MBS INTERNATIONAL SCHOOL
(RECOGNISED AND AFFILIATED TO CBSE)

Sector-11, Dwarka, New Delhi-110075
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REPORT OF INTER-HOUSE COMPETITION
SESSION - 2024-2025

Name of the Activity : **Inter-House Skipping Competition.**
Day & Date : **Wednesday, 07 August 2024**
Class : **IV**
Activity Incharge : **Ms. Nishi Gupta**

Glimpse of the Event

Objectives:

- The objective is to keep jumping over the skipping rope without touching the ground.

- To improve fine motor skills, muscle strength, balance and coordination.

"Fitness is not a destination; it is a way of life." – Mukul Varshney

With this spirit, MBS International School conducted Inter-House Rope Skipping Competition for the students of Class IV in the school premises wherein the budding sportsmen exuded boundless energy and performed their best.

Skipping is a full body exercise which improves coordination, stamina and focus of the students. The students participated in a good spirit and enjoyed it thoroughly.

Parameters/ Judgment criteria
Technique and Strength, Speed, Time management, Coordination

The Winners are as follows:-

Result for the girls

S.No	Name of the Student	Class and Section	House	Position
1	Saanvi Negi	IV Plumeria	Vivekanand	I
2	Ananya Magu	IV Magnolia	Teresa	II
3	Monishka Sharma	IV Margosa	Curie	III

Result for the Boys

S.No	Name of the Student	Class and Section	House	Position
1	Riyansh Negi	IV Gulmohar	Tagore	I
2	Ayush Singh Negi	IV Gulmohar	Vivekanand	II
3	Bhavya Shokeen	IV Magnolia	Teresa	III

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