



SNGCS/CIRC/25-26/233

Wednesday, 05th December, 2025

SUBJECT: Commencement of Sports Events-Qualifying rounds (Balvatika to Grade IX).

Dear Parents,

Greetings from S.N.G.C.S.!

This is to inform all students that the **Sports Day Heats** for various track and field events will commence from **Wednesday, 5th December 2025 onwards** during regular school hours.

Students are requested to be present and participate actively in their respective events.

Sports Events:

Balvatika 1-3	Grades I-V																																																						
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">Balvatika 1</p> <p style="text-align: center;">RUNNING RACE COLOUR BALL COLLECTION LEMON AND SPOON</p> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">Balvatika 2</p> <p style="text-align: center;">RUNNING RACE VEGETABLE BASKET RACE HURDLE RACE</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">Balvatika 3</p> <p style="text-align: center;">RUNNING RACE OBSTACLE RACE BOOK BALANCE RACE</p> </div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center; font-weight: bold;">Individual Games</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 20%;">Standard</th> <th>Games</th> </tr> </thead> <tbody> <tr> <td rowspan="4">1st Std</td> <td>Running</td> </tr> <tr> <td>Cone collection</td> </tr> <tr> <td>Book Balance</td> </tr> <tr> <td>Obstacle Race</td> </tr> <tr> <td rowspan="4">2nd Std</td> <td>Running Race</td> </tr> <tr> <td>Sack Race</td> </tr> <tr> <td>Cone collection</td> </tr> <tr> <td>Obstacle Race</td> </tr> <tr> <td rowspan="4">3rd Std</td> <td>Running</td> </tr> <tr> <td>Sack Race</td> </tr> <tr> <td>Cone collection</td> </tr> <tr> <td>Obstacle Race</td> </tr> <tr> <td rowspan="4">4th Std</td> <td>Running</td> </tr> <tr> <td>Sprint</td> </tr> <tr> <td>Chase</td> </tr> <tr> <td>ball throw</td> </tr> <tr> <td rowspan="4">5th Std</td> <td>Running</td> </tr> <tr> <td>Sprint</td> </tr> <tr> <td>Chase</td> </tr> <tr> <td>Shotput</td> </tr> </tbody> </table> </div> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; font-weight: bold;">Team Game</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 20%;">Standard</th> <th style="width: 40%;">Games</th> <th style="width: 20%;">Girls</th> <th style="width: 20%;">Boys</th> </tr> </thead> <tbody> <tr> <td rowspan="4">4th & 5th Std</td> <td>Football</td> <td></td> <td style="text-align: center;">✓</td> </tr> <tr> <td>Dodgeball</td> <td style="text-align: center;">✓</td> <td style="text-align: center;">✓</td> </tr> <tr> <td>Lagadi</td> <td style="text-align: center;">✓</td> <td></td> </tr> <tr> <td>Tug of War</td> <td style="text-align: center;">✓</td> <td style="text-align: center;">✓</td> </tr> <tr> <td rowspan="3">2nd & 3rd std</td> <td>Dodgeball</td> <td></td> <td style="text-align: center;">✓</td> </tr> <tr> <td>Lagadi</td> <td style="text-align: center;">✓</td> <td style="text-align: center;">✓</td> </tr> <tr> <td>Battan Ex.</td> <td style="text-align: center;">✓</td> <td></td> </tr> </tbody> </table> </div>	Standard	Games	1st Std	Running	Cone collection	Book Balance	Obstacle Race	2nd Std	Running Race	Sack Race	Cone collection	Obstacle Race	3rd Std	Running	Sack Race	Cone collection	Obstacle Race	4th Std	Running	Sprint	Chase	ball throw	5th Std	Running	Sprint	Chase	Shotput	Standard	Games	Girls	Boys	4th & 5th Std	Football		✓	Dodgeball	✓	✓	Lagadi	✓		Tug of War	✓	✓	2nd & 3rd std	Dodgeball		✓	Lagadi	✓	✓	Battan Ex.	✓	
Standard	Games																																																						
1st Std	Running																																																						
	Cone collection																																																						
	Book Balance																																																						
	Obstacle Race																																																						
2nd Std	Running Race																																																						
	Sack Race																																																						
	Cone collection																																																						
	Obstacle Race																																																						
3rd Std	Running																																																						
	Sack Race																																																						
	Cone collection																																																						
	Obstacle Race																																																						
4th Std	Running																																																						
	Sprint																																																						
	Chase																																																						
	ball throw																																																						
5th Std	Running																																																						
	Sprint																																																						
	Chase																																																						
	Shotput																																																						
Standard	Games	Girls	Boys																																																				
4th & 5th Std	Football		✓																																																				
	Dodgeball	✓	✓																																																				
	Lagadi	✓																																																					
	Tug of War	✓	✓																																																				
2nd & 3rd std	Dodgeball		✓																																																				
	Lagadi	✓	✓																																																				
	Battan Ex.	✓																																																					

Secondary section:

CLASS 6	CLASS 7	CLASS 8	CLASS 9
100	100	100	100
LANGDI RACE	LANGDI RACE	200	200
POTATO RACE	POTATO RACE	400	400
STANDING BALL THROW	STANDING THROW BALL	SHOT PUT	SHOT PUT
4 X 50 Relay	4 X 50 Relay	JAVELIN THROW	JAVELIN THROW
		4 X 100 Relay	4 X 100 Relay

FOOTBALL 7 TO 9	Boy's	CRICKET 7 TO 9	Boy's
	Girl's		
LANGADI 6 TO 7	Boy's	DODGEBALL 6 TO 9	Girl's
	Girl's		
TUG OF WAR 6 TO 9	Boy's	TUG OF WAR 6 TO 9	Girl's

Final Sports Day	Section
Wednesday, 07 th January, 2026	Balvatika 1-3
8 th & 9 th January, 2026	Grade I - IX

Important Instructions:

- Participation is compulsory for all students.
- **The schedule and other details will be briefed by the P.T teachers.**
- Students must bring their own water bottles.
- Fair play and discipline must be maintained at all times.

Warm regards
 Deepa Jayaroy
 Principal
 S.N.G.C.S.

“A step away from sugar, a step toward health.”