

# St Cecilia's Public School

2022-23

*Physical fitness is not only one of the most important keys to a healthy body it is the basis of dynamic and creative intellectual activity.” -John F. Kennedy*

## Zealous and energetic Sports Day of Primary Wing comes to life



In recognition of the importance of sports in one's life, Primary wing students of our school participated in the much-awaited.... 'Sports Day'.

Apart from the track events such as Flat Race, Lemon and Spoon Race, Hurdle Race etc, the students exhibited a nail-biting competition to their rivals in the fin thrilled events. A brilliant display of strength, stamina and success, the Sports Day of Primary students was a truly pulled out a stock of champions, sparkling with their medals and certificates!!

Madam Principal addressed the joyous participants as she mentioned the idiom "All work and no play makes Jack a dull boy" holds true for the young learners. Madam Principal emphasized that playing sports is inherently essential for children as they provide not just physical activity, but also help build children's self-esteem, confidence, social skills and motivate them to excel in life.

The Sports department aptly achieved the aim of this event that is to encourage fitness and help students to get freedom from obesity, laziness, stress, anxiety and diseases.

The Sports Day culminated with the promise of prioritizing sports and fitness to contribute towards a Fit and Healthy Youth.