



Personal, Social and Health Education Progress Report 2019-2020

Student Name: Arjun Raj

Bhagavad Gita

Teacher: Chetana

We have Bhagvad Gita shlokas once a week lead by Chethana on Friday's. It is amazing to see how even the new children enjoyed reciting the shlokas and listening to the stories told by Chethana Aunty. The questions they ask during Gita class are very meaningful and appropriate, mostly dwelling on topics and myths around that day's shloka. The children are learning the 13th Chapter, and are almost done. Classes usually begin with chanting of the shloka's covered so far in the particular chapter, then move onto learning 2-3 new shlokas. While learning, children are encouraged to lead the rest of the class to sing the shloka, to increase confidence and chanting skill. The class usually ends with Chethana Aunty telling them a story related to the meaning and learning from the new shloka learnt.

Basketball

Teacher: Vipin Vithura

This term the focus is on learning the basics and practicing them. Primary focus areas of skills are shooting and dribbling.



The opening ceremony is used to review progress from previous classes and importance of applying them in that day's match. Apart from skills, learning is also focused on details like field measurements, cone placements and court cleanliness. These aspects provide opportunity for learning responsibility and increasing awareness of all aspects of the game.

Spirit circle at the end of each class provides the opportunity for the children to express their views & observations, listen to other's challenges, debate the spirit with which the game was played and share the good & fun aspects. This helps them to be present in the game situation which enhances teamwork and bonding.

Children are also encouraged to become aware of their breath during key moments in a match. Children have understood to their surprise the positive impact of the momentary pause to regulate their breath during the game.

The entire approach leads to children gaining understanding of their strengths & challenges which is usually a reflection of their life skills as well and hence not just limited to sporting skills.

Ultimate Frisbee	Teacher: Naveen Chhabria
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Ultimate at Cosmos & Ixora this term was an absolute joy! Most of the children of this age group have been playing the game for close to 3 years now and it shows. The skill level and understanding of the game has shot up largely thanks to the gusto of the students.

The term saw us focus on truly enjoying the sport by playing the game as much as we could. This also meant lesser focus on drills & rigor. This was a conscious decision we took to ensure keep the joy and spirit of playing truly alive for everyone involved.



Interestingly, this approach did not mean a drop in skill level. If anything, it helped enhance our skills by having that much game time experience. Most importantly, all this did not see a drop in our overall spirit of the game. It's heart-warming to see how cordial everyone is on the field despite playing competitively.

As we write this report, the Cosmos & Ixora children are in the thick of things with a league kicking off as a build up towards sports day. It is beautiful to see the competition among the children. All the teams are neck and neck. Even better, the manner in which this is being played is a pleasure to watch.

We hope the Cosmos & Ixora children continue to being torch bearers in playing Ultimate at school in hard but absolutely fair manner.

More, in the term to come!