

03.07.2026 (Friday)

Dear Parent

Students have to learn the following words for the spellathon on 23.07.2026 (Thursday):

Class -I
Spellathon No.- 2 (Topic: Fit India Campaign)

S. No.	Words	S. No.	Words	S. No.	Words
1	body	6	jog	11	skip
2	daily	7	jump	12	sleep
3	dance	8	mind	13	sports
4	fresh	9	play	14	walk
5	happy	10	run	15	water

Note:

- It is compulsory to participate in Spellathon.
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Students have to learn the following words for the spellathon on 23.07.2026 (Thursday):

Class -II
Spellathon No.- 2 (Topic: Fit India Campaign)

S. No.	Words	S. No.	Words	S. No.	Words
1	action	6	focus	11	stretch
2	active	7	healthy	12	strong
3	energy	8	movement	13	wellness
4	exercise	9	physical	14	workout
5	fitness	10	policy	15	yoga

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Class -III
Spellathon No.- 2 (Topic: Fit India Campaign)

S.No	Words	Meaning	S.No	Words	Meaning
1	active	in a state of action; moving, working or doing something	9	fatigue	the feeling of being tired
2	balance	ability to distribute body weight evenly to stand, walk or move without falling	10	muscles	soft tissues that contract and relax to produce movement
3	brisk	quick, energetic, and active	11	nourish	to provide with the materials necessary for life and growth
4	cyclist	a person who rides a bicycle	12	rallies	an event where a large number of people ride their bicycles together for fun and fitness
5	energy	the power and ability to be physically and mentally active	13	stamina	physical or mental strength to keep going for a long time without getting tired
6	exercise	physical activities to make or keep your body healthy	14	stretch	to gently reach out your arms, legs and body during exercise to make your muscles flexible
7	exhausted	extremely tired after playing or working hard	15	wellness	the state of being healthy and taking care of yourself
8	fitness	the quality or state of being physically fit and healthy			

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Class -IV
Spellathon No.- 2 (Topic: Fit India Campaign)

S.No	Words	Meaning	S.No	Words	Meaning
1	aerobics	energetic physical exercises that make the heart, lung and muscles stronger	9	hygiene	the practice of keeping yourself and your environment clean
2	agility	the ability to move your body quickly and easily	10	motivation	the need or reason for doing something
3	calorie	a unit of measurement that measures the amount of energy in the food we eat	11	muscular	having strong, well-developed muscles
4	campaign	a series of planned actions carried out in order to reach a particular goal	12	posture	the way someone positions their body or arranges their limbs
5	discipline	ability to control behaviour to remain focused and achieve long-term goals	13	sturdiness	the quality of being physically strong
6	energetic	having or involving a lot of energy	14	transformation	a complete change in the appearance or character of something or someone
7	flexible	able to bend or to be bent easily without breaking	15	vigour	physical strength and energy
8	holistic	relating to total system rather than individual parts			

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Class -V
Spellathon No.- 2 (Topic: Fit India Campaign)

S.No	Words	Meaning	S.No	Words	Meaning
1	coordination	the ability to make your arms, legs and other body parts move in a controlled way	9	physique	the size, shape and overall structure of a person's body
2	competence	the ability to do something well	10	regimen	a set of rules about food and exercise that someone follows to improve health
3	endurance	the ability to keep doing something difficult or painful for a long time	11	resilience	the ability to be happy and healthy again after something bad has happened
4	hydration	the process of making the body absorb water or other liquids	12	revitalize	to make something stronger, more active or healthier
5	hygienic	clean, in order to prevent disease	13	sedentary	involving little exercise or physical activity
6	metabolism	the process used by a body to turn food and drinks into energy	14	sprint	to run as fast as you can over a short distance
7	nourishment	food that you need to grow and stay healthy	15	wellbeing	the state of feeling healthy and happy
8	nutrition	the substances that are taken into the body as food and the way they influence health			

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