

INDIAN SCHOOL AL WADI AL KABIR

AEROBICS AND GYMNASTICS COMPETITION (2019-'20), PRIMARY WING



Aerobics and Gymnastics Competition for Classes III, IV and V for the year 2019-'20 was conducted on 3rd of October, 2019.

The judges who graced the occasion were, Ms. Neethu Akhil- a trained dancer in Bharatnatyam, Kuchipudi, Mohiniyattam and Odissi. Mr. Francis Albert Pontila Del Rio- a well known dancer, choreographer and Zumba instructor. Ms. Rouya Lapena- a Sports Coordinator at the Ministry of Sports in Oman –A fitness and dance trainer.

Students presented gymnastics which included physical exercises meant for a strong body combined with rhythmic aerobics with stretching and strengthening movements designed to increase cardiovascular efficiency, leaving the audience amazed. It was attended by the Vice Principal, Supervisor, students, parents and teachers.

The 1st, 2nd and 3rd positions were bagged by:-

Class V -Vivekananda, Akbar and Ashoka House,

Class IV - Akbar, Vivekananda and Ashoka House

Class III- Akbar, Ashoka and Tagore House respectively

The Akbar House walked off with the overall Championship, Runners up was the Ashoka House. Prizes and certificates were distributed to the glorious winners which was followed by a thrilling dance performance by the judges.