



PE Teachers of ITL Attend Physical Education Workshop

DATE : 15TH May, 2018
NAME OF COMPETITION : Physical Education Workshop
CONDUCTED BY : Indian Heights School, Dwarka
NAME OF TEACHERS : Ms. Savita Sharma, Mr. Ishwar Bhati

Indian Heights School, Dwarka organized **Physical Education workshop**, on 15TH May, 2018. The resource persons for the session were Professor **Dr. Sandhya Tiwari** and **Dr. Pradeep Kumar** associated with Indira Gandhi Institute of Physical Education and Sports Sciences (University of Delhi). In the informative and interactive workshop the resource persons did a thorough and a full length discussion of the topics which have been added to Physical Education Syllabus of class XI by CBSE. Valuable tips were imparted on how to make Physical Education Programmes more effective and meaningful. Since the main aim of Physical Education is to make all the students fit and active, fitness norms were discussed and different methodologies which can make teaching of Physical Education fruitful were elaborated. Queries related to various topics of Physical Education syllabus were attended to by the resource persons and all the doubts of teachers were clarified. In a nutshell the workshop was a very enriching and informative session.

