



G.D.GOENKA PUBLIC SCHOOL, EAST DELHI

GDGPSED/PC/20-21/140

CLASS NUR-XII

Date: 12th February 2021

INTER HOUSE SPEED BOUNCE COMPETITION 2020-21

Dear Parent,

Greetings from G.D. Goenka Public School!

Kindly note that the school is conducting an online Inter House Speed Bounce Competition 2020-21 for classes Nur to XII from Thursday, 11th to Thursday, 18th February 2021.

Details of the Age Group:

Super Seniors	XI & XII	Boys & Girls
Seniors	IX & X	Boys & Girls
Juniors	VII & VIII	Boys & Girls
Sub Juniors	V & VI	Boys & Girls
Sub Juniors	III & IV	Boys & Girls
Sub Juniors	I & II	Boys & Girls
Sub Juniors	Nur & KG	Boys & Girls

Please Note:-

1. Time Limit - 30 Seconds
2. Dress Code: Sports Uniform with Sports shoes.
3. Sample Video (Video is for reference only) - <https://youtu.be/jB1NWH0qpTA?t=9>

Rules: Use a small hurdle to jump over. Jump by taking off and landing on 1/2 feet, sideways over the hurdle as many times as you can in 30 Seconds.

How to count: To start, place a hurdle on the floor, stand on one side, jump over the hurdle with both legs, count it 1. Come back to the other side and count it 2.

Equipment's: Space, an object and Stop Watch.

Click here to upload your video and photo - <https://forms.gle/giBvkivY4AtRw9DBA>

(Please note: Video should be without any editing and it is compulsory to face the camera doing the activity, without wearing a mask).

Your cooperation is solicited.

Wash your hands frequently, Wear Mask & Maintain Social Distance to stay safe from COVID-19.

Warm Regards,

Anupama Chopra
Principal

[Handwritten signature]
12/2/21

[Handwritten signature]
12/2/21