

Co-Curricular activities (Optional)

Activities supplement academics and give the students practical training which they require in day-to-day life. To give students an opportunity to showcase and hone their talents, special activities will be conducted through the year. Activities not only help students shape their personal interests and hobbies but also improve their leadership and social skills. Students of Grades VI to IX can choose the activity depending on his/her interest.

PURPOSE

Tripada English School provides holistic education by balancing academics with extracurricular activities. The syllabus is designed to make learning less stressful for the students without compromising quality. According to National Education Policy skills are very important for the Child's development, if we include these activities from primitive age they will be developed accordingly.

We will be starting with the below activities from June onwards. All the activities mentioned here are optional and payable.

Choose any one activity from Group A and one from group B.

Grade	Group A	Group B
6	Kudo or Kabaddi	Chess or Robotics
7	Kudo or Kabaddi	Chess or Robotics
8	Kudo or Kabaddi	Chess or Robotics
9	Table Tennis or Kabaddi	Chess or Robotics

Timings:

Grade 6 to 9 : 1.15 pm to 2.00 pm (Monday to Friday)

3days for Activity of group A

2days for Activity of group B

Benefits of Integrating Chess in Schools

The benefits of teaching Chess to kids and integrating it into the educational curriculum extend far beyond academic capabilities. Chess students learn to analyze, plan and perform, both over the board and in real life. The children learn how to concentrate, how to think ahead, how to solve complex problems, and how to make difficult decisions—all valuable life skills.

Benefits of KUDO

Kudo is MMA or Mixed Martial Arts: It is a safe, scientific, modern & practical Combination of traditional & sports Karate, Judo, Jututsu, Muay Tahi, Kravmaga, Boxing and Kickboxing.

It has many benefits for people of all ages. It helps you to develop the healthy lifelong habit of fitness, it gives you valuable skills to defend yourself.

Benefits of KABADDI

1. Helps Overcome Fear
2. Enhances the presence of mind
3. Paying attention to small things
4. Develops Right Spirit.

Benefits of TABLE TENNIS

1. Improving hand-eye coordination. ...
2. Improving reflexes. ...
3. It's easy on the joints. ...
4. It burns calories. ...
5. It's a social sport. ...
6. It keeps your brain sharp. ...
7. Table tennis is utilized a treatment for dementia. ...
8. It improves balance.

Why kids should know robotics

1. Robotics can be a fun introduction to programming
2. Robotics is an excellent skill for future career development.
3. Robotics teaches problem-solving skills.
4. Robotics encourages curiosity and creativity.
5. Robotics prepare them for a technological future.

NOTE:

- 1. Interested parents can Enroll the name in Account Section.**
- 2. The above two activities cost Rs.8000/- per year.**
- 3. Activities will commence from 15th June2022 to Feb'2023. The Student can register their name till 14th June.**
- 4. Exams, Public Holidays and Vacations are excluded from the above planning.**

PRINCIPAL