



The Shri Ram Universal School

*Lodha Lakeshore Greens, Palava*

TSUSP/GEN/082/2021

13.02.2021

**CIRCULAR REGARDING ONLINE SPORTS & FITNESS DAY**

Dear Parents,  
Namaste!

Greetings of the day,

We are delighted to invite you all for our online Sports and Fitness Day on Wednesday, 17<sup>th</sup> Feb 2021 from 5 pm to 7 pm.

Grade I to grade IV students will participate and enjoy. Grade V to grade VIII students will compete in various sport and fitness activities.

Sports activities to be conducted on Sports Day for grade I to grade VIII: -

1 min Challenge

Grade 1-4 = Jumping Jack, High Knees, Abs, Vrikshasan.

Grade 5-8 = Burpees, High Knees, Plank, Surya Namaskar  
Only Plank - Max time holding.

Details of Class wise schedule will be informed soon.

Regards,  
TSUSP