



We believe that a healthy mind resides in a healthy body. Keeping this in mind various facilities of sports and games are available in the school for the students.

- All students are encouraged to take part in team games as well as excel in individual games. Games are arranged under the supervision of N.I.S qualified Physical Education Teacher and Coaches. Recreational games are provided for Pre-Primary classes.
- For this we have sports club and sports period for every class. We are providing sports like :
- Hockey
- Cricket
- Athletics
- Football
- Kho-Kho
- Kabaddi
- Jump Rope
- Yoga
- Facility for playing various indoor games like table tennis, Carom is provided on the campus.
- Inter House Competitions are held in all games and co-curricular activities.
- It is compulsory for every student to take part in sports activities.
- We also provide individual training session in Cricket ,Hockey and Football taken by N.I.S certified coaches.
- We have a well-prepared Cricket Ground and its specific provision for net practice is the star attraction for the aspiring cricketers of the school. It gives a great platform for the aspirants of the International meets.
- We also have a Cricket Box Arena and 3 acre cricket ground.

- We have a well maintained Hockey Ground for individual Hockey practice sessions and We provide Weekly practice *Astro Turf*.
- A well maintained Football Ground lures every football lover to participate in the game sessions with a series of inter school, state -level and national level competitions that ensures exposure and a sporting spirit.
- We in Sofia Convent School celebrate Annual Sports Day every year. Several sport events for both boys and girls are conducted including 50 M, 100 M, 200 M races and different fun games for parents also.

SPORTS CALENDER

SESSION – (2023 – 2024)

DATE	EVENTS
26th MAY to 27th May 2023	INTER HOUSE FOOTBALL MATCH
20th July to 21st July 2023	HOCKEY AND JUMP – ROPE
25th Aug. to 26th Aug. 2023	KABADDI AND CHASE – TAG
1st Sep. to 2nd Sep. 2023	KHO – KHO AND PITTHO
30th Oct. to 31st Oct. 2023	CRICKET AND ATHELETIC MEET
2nd Nov. to 3rd Nov. 2023	YOGA
3rd December 2023	ANNUAL FUNCTION

SOFIA CONVENT SCHOOL

SPORTS CALENDAR - SUB JUNIORS & SENIORS - 2023-24

26TH APRIL 2023

**SONIPAT DIST. JUMP ROPE
CHAMPIONSHIP - INTERSCHOOL**

26th MAY to 27th May 2023

INTER HOUSE FOOTBALL MATCH

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YOGA

3rd December 2023

ANNUAL FUNCTION

