

Dear Parents and children,

Assalamu Alaikum

PLAY AT HOME PROGRAM

As we stay indoors during lockdown, we must ensure we do not spend our time in front of the screen all the time. You can utilize this time and continue to work on some of the fitness lessons that have been taught to you at school.

To help you, we have initiated a **Play At Home program** with our partner Sportz Village to promote physical as well as mental well being. This is a 30-day program with fitness charts and videos with clear instructions that children may follow to remain fit and more importantly, have fun. In addition, there are also other activities like sports quiz and mental activities.

Keep fit and have fun with the Play At Home program.

It is advised not to upload photos or videos of the activities mentioned in step 5 in the below link.

Play At Home Program page: <http://www.sportzvillage.com/schools/play-at-home/>

Regards

Management

Sana Model School