

LAUNCH OF COACHING CLASSES & FITNESS ASSESSMENT AT JPS SPORTS VILLAGE

Acad 25-26/Cir 2 / 5th June 2025

Dear Parents, Students, and Well-wishers,

We are thrilled to announce the **launch of specialized coaching classes at JPS Sports Village**, starting from **9th June 2025**. This initiative is not only aimed at developing sports skills but also at **systematically evaluating and enhancing students' overall physical fitness**.

Fitness Evaluation at JPS Sports Village

At JPS, physical education goes beyond the playground. During regular PE periods, our trained team will assess students in key areas of fitness such as:

- **Leg muscle strength**
- **Abdominal power**
- **Hand grip strength and upper body endurance**

To facilitate this, students will undergo guided training and performance evaluation through the following core exercises:

1. **Sit-ups**
2. **Push-ups**
3. **Hanging** (for upper body strength)
4. **Skipping** (*Students are requested to bring their own skipping ropes during PE periods*)

These assessments will enable us to monitor individual progress and provide personalized support to foster **holistic physical development** in every child.



Note: If you and your ward are not inclined to participate in the fitness assessments, please express your concerns via email to the **Physical Education staff** and mark a copy (cc) to the **Principal**.



Coaching Schedule – JPS Sports Village

With a strong focus on **discipline, determination, and sportsmanship**, our coaching sessions provide structured opportunities for students to explore and excel in sports:



Morning Session (5:30 AM – 7:00 AM):

- Athletics
- Fitness Training



Evening Session (3:30 PM – 4:30 PM):

- Volleyball – Boys & Girls
- Kho-Kho – Boys & Girls
- Kabaddi – Boys & Girls
- Football – Boys

We warmly invite our students to actively participate, our JPS parents to extend their support, and our community to cheer us on, as we collectively **build champions—fit in body, focused in mind, and rich in values.**



Let the games begin!



Note: Interested students and parents are requested to meet **Mr. Mayabalakrishnan, Director of Physical Education**, Ms. Mahalakshmi and Ms. Haripriya in person at the school campus **after 3:30 PM** for further details and enrollment.

T. Saravanan
5/6/25

Regards

Tr. Saravanan Thiagarajan

Principal