

**REPORT OF INTER-HOUSE COMPETITION
SESSION - 2023-2024**

Name of the Activity : Inter House Skipping Competition.
Day & Date : Wednesday, 19 April 2023
Class : IV
Teacher Incharge : Mr. Aazim & Ms. Sakshi Mittal

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.

**“Just like Yoga, Skipping provides exercise for the body, mind and spirit.”
-Kim Corbin**

“Fitness is not a destination; it is a way of life.”. 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 unbound 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: Girls

S.NO	Name of the participant	Class and Section	House	Position
1	Rachna Chaudhary	IV-Plumeria	Teresa	1 st
2	Tashvi	IV-Ashoka	Teresa	2 nd
3	Saanvi	IV-Gulmohar	Tagore	3 rd

Result: Boys

S.NO	Name of the participant	Class and Section	House	Position
1	Swastik	IV-Ashoka	Tagore	1 st
2	Naitik	IV-Margosa	Curie	2 nd
3	Devank	IV-Gulmohar	Tagore	3 rd

Signature of Teacher Incharge

Signature of Vice Principal

Signature of Jr HM/Sr HM

Signature of HOS



