

# FITNESS DAY

(NURSERY, LKG AND UKG)- Second Shift

**Health is wellness and happiness in mind, body and spirit.**

On 23<sup>rd</sup> June 2023, the school organized Fitness Day for all our children of the Pre – Primary Section, with the aim of promoting the importance of physical activity, healthy lifestyle habits and overall well-being.

The day began with a Zumba session designed to combine energetic dance moves with fitness elements. This session was thoroughly enjoyed by the children. The activity not only enhanced physical fitness but also incorporated rhythm, coordination and teamwork among the little ones.



After the Zumba Session the children were made to relax and a colouring activity was conducted. This helped develop their fine motor skills and attention to detail.



Later videos were shown to the children which provided valuable insights into the impact of physical well-being and various fun games were also conducted in the class.

The beautifully coloured pictures displayed in the classroom, served as a visual reminder of maintaining an active and healthy lifestyle.

With the success of this event, we at Bishop's hope to continue organizing similar initiatives that would encourage our children to prioritize their well-being and lead active lives.



Report by: Mrs Anu Reginold.