

**LIS/ACD/2021/2/022**

**Date: 23/01/2022**

**Dear Parents,**

Greetings from Loyola International School.

At Loyola, we have always aimed for our students to have a good balance between education, values, and physical activities that are needed to ensure a healthy working mind. While we believe quality education is important to shape a child's future, a reasonable amount of physical activity, exercise and indulgence in Sports is also important to cope with the present challenges.

As we just began to cherish our students being at campus for regular school, we were disheartened by the fact that we had to re-introduce Online learning again, but nonetheless, we are glad that our students are safely learning from the comfort of their homes.

In preparation of the Qatar National Sports Day 2022, we have lined up interesting activities for our students, and we are sure that they will have a lot of fun and excitement by taking part and making their own One-Minute videos that will not just go into the various competitions, but also go onto our school's National Sports Day show-reel.

Guidelines for Activities:

- All pre-recorded videos are required to be not more than 1 Minute
- All the above pre-recorded videos for all grades are required to reach the respective Class Teacher on or before February 2<sup>nd</sup>, 2022, via email
- All activities apart from pre-recorded videos listed below will be conducted in the last period on Thursday, 3<sup>rd</sup> February 2022 for all grades to inculcate the importance of sports

Further information and useful tips about each activity will be shared on your respective Class WhatsApp group by the respective in-charge teachers.

At this time, we continue to wish you the best and urge you to remain safe at your homes.

Best regards,



Listen. Learn. Lead.

Principal  
[Loyola International School](#)  
Qatar

# Loyola International School

## Qatar

Sl. No	Activity	Grade
1.	<ul style="list-style-type: none"> <li>• Seed Race</li> <li>• Stadium picture -Collage</li> </ul>	KG-1
2.	<ul style="list-style-type: none"> <li>• Memory Game</li> <li>• FIFA Trophy Collage</li> </ul>	KG-2
3.	<p><b>Exercise and Yoga</b></p> <p>1-Minute Recorded Video of any 1exercise and 1 yoga pose.</p>	1
4.	<p><b>Collage Making-</b></p> <p>Make a collage of your favourite Qatar World Cup 2022 stadium (Pick One)</p>	2
5.	<p><b>Colouring Activity:</b></p> <p>Choose and colour one Qatar World Cup 2022 stadium with the use of crayons, colour pencils</p>	3
6.	<p><b>Speech Competition:</b></p> <p>Dress up as your favourite sports person and say a short speech about his/her sport. (1 or 2 Minute)</p> <p>Make a flag of that respective sports team/event.</p>	4
7.	<p><b>1-Minute Recorded Video</b> - Speech on benefits of any sport of your choice (Students can wear sports uniforms and present the speech).</p>	5-6
8.	<p><b><u>House wise Competitions</u></b></p> <p>(Girls and Boys separately. 5 Girls and 5 boys will be selected from each house)</p> <ol style="list-style-type: none"> <li>1. Sit-Ups</li> <li>2. Squads</li> <li>3. Skipping</li> <li>4. Jumping Jack</li> </ol>	7-8
9.	<p><b>Online Chess competition</b></p>	9