

Dear Parents,

Greetings!

We are sure that all of you are safe at home strictly following the safety guidelines.

Keeping ourselves and our children fit during this period is of utmost importance. Hence, children may continue to utilize this time to work on some of the fitness lessons that have been taught to them at school. To help you further, we suggest 'Play at Home' programme offered by Sportz Village (Edu Sports) that will help children to be healthy.

This is a 30-day programme with fitness charts and videos with clear instructions that children can follow to remain physically fit along with having fun.

In addition, there are also other activities like sports quiz, mental activities and suggestions for sports inspirational movies that children can watch.

It's not just for children. Parents can also do these activities along with their children.

If you wish to opt for a digital certificate, which is optional, you may be asked for some details; please use your discretion in this regard.

Keep fit and have fun with the Play At Home programme.

For any queries about the program please write to schools@sportzvillage.com or call 91 98412 70453.

Thanking You

PSBB Group of Schools

