

Dear Parent,

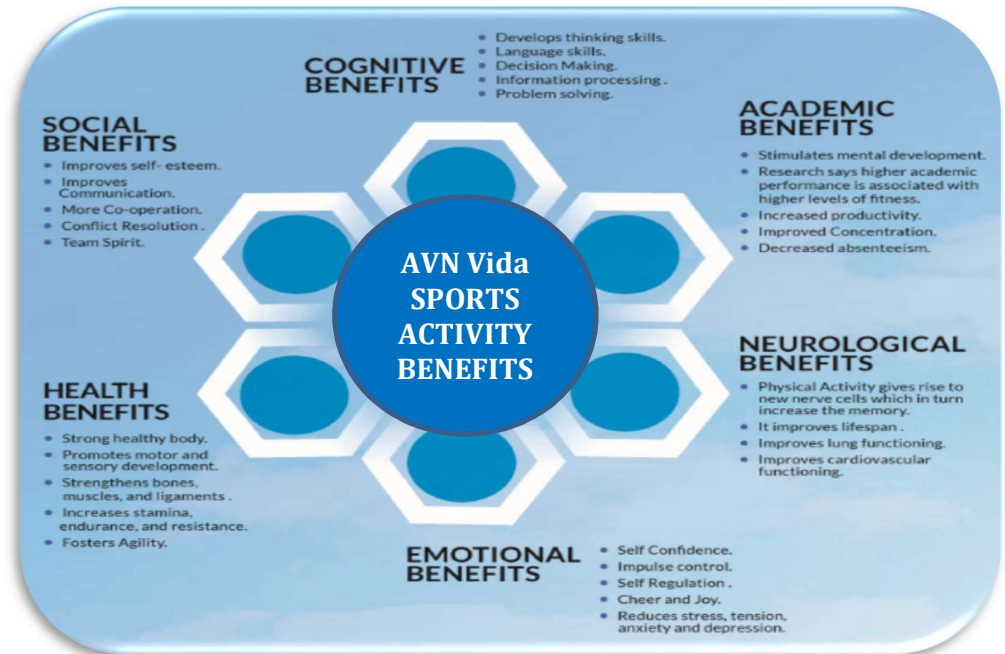
TRIUMPH SPORTS ACTIVITIES-Grades Nursery-X

Physical education is the only subject in schools that helps in physical and emotional health, it helps children learn better and cultivates the character that they need to be productive adults. It is believed that Physical Education should be considered as a core subject just like math, science, and history. Children need to score better in academic subjects and exercise helps them do better in academic subjects but principles of health and fitness, are vital in the truest sense of that word. Physical education is more than just running around the track, it teaches children key life skills alongside improving their health and wellbeing.

At AVN Vida International School, we are aware of the importance of physical education and have a healthy mix of academic, non-academic, and physical education activities for the holistic growth of the children. As a part of healthy learning AVN Vida had tied up with triumph sports in fostering the child's holistic development.



FOUR TIERS OF OUR SPORTS CURRICULUM



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Principal