

In the bustling, competitive world of academics, where every child is encouraged to be the best they can be, it's easy to overlook sports's pivotal role in a student's life. At Kendriya Vidyalaya Barrackpore AFS, we take pride in nurturing young minds and understanding and harnessing the incredible power of sports. With the belief that physical education is an indispensable part of a child's overall development. We offer different outdoor and indoor sports for the holistic development of the children. The infrastructure we provide are as follows-

BASKETBALL COURT



Basketball courts come in different sizes and materials based on the level and type of basketball being played. Our school provides an exposure of basketball to the children through organising school level basketball matches. Children also polish their skills for the regional and national level tournaments.

KHO KHO FIELD



Kho Kho is a traditional sport in India. Children play this game from an early age as a recreational tag game. Nowadays it is played in national levels as well. Like Kabaddi, Kho Kho is an outdoor sport and is considered to be a game of tactics and strategy. It is an extremely competitive game.

VOLLEYBALL COURT



Volleyball is a great game to teach at schools because it is a team sport that encourages cooperation and communication, which are important life skills for students to learn.

It also helps to develop physical fitness and skills such as agility, coordination, and balance.

It is a low-impact, non-contact sport that can be played by people of all ages and abilities.

Teachers find that it is an easy sport to introduce at school because it requires minimal equipment, is easy to learn, and can be adapted to different skill levels for every student.

Almost all aspects can be adjusted, such as the ball type, net height, adding chairs or even seating players on the ground.

OPEN GYMNASIUM



Open Gym provides an opportunity for people of all ages and abilities to play together in an inclusive, non-competitive, friendly environment. Our school provides the facility of open gymnasium to encourage inclusive education in school and also to improve physical fitness components in the children. Our school has installed nearly 10 machines focusing on strengthening of different body parts.

OPEN PLAYING AREA



Today 's schools are not only tasked with preparing children for their future careers, but also teaching essential life skills, habits and attitudes that will help them successfully navigate adulthood. To do this and provide the best learning experience for students requires both indoor instruction and outdoor physical activity. By creating an environment where children can experience unstructured play, We are not only supporting their physical health but also increasing their chances to succeed in the classroom. Kids pay more attention to academic tasks when they are given frequent, brief opportunities for free play. Recess can also have a calming effect helping with disciplinary issues and impulse control.

TABLE TENNIS



Regular participation in table tennis can help improve children's overall health by supporting bone strength, muscle control, muscle strength and cardiovascular endurance.

Table tennis also helps improve hand-eye coordination, balance, reflexes and predictive skills. Additionally, instilling good habits around physical activity from a young age may improve the long-term health of children. Table tennis is a Olympic level sport and having a table tennis room in the school helps the children to practice for participation in higher level of tournaments.

