


REPORT ON PLANK COMPETITION

Organized By : Health and Physical Education Department ITL Public School
Date of the Competition : 1st May – 7th May, 2020.
Category : IX-XII Classes (Students & Parents)

“Calm mind brings inner strength and self-confidence”

In the present time when children are at home, indoor games and physical activities play an important role. Right to Education Act 2009, has very categorically focused on the holistic development and health of children in the age group of 6-14 years. Therefore, health and physical fitness needs to be looked even when the child is at home.

Keeping this in mind, the Health and Physical Education Department of ITL Public School, took an initiative to conduct online plank competition with 64 students and 14 parents. The session gave tremendous opportunity to the students and helped building stamina. The students of classes IX-XII participated for the online Plank challenge. It was an active session. The result was declared on 12th May, 2020.



ITL PUBLIC SCHOOL
THE SPORTS DEPARTMENT
Presents
THE PLANK CHALLENGE
GET UP PLANK UP
FEATURING:
DHRUV BARMAN
INDIAN BASKETBALLER
Submit by : 8th May 2020
Eligibility :
Students of Class IX-XII and Their Parents
Scan QR Code or submit at :
<https://bit.ly/itlplankchallenge>
Results out on 12 May 2020
The Name Of the winner with their photo will be displayed on ITL Dynamics

Result

Class	Category	Winner	Timings
IXC	IX-X, Male	Vansh Gulia	7:01 Minutes
IXC	IX-X, Female	Nishtha Bhatt	2:30 Minutes
XIID	XI-XII, Male	Hargun Manaktala	7:01 Minutes
XIID	XI-XII, Female	Jyoti Rastogi	2:28 Minutes
Parent	Male	Anil Bhat	3:02 Minutes
Parent	Female	Darshana Pawar	3:13 Minutes.