



THE SAKSHAM SCHOOL

Charkhi Dadri (Haryana)

☎+91-8222092555

Permanent Recognition No. PSR022025508

Sports & Physical Education Facilities Available And Development Plan

Objective:

At The Saksham School, even in our inaugural year, we have thoughtfully curated facilities to nurture the physical, mental, and emotional well-being of our students. Our aim is to provide balanced opportunities for recreation, skill development, and competitive exposure.

Indoor Games

1. **Table Tennis** – 3 full-size professional table for both practice sessions and friendly competitions.
2. **Chess** – Multiple boards with timers to encourage logical thinking, concentration, and strategy-building.
3. **Carrom** – Quality boards available for recreational play as well as inter-house tournaments.
4. **Yoga & Meditation** – Regular sessions to promote mindfulness, flexibility, and holistic health.

Outdoor Games

1. **Athletics** – A 200m running track along with long jump, high jump, shot put, and discus throw facilities to build endurance and sporting spirit.
2. **Volleyball** – A standard-size court designed for regular practice, house matches, and competitive training.
3. **Archery** – A specialized facility with target, bows, arrows, and protective gear, conducted under expert supervision to ensure safety and skill enhancement.
4. **Kho-Kho** – A standard size field for regular practice and house matches.

Support & Enrichment Activities

- **Trained Physical Education Teachers** – Dedicated staff to provide structured training and ensure safe participation in all sports.
- **Annual Sports Meet** – A flagship event to celebrate talent, teamwork, and sporting excellence.
- **Inter-House Tournaments** – Regular conduction to foster healthy competition and leadership among students.
- **Beyond the Campus** – Students are encouraged to participate in **Cluster, Zonal, and District-level competitions**, ensuring exposure to higher levels of sports.
- **Health & Safety** – Adequate first-aid and preventive measures are available during all physical activities.

Future Expansion Plan:

As The Saksham School grows, we envision introducing additional sports facilities such as:

- **Football Ground** – To promote endurance, collaboration, and global exposure.
- **Basketball Court** – For agility, teamwork, and inter-school tournaments.
- **Skating Rink** – To enhance balance, flexibility, and recreation.
- **Swimming Pool** – For fitness, safety training, and competitive swimming.
- **Badminton Courts** – For reflex training and indoor championships.
- **Cricket Nets & Pitch** – To nurture cricketing talent with proper training infrastructure.
- **Martial Arts Training** – Karate, Taekwondo, or Judo sessions to build discipline, confidence, self-defense skills, and resilience.


Principal
The Saksham School

FOSTERING STRENGTHS, SUPPORTING DIFFERENCES
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