

Health and Physical Education is concerned with total health of the learners and student community. Besides Physical Health, it includes mental and emotional health of the learners. The main goal of health education is to help students adopt and maintain healthy behaviors and to avoid health risks.

Sports and physical activities in the school are meant for the development of young learners through systematic interventions to improve health knowledge, attitude, skills and behavior. The activities mentioned below are being taught in the class periods allotted to the respective classes of IX, X, XI & XII to improve health, physical fitness and wellness education among the students, as these activities help the children to foster well being in physical, emotional, social level, life skills and behavior.

At Atal Adarsh Vidyalaya, Loddhi Road Sports training is imparted to the students in order to inculcate in them a feeling of sportsman spirit, team spirit, self discipline and a spirit of general well-being.

Every student participates in a Sports Activity of his/her choice. A well defined syllabus for each sport of their choice enables them to pursue with interest, the game of their liking.

A competitive spirit coupled with self discipline and sound health, forms the motto of our Sports Activities. Inter class, Inter house and Inter school competitions are organized on regular basis to inculcate a healthy competitive spirit. Sports events like athletics, volleyball, basketball, table tennis, and cricket form an integral part of the sports curriculum of the school.

Inter house championships help to generate camaraderie between students, a sense of competitiveness, brotherhood, discipline, positive attitude and very importantly, the fact that losing is as significant as winning.

Inter school events are powerful instruments of exposure for students at individual and team level in different stages.