

Skills & sportsmanship

Through a variety of sports and skills building programs students incorporate skills and sportsmanship attitudes and behaviours to positively impact a student's overall development and future success.



Basketball



Swimming



Track



Climbing wall



The Physical Education Program enables students to have fun and enjoy the various movement processes about health, body and mind.



Throwball



THE JOY OF LEARNING

Physical Education

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 ekyaschools.com



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We, at Ekya, believe in a world beyond boundaries where education should continuously evolve and adapt as the world changes.

Ekya is a community of children, educators and parents where everyone learns together. At Ekya, our students find their purpose, passion and community to make a positive difference in the world.

**FIND
New Ways to Learn**

Our innovative learning model goes beyond conventional norms. We apply interdisciplinary skills to think differently and solve real-world problems. We equip students with skills such as problem-solving, collaboration, critical thinking, reflection and global awareness.

Students engage in authentic tasks and challenges to investigate each learning area deeply and transfer their learning to the environment around them.



Physical Education Program

The Physical Education Program introduces students to fitness, movement competence with safety and security, participation in activities, games and team-building exercises that help with a sense of overall well-being. The program focuses on aspects of personal safety and nutrition and plays a key role in building lifelong health goals.

Students understand their own body's physical capabilities and effectively find their space(s) in the world of movement. They become self aware and learn to pay attention to movements and develop confidence within and outside campus environments.

The Physical Education Program equips learners to develop

- Physical, emotional and social skills which can be transferred to their everyday lives.
- A sense of personal responsibility for lifelong health.
- Movement skills and strategies in sports.



Key aspects



Collaboration & play



Motor skills & rhythm



Communication & team building exercises



Strength & Conditioning helps develop every area of the body and improve the way a child moves, and enhances sporting/physical performance. Training for these skills includes a wide range of exercises that focus on mind, mobility, stability, strength, endurance, power, speed, agility and performance.



Stretching



Roller Skating



Guided warm-up & cool down



Yoga & stretching