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Sports have always been an important activity in everybody's life. We grow up playing many games, both outdoor and indoor. It is not any hidden fact that games and sports play an important role in everyone's life. Play grounds in schools is one of the most common things, therefore, schools always make it sure that how to plan its building so that sufficient amount of land can be set for play ground which will consist of outdoor sports, indoor sports and activities. Most of the schools have their own courts for Tennis, Basket Ball, Volleyball, Boxing and nets for Cricket and Squash. The Cricket grounds are designed in almost International standards in most of the International schools. Swimming is a vital activity of the school curriculum.

The main aims of keeping the idea of sports in school are:

- A. To aware the children about the requirement for organic energy and efficiency through physical fitness.
- B. To make the children acquire a deeper knowledge and understanding the requirements of healthy living, diet, work outs and relaxation.
- C. To create consciousness of the need the development of a good position and physical poise.
- D. To develop the knowledge and the level of understanding of proficiency that will be helpful for them at spare time activities and those of entertaining nature.
- E. To make chances to develop courtesy, sportsmanship, social skills, democratic conduct and ideals.

Sports day in any schools is one of the biggest events that take place once in a year and involves a lot of arrangement both by the teachers and students of the schools. In many schools the event is organized for one long week, whereas in many other schools, it is organized just for one day. Various sports take place in which both students and teachers take part. This event is organized in the schools to boost up the enthusiasm of sports among children. Through this kind of sports, the schools authorities make the students understand that doing well in sports is equally important as academics. It also gives those students a big opportunity to show their talent, who are not very good in academics.

If you are a parent and searching for any school that gives almost all types important facilities to the students including few advices to parents as well, then do not be worried. Onlineschooladmissions is a site that introduces you to numerous schools and helps you to find a perfect school for your kids that will prove to be beneficial for them and they will also get the chance to experience various activities like sports that take place in the schools. An online admission agent, we do everything for you right from giving you a choice of schools in India through our online school directory to scheduling an interview for your child from a number of schools. Admissions couldn't get easier, but then, that's because OSA understands parental woes that crop up during admission and is dedicated to ease the load off your shoulders.

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