

SPORTS

JKPS thrives with sports activities during the assembly time. The students are given regular coaching classes in morning for games which include badminton by Mr. Nirose Rana, football by Mr. Sunil Lal, Kho-Kho and Handball by Mrs. Veena Rawat, Yoga by Mr. Deepak Singh.

Students get opportunity to play various games in the school hours such as basketball, volleyball, football, table tennis, cricket, chess, skating, kho-kho, judo, TAEKWON-DO, long jumps, shotput etc.

Athletics includes different kinds of races such as short distance, medium distance, long distance etc targeting junior, middle and senior sections separately.

Fun races include sack race, 3 legged race, ball & basket race, lemon & spoon race, relay race, hurdle race, obstacle race, wheel barrow, rope skipping etc.

Other fitness regimes that the students enjoy are Aerobics and yoga.

There are regular practice sessions held for various games like Hockey, Table Tennis and Chess, to sharpen their mental abilities after the regular school hours, especially on Tuesdays and Fridays. Special coaching is provided to the students interested in Chess, Hockey and Table Tennis by the school sports teachers. The school intends to give cricket lovers also special classes under professional guidance in near future

The sportsman spirit of the students gets a high during Inter-house matches in Football, Kho-Kho, Badminton, Table tennis, Cricket and Basketball.

The active participation in the Inter-school competition has brought numerous laurels to the school and Intra-school competitions organised on a regular basis prepare our students to compete with teams of other schools team. The enthusiastic participation in matches of the members of JXSA, our ex-students, with JKPS students is one of the most cherished competitions our students look forward to.

Yoga

“Yoga is the key to unlock the dignity in man”

Modern life is resulting students to take up hectic & unsystematic life style. This combines the erratic food habits, academic burden on student with long study homes, improper sleep. Due to this kids are losing health, vitality, flexibility, energy & overall resistance to diseases.

Yoga is a way to live a balanced & peaceful life by harmonizing body & soul. At JKPS regular yoga classes are held for all the classes starting from IV to XII. This enable the students to change their thought patterns.

Different breathing patterns, mantle chanting, Asanas, Meditations are practiced by the students to enhance memory power, body energy, self control.

Sports Participation and achievement- 2016-2017

TABLE TENNIS

S.No.	Date	Event	Participation	Position
1.	28-Jul-2016 to 30-Jul-2016	Zonal TT	Junior Boys	1 st

BADMINTON

S.No.	Date	Event	Participation	Position
1.	June 2016	Delhi State	Senior Boys (Sukhvinder)	-
2.	02-Aug-2016 to 04-Aug-2016	Zonal Badminton	Junior Girls	2 nd
3.	04-Aug-2016 to 06-Aug-2016	Zonal Badminton	Sub- Junior Boys	2 nd

BASKETBALL

S.No.	Date	Event	Participation	Position
1.	9,10 Aug	Zonal Basketball	Senior Girls	2 nd

CHESS

S.No.	Date	Event	Participation	Position
1.	03-Aug-2016 to 05-Aug-2016	Dr. Satyapal Inter-school Chess Tournament (APEEJAY School)	Senior Boys	
2.	16-Aug-2016 to 20-Aug-2016	Zonal Chess Competition	Sub-junior Boys	

FOOTBALL

S.No.	Date	Event	Participation	Position
1.	05-Jun-2016 to 08-Jun-2016	Delhi State	Under - 16 (Shubham Kalia)	1 st
2.	14-Oct-2016 to 18-Oct-2016	Zonal Football Competition	> Sub-junior Boys > Junior Boys > Senior Boys	> > >

TAEKWON-DO

S.No.	Date	Event	Participation	Position
1.	21-Aug-2016	Open District Taekwondo Championship	Sub-Junior Boys (Paramveer Singh)	3 rd
2.	14-May-2016	13 th Open Delhi State Championship	Sub-Junior Boys (Paramveer Singh)	1 st
3.		National Taekwondo Championship	(Ishpreet Singh)	
4.		International Taekwondo Championship	(Ishpreet Singh)	

JEET KUNE-DO

S.No.	Date	Event	Participation	Position
1.	22-Aug-2016	12 th Independence Cup	Sub-Junior Boys 20-25 KG (Paramveer Singh)	1 st

GATKA

S.No.	Date	Event	Participation	Position
1.	27-Aug-2016 to 28-Aug-2016	2 nd National Gatka Championship 2016	Junior Girls (Gurjap Kaur)	

CRICKET

S.No.	Date	Event	Participation	Position
1.	02-Nov-2016 to 04-Nov-2016	Zonal Cricket Trials	> Sub-junior Boys > Junior Boys > Senior Boys	> > >

Athletics

S.No.	Date	Event	Participation	Position
1.	02-Sep-2016 to 04-Sep-2016	76 th Delhi State Annual Athletics Championship	Under 14 yrs (Boys) (Harman Singh)	