

Sunfields International School

Ropar-Morinda Highway, Dulchi Majra Salapur Chowk, Distt. Rupnagar, Punjab Phone: 93176-23331, 93161-23331 E-Mail: sunfieldsdm@gmail.com website: www.sfischool.in

Date:

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EXTRA CURRICULAR ACTIVITIES

Arts and Crafts

- 1. Painting and drawing
- 2. Sculpting with clay
- 3. Making collages
- 4. Finger painting
- 5. Crafting with paper and glue

Music and Movement

- 1. Singing nursery rhymes
- 2. Dancing to children's songs
- 3.. Marching and clapping to rhythms
- 5. Yoga or movement classes

Sports and Physical Activities

- 1. Playground play
- 2. Ball games (e.g., tossing, catching)
- 3. Running and jumping games
- 4. Balance beam or obstacle course
- 5. Dance classes (e.g., ballet, creative movement)

Drama and Role-Playing

- 1. Puppet shows
- 2. Storytelling and acting
- 3. Role-playing different scenarios
- Simple skits or performances

Cultural Activities

- 1. Celebrating festivals and holidays
- 2. Learning traditional dances or songs
- 3. Exploring different cultures through food, music, or art
- 4. Storytelling from diverse cultures
- 5. Cultural dress-up

Chairman Sunfields International School Dulchi Majra, Distt. Rupnagar (Pb.)