



INDIAN SCHOOL BOUSHER

(Affiliated to the Central Board of Secondary Education, New Delhi)

(Affiliation No: 6630203 and School No: 90252)

P.O. Box: 2886, Postal Code: 130, Al Awabi, Al Ansab, Sultanate of Oman

Website: www.isboman.com

ACADEMIC YEAR 2025 – 2026

CIRCULAR TO PARENTS (GRADES VI – XII)



ISB/CR/ADM/2025-2026/071

22.09.2025

"SUPER FIT CHAMPS" (FITNESS CHALLENGE)

Dear Parents and Guardians,

We are thrilled to announce the launch of the SUPER FIT CHAMPS (Fitness Challenge) — a dynamic competition designed to test your strength, stamina, and spirit! School Fitness Challenge is aimed at promoting health, wellness, and teamwork among our students. This initiative encourages children to engage in regular physical activity, build healthy habits, and experience the joy of movement through fun and interactive tasks. Beyond physical benefits, the challenge fosters confidence, discipline, and social skills, while also enhancing focus and academic performance. We invite all students to participate enthusiastically and make fitness a part of their daily routine. Let's move, play, and grow stronger together!

Categories and Event:

GROUP	GRADE	CHALLENGE FOR-BOYS	CHALLENGE FOR-GIRLS
I	6 & 7	ELBOW PLANK CHALLENGE	FLAMINGO BALANCE CHALLENGE
		600 METER RUN /WALK	600 METER RUN /WALK
II	8 & 9	ELBOW PLANK CHALLENGE	FLAMINGO BALANCE CHALLENGE
		600 METER RUN /WALK	600 METER RUN /WALK
III	10,11 & 12	ELBOW PLANK CHALLENGE	FLAMINGO BALANCE CHALLENGE
		600 METER RUN /WALK	600 METER RUN /WALK

ELBOW PLANK CHALLENGE:

- Start in a push-up position, but rest on your forearms instead of your hands. Keep your body in a straight line from head to heels, engaging your core.
- Hold this position for as long as you can while maintaining proper form.
- The students who holds for longer period will be the winner.
- Only 1 winner for each category.



FLAMINGO BALANCE CHALLENGE:

- Positioning: Stand on one leg on a flat surface, using your preferred leg.
- Flex the Other Leg: Bend the knee of the free leg and pull the foot towards your buttocks, holding it with the same-side hand.
- Balance: Try to maintain this position for as long as possible without losing balance.
- The students who holds for longer period will be the winner.
- Only 1 winner for each category.



THE 600-METER RUN/WALK TEST:

- Starting the Test: Participants start from a standing position behind the starting line. On the signal "ready, start," they begin running or walking the 600 meters at their fastest possible pace. Walking is permitted, but the goal is to complete the distance in the shortest time.
- Timing: A stopwatch is used to record the total time taken to complete the 600 meters. As participants cross the finish line, their elapsed time should be announced.
- The students who finish in shortest possible time will be the winner.
- Only 1 winner for each category.



DETAILS OF "SUPER FIT CHAMPS" (FITNESS CHALLENGE)

Date: 28.09.2025 to 02.10.2025

Time: During Physical Education Lesson

Venue: School Ground or School Health wellness Room

Google form to Register for FITNESS CHALLENGE: <https://forms.gle/uHNKMYTv9evw2ket5>

Winners will be awarded certificates and mementos.

NOTE: Participation in the challenge is strictly limited to individuals who have completed the Google Form. If you have not submitted the form, you will not be eligible to take part.

Please fill out the attached registration form before 26th September 2025.

For any queries regarding, please contact:

Event Coordinator-Mr. Thiyagu Morachan: +96899857247

HOD Physical Education – Mr. Ajay Singh: +96891175148

Warm regards



P. Prabhakaran

Principal

Indian School Bousher

