

# PODAR INTERNATIONAL SCHOOL, MANGALORE

(CBSE Affiliation No -831054, School code – 46680)

Ref No: PIS/ACT/SEAT/2022-23/ 35

Dear Parents/Guardians,

Greetings from Podar International School Mangalore!!!!

## Annual Sports Day -2022-23

### GRADE I

#### Boys

1. 30 m race
2. TT ball Balance race
- 3 .Obstacle race
4. Book balance race

#### Girls

1. 30 m race
2. TT ball Balance race
3. Obstacle race
- 4.Book balance Race

### GRADE II

#### Boys

1. 30 m race
2. TT ball Balance race
- 3 .Obstacle race
4. Book balance race

#### Girls

1. 30 m race
2. TT ball Balance race
3. Obstacle race
- 4.Book balance Race

### GRADE III

#### Boys

1. Sack race
2. Water bottle filling with hand
- 3 .Obstacle race
4. 50 m race

#### Girls

- 1.Sack race
- 2.Water bottle filling with hand
3. Obstacle race
4. 50 m race

### GRADE IV

#### Boys

1. Sack race
2. Water bottle filling with hand
- 3 .Obstacle race
4. 50 m race

#### Girls

- 1.Sack race
- 2.Water bottle filling with hand
3. Obstacle race
4. 50 m race

### GRADE V

#### Boys

1. Sack race
2. Standing broad jump
- 3 .Obstacle race
4. 100 m race

#### Girls

- 1.Sack race
2. Standing broad jump
3. Obstacle race
4. 100 m race

## GRADE VI

### Boys

1. 100 m race
2. Shot put
3. Standing broad jump
4. 200 m Run

### Girls

1. 100 m race
2. Shot put
3. Standing broad jump
4. 200 m Run

## GRADE VII

### Boys

1. 100 m race
2. Shot put
3. Standing broad jump
4. 200 m Run

### Girls

1. 100 m race
2. Shot put
3. Standing broad jump
4. 200 m Run

## GRADE VIII

### Boys

1. 100 m race
2. Shot put
3. Standing broad jump
4. 200 m Run

### Girls

1. 100 m race
2. Shot put
3. Standing broad jump
4. 200 m Run

## GRADE IX

### Boys

1. 100 m race
2. Shot put
3. Discuss throw
4. 200 m Run

### Girls

1. 100 m race
2. Shot put
3. Discuss throw
4. 200 m Run

## GRADE X

### Boys

1. 100 m race
2. Shot put
3. Discuss throw
4. 200 m Run

### Girls

1. 100 m race
2. Shot put
3. Discuss throw
4. 200 m Run

## **Inter house Relay Race**

Grade I&II Boys and Girls

Grade III&V Boys and Girls

Grade VI&X Boys and Girls

### Note:

\* Each class 1 final event will be conducted on the Annual sports day.

\* In all Categories the the first 3 positions will be awarded with Medals & Certificate.

\* All events will be conducted during regular school hours, make sure your ward is present regularly to school.

Event in charge

Principal