



**Bal Bharati**  
PUBLIC SCHOOL  
RGPPL RATNAGIRI

## **BAL SABHA ACTIVITY (2023-24)** **Class IX & X**

**“A WINNER NEVER STOPS TRYING”**

**Date** : 17 June 2023  
**Theme** : Sit ups Competition.  
**Nature** : Individual  
**Time** : 30 Seconds for performing the Activity. (Excluding the introduction part.)  
**Judgement Criteria** : Maximum Numbers of Correct Sit-ups in 30 seconds.

### **Rules & Regulations :**

1. Introduce yourself ( Name, Class & School House)
2. Wear house T-shirts and lower/legging / Short to perform activity. (If available)
3. Sit-ups should be correct.
4. Use a mat, or clean cotton bed sheet for performing Sit-ups activity.
5. Separate events will be held for Boys & Girls category.
6. Please adhere to the rules & regulation.

Note: To perform a proper sit ups:

7. Lie down on your back.
8. Bend your legs and place feet firmly on the ground to stabilize your lower body.
9. Cross your hands to opposite shoulders or place them behind your ears, without pulling on your neck.
10. Curl your upper body all the way up toward your knees. Exhale as you lift.
11. Slowly, lower yourself down, returning to your starting point. Inhale as you lower.

**Judge 1** : **Mr Navinder - 9420910620**  
**Judge 2** : **Ms Kena - 8087556526**

Note: \* Participation in Sports activity is compulsory. Non participant will be marked as absent.  
\*For any further information please contact Mr. Navinder Lakhanpal (Physical Education Tr. BBPS RGPPL). Mob. No. (what's app Number) 9420910620 and 9421140517