

# DDMS (AMS) P.OBUL REDDY PUBLIC SCHOOL

## SPORTS CLUB (Kho-Kho) CLASSES – IV & V

### TERM –I NEWSLETTER

*Sports is Friendship, Sports is Health, Sports is Education,*

*Sports is Life and Sports brings the World Together.*

*Through the Sports Club, we teach students how to play kho-kho and develop physical fitness, goal setting, agility, hand and body co-ordination, discipline, how to deal with triumph and defeat & build team-spirit in them.*



*Playing kho - kho stimulates imagination and allows the players to adapt and resolve problems.*



*In the months of June - September, students were taught zig-zag running with cones, sitting position and also how to sit in square box through which they acquired motor control, balance and hand and body co-ordination . They also developed team-spirit, discipline and social skills.*



**Ms. K. Annapurna**

**Kho-Kho Club In-Charge Teacher**