

## THE SPORT OF JOY

WRITTEN BY: ANUSHKA & MANSI (ME) - 7A

I PLAY BADMINTON IN THE OPEN & IN THE COURT, A VERY EXCITING, FUN AND HEALTHY SPORT, WHEN YOU SEE THE SHUTTLE FLY PAST THE NET, IT'S MY OPPONENT WHO HAS TO FACE THE JET. I CAN'T IMAGINE THE PAIN OF THE SHUTTLE AS IT GETS HIT, IT WHIRS IN THE AIR LIKE EACH OF ITS FEATHERS HAS BEEN SPLIT, HOW DOES THE SHUTTLE JUST NOT QUIT?

I PRACTICE BADMINTON DAY AND NIGHT, BECAUSE ON THE DAY OF THE MATCH, I'VE GOT TO PUT UP A FIGHT. AND AS I PRACTICE, MY FITNESS IMPROVES, SO DOES MY HEALTH, IT HELPS BOOST UP MY MUSCLE STRENGTH. IT MAKES ME FIT, LIKE A PYRAMID, IT GETS BUILT, BIT BY BIT, AS ALL MY AILS GO AWAY, ALL MY ORGANS BENEFIT, PLAYING BADMINTON REALLY LIFTS UP MY SPIRIT.



*Fit India*

1. When I feel moody or down I play my guitar as it pops up my mood.
2. When I feel sleepy I go out to skate with my sister.
3. I love to watch out from my balcony as there is a lot of greenery and birds. I like to hear the birds songs.
4. Sometimes I help my mother put the clothes for drying and also in making roti. It makes me happy because I am helping others.
5. I also like to listen to my favourite songs.



## OUT IN THE SUN

THERE ARE SO MANY SPORTS TO PLAY BUT WE ALL ARE SITTING AT HOME ALL DAY WE NEED TO TAKE CARE OF OUR HEALTH AND BY PLAYING SPORTS WE CAN GET ALL STRENGTH WAKE UP, GET UP ON YOUR FEET BE A GOOD AND STRONG ATHLETE TIE YOUR SHOE LACE RUN A CHAMPION'S RACE GO ON, ENTER A SPORTS COMPETITION LEAPS BEHIND THE LINE, TAKE YOUR POSITION OR GO ON, PLAY A SPORTS GAME FOR FUN WITH YOUR FRIENDS, OUT IN THE SUN BOUNCE THE BALL SHOOT IT THROUGH THE WALL IN THE HAND, HOLD THE BAT HIT THE BALL LIKE A WILD CAT IF YOU WANT TO BE FIT DO NOT QUIT GO OUT AND PLAY AND DO IT EVERYDAY

- SAMANVI AND PRIYANKA



## BAD ME! IN TONE WITH BADMINTON



I play badminton in open and in the court, A very exciting, fun and healthy sport, when you see the shuttle flying past the net, it's my opponent who has to face the jet. I can't imagine the pain of the shuttle as it hits, it whirs in the air like each of its feathers, split, why does the shuttle just not quit?

I practice badminton day and night, because on the day of the match I've got to put up a fight. As I practice, my fitness improves, so does my health, it boosts up my muscle strength. It makes me fit, like a pyramid, it gets built up bit by bit. As all my ails go away, all my organs benefit, playing badminton really lifts up my spirit.

-Anushka Singh, 7A, 03-12-2021

## DO SURYA NAMASKAR

STAY HEALTHY STAY FIT



## SPORTS AND YOGA IMPARTS

- PHYSICAL MIGHT
- MENTAL STRENGTH
- PATIENCE TO DEAL WITH DIFFERENT CHALLENGES OF LIFE

IF, "WE ARE FIT, OUR COUNTRY 'INDIA' IS FIT"



Submitted by: Arsh, I-8

## FIT INDIA - POEM

Life is like playing basketball  
Dribble, run, walk, jump and shoot  
Play without a ball and hoop  
And the game will be pointless.

Sometimes you shoot and score  
Sometimes you shoot and miss  
Life is all about ups and downs  
Always keep trying to score and don't give up.

By- Aditya Agnawal & Anshav Rao  
From- 7D



## FIT INDIA

- Do meditation  
Meditation helps you relax and reduce stress.
- Do yoga and exercises  
Doing yoga and exercises helps in physical fitness.
- Looking at greenery  
Looking at greenery helps reduce the stress for eyes.
- Doing jogging on spot  
Doing jogging on spot helps reduce the stress for muscles.
- Doing crossword  
Doing crossword helps in relaxing the mind.



## Fit India Sports

Sports makes our body fit And keep our mind cool, It makes our body as fresh as a pool But even if we lose, we won't quit And while playing we should be steady and slow And then we will get our goal! We sweat a lot and burn like a coal And playing sports also makes us grow When we're tired, we take a break and sit, And when we get the energy to play We get up and run around again. To keep our body fit And just like that we play all day And go home if it starts to rain - Koyel Das Grade 7A Saanvi Chakraborty





## Fit India Poem- English

### Sport - Football

I entered the field with my lucky boots,  
With which I shot my lucky goals.  
For fifteen-minute quarter to decide the winner,  
I wonder if I would become the match victor?

I scored a goal.  
to calm my soul,  
I tried not to sweat  
as I was the master.  
To make my coach proud,  
I won the match with my squad!

By Rishitha and Medha

'The Mighty Poets' 7A



## THE RACE

Bubbles all around the pool,  
I do not have much fuel.  
Chemical water in my face,  
I am telling myself, I can win this race.

My legs thrashing and kicking,  
my arms feel like I'm holding a mace.  
My head and body stressed and aching,  
but I touch the end, and I'm in first place.

- Anayata and  
Sayja



## Go With Sports

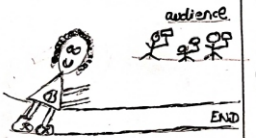
### BASKETBALL

There is a basket and a ball  
It is played by people who are tall  
The ball goes double dribble  
But it does not scribble scribble



### RUNNING

The feet are running fast  
trying not to come last  
arriving to reach the end  
without hurting the beside friend



### SWIMMING

It's time now to go to the pool  
to win a medal for the school  
I should practice hard  
for the swimming competition in the yard



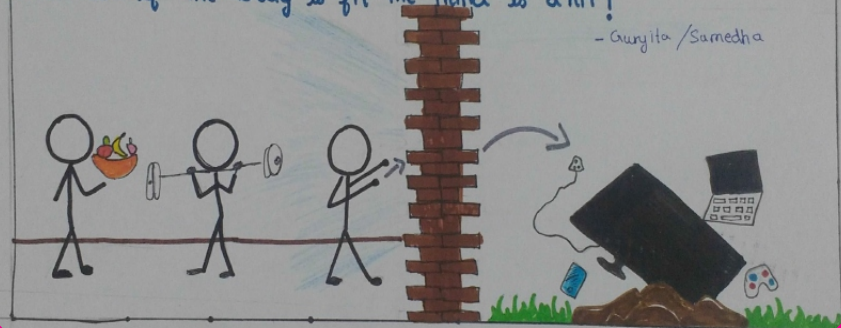
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BY - Rishi and Nirvi

## AN IMPORTANT DECISION

Pizza's and Burgers will have to quit in order to be fit,  
Fruits and veggies can make a hit, healthy food is legit!!  
Food alone is not enough, exercise makes you tough.  
So make the decision, to throw out those televisions  
Because if the body is fit the mind is a hit!

- Gurjita / Samedha



## HOCKEY!

On a bright sunny day  
the benches are full of spectators  
Ready for a hockey match

I hear cheers and tears  
As we conquer our fears  
Fist come down  
Fans are excited

We shoot. We score!  
We win they loose  
Our fans are glad  
Theirs ..... mad



## Badminton

I play Badminton, my kind of sport.  
I face opponents in a badminton court.  
I rarely position myself at the back  
Mostly in front to hit all the attacks  
My hit drops shots to elude sharp drives  
To kill will deflate opponent's pride  
I may lose today, I might be in pain  
But I'll be back to play again



- Samir 7D

## SWIMMING

On a hot sunny day in the gleam of the sun,  
The world full of boredom, there's nothing to be done.  
But then came a thought, for something we sought,  
The idea was great, it was second to none.

Why done we get wet, there's nothing to fret?  
Why don't we get wet in the pool?  
The sun's rays beating upon us no more,  
we will stay happy and we will stay cool.

Hold your hands and yourselves you shall brace,  
Every one get ready, we are about to race!  
One the count of three,  
You shall swim with glee, as if in a shopping spree

At the end of the day, when the heat's no more  
We got to our homes and open the door  
We change our clothes, and with our sleepy heads  
We fall asleep on our comfy beds.

Thank you

## Even Crickets Play Sports, Why Can't You

Crickets in over bowl wickets,  
That's not grasshoppers that's crickets.

Crickets whack balls for fours,  
In matches, sweeping the floor.

For this is the sport named after them, Cricket!



03/12/2021

## Fit India activity

### FANTASIES OF EXERCISE

PLAYING SPORTS IS NEVER A BORE  
IT IS SOMETHING YOU CANNOT IGNORE  
ALL THE GAMES ARE REALLY FUN  
ESPECIALLY WHEN YOU COME NUMBER-ONE

THE BREEZY AIR MAKES ME SMILE  
AND MAKES ME WANT TO RUN ANOTHER MILE  
THE SUN WHICH SHINES SO BRIGHT  
LAUGHING AND SMILING ITS A TRUE DELIGHT

TENNIS AND BASKETBALL I LIKE A LOT  
UNTIL I REALISED THAT I FORGOT  
THAT I WAS SITTING AT HOME AND ON MY LOUCH  
WITH THE WII REMOTE WHILE I SLOUCHED





## MY WINTER VACATIONS

Winter months are special because of festivities all around. More so, since we have our Christmas holidays in December. During one such vacation, I did a road trip to Coorg along with my family. It was a picturesque drive with lot of greenery, mountains, and waterfalls all the way along. In Coorg we stayed in a homestay withing a coffee plantation. It was a beautiful house with a fireplace inside.



It was the first fireplace I had seen other than movies. Next to the house in the coffee plantation we saw coffee being harvested. We played with the coffee beans which were scattered here and there. The hosts over there were very kind to us and they showed and taught us various magic tricks. In the night they arranged a campfire for us. One of the evenings we went on a tour to see Kabini river. Along the way we did some adventure sports like zip lining.



Along the way we saw beautiful flora and fauna. There were many different types of trees of spices like cloves, bay leaves and cinnamon etc. Later we went to see a waterfall. The water was falling from a great height and making mist all around, creating a very mesmerizing view. While our way back, we went to Dubare elephant camp.



We got the opportunity to engage with the elephants and their babies. We could watch elephants taking bath and playing in the water. This was the first time I saw so many elephants together. In the end I was very happy that I got to spend my vacations so close to nature in Coorg and came back home rejuvenated.

- Arhaan Chordia -5C

## WINTER

Whiter than the snow,  
That lays on the ground.  
Winter arrives,  
With wind as accompanying sound.

Silky black nights,  
Starting earlier than before.  
It's alright though,  
At least the stars will be out more.

Not too many birds,  
I can't blame them, not really.  
When I'd rather stay in too,  
And read where no one will see me.

It's nice to watch from my window,  
Just looking out through,  
A frost painted pane  
Looking at where the birds once flew.

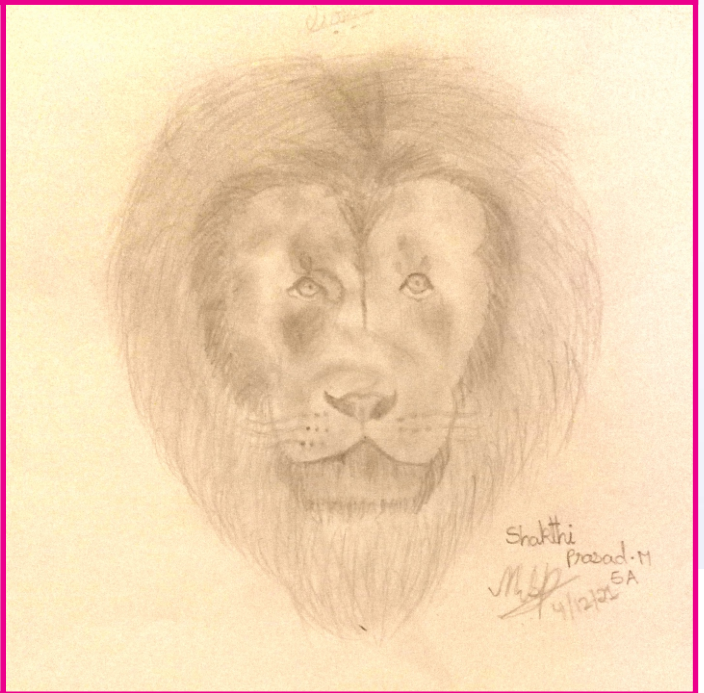
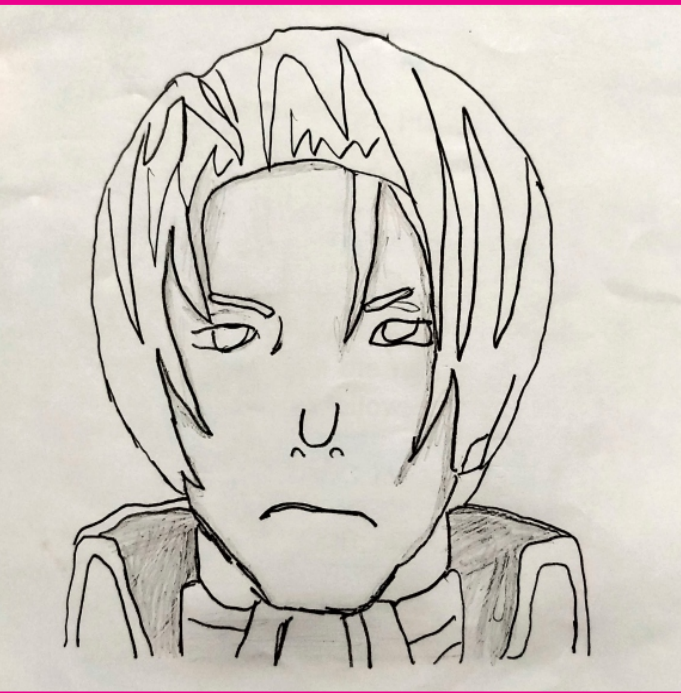
Fogging up glass,  
With only my breath.  
Hold it in, now release,  
Outside is nearly dark as death.

But it'll be over soon,  
No more clouds and the cold.  
It's a little bit sad really,  
No more hands will the fire hold.

- Mridvika Kollareddy 8E

Here comes the season of winter,  
the weather is freezing cold,  
others you will have to hold.  
The weather is harsh, sometimes feels like a marsh.  
In my city it does not snow,  
but still we have to lie low.  
Jackets and sweaters be taken out,  
mist comes out when we shout.  
But then comes christmas, the festival of joy  
Gifts to be exchanged, the happiness of a few boys.  
Christmas carols be sung,  
lots of mistletoe is hung.  
People spread lots of love, be kind,  
bonds are made and relationships bind.  
Everyone's a winner noone is a loser,  
everyone can be a chooser





### *Christmas Limerick*

HO! HO! SANTA IS HERE  
WITH HIS SLEIGH AND REINDEER  
HE HAS A LOT OF TOYS  
FOR GOOD GIRLS AND BOYS  
AND WHEN HE LEAVES, HE SAYS, "MERRY CHRISTMAS DEAR"

- MICHELLE PAUL -7C

