation and supervision of rehabilitation programs for sport related injuries The Seventh Edition includes new and updated information on topics including Pharmacology and the role of medication in pain management and performance Nutrition and its impact on rehabilitation Rehabilitation techniques for the core Roles within the rehabilitation team Pathomechanics and epidemiology of common injuries Psychological considerations and communication with injured patients Tips for documentation from Dr Prentice Included with the text are online supplemental materials for faculty use in the classroom Rehabilitation Techniques for Sports Medicine and Athletic Training Seventh Editionis a comprehensive resource for athletic training students faculty and clinicians physical therapists who manage rehabilitation programs for sports related injuries as well as for strength and conditioning coaches who supervise performance enhancement programs on return to play **Upstart Startup** James Nehring, 2002 Direct from the heart of public school reform James Nehring offers a complete tour of one charter school walking us through the school's vision of learning the day today challenges the many achievements and the lessons learned From the unique perspective of school principal and then full time teacher Nehring takes us deep into the Francis W Parker Charter Essential School providing rare insight into the strategic issues involved in launching a new school This engaging narrative is certain to add credibility and inspiration to all those who are interested in learning how charter schools operate and how public education might be renewed in the process The message of this book is at once simple and profound charter schools work NASM Essentials of Personal Fitness Training ,2008 Developed by the National Academy of Sports

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