

**JSS Extended
Learning Activities
for students of
grades 1 to 12**

Name of the Activity	"JSS Mermaid" (Swimming for girls)
Name of the trainer	Julia Abbas
Details of the trainer	Julia is qualified as a Master of Physical Education and a swimming coach from Siberian state Academy of Physical Culture, Russia Omsk. She has been teaching swimming since the past 20 years. She is a participant of swimming competition on federal level and is also a swimming referee. She has 8 years experience in aquatic risk management under Ellis & Associates, is a licensed beach and lifeguard instructor at Wild Wadi Water park, having 8 years of experience in aquatic risk management (water rescues, First Aid, CPR). She is currently employed at JSS PS.
Benefits of the activity to the students	Swimming is a healthy activity that you can continue for a lifetime. It is a low-impact sport that has many physical and mental health benefits. Participants can develop endurance, muscle strength, improve coordination, balance, and cardiovascular fitness, alleviate stress and have fun.
Materials that the students will have to carry for every session of the activity	Swimming kit: Swimsuit, swimming goggles, latex or silicone swimming cap, a towel.
Email id	Julia.ajssps2014@gmail.com

Name of the Activity	Goal Getter - Soccer
Name of the trainer	Subodh Dhyani and Mr. Bipin
Details of the trainer	<p>A coach, teacher and trainer with 12 years' experience, Subodh is expert in planning and modifying skills and activities according to learners. Subodh is a professional who believes that everybody can learn and perform in their own unique style. He is currently the Head of the Sports Department at JSSPS.</p> <p>Bipin is young coach with full of energy and playing experience. He is licensed coach of football and he is very goal oriented.</p>
Benefits of the activity to the students	<p>Soccer helps kids stay fit and healthy; it increases coordination, improves strength and enhances flexibility. It involves teamwork which is a skill needed to be successful in school, work and family!</p> <p>Playing soccer boosts self-confidence and self-esteem. It also promotes cognitive development. Most of all soccer is fun.</p>

Name of the Activity :	Stroke Stars - (Swimming boys)
Name of the trainer	Mr. Nishan
Details of the trainer	Nishan is a member of the World Swimming Coaches Association.He is currently employed with JSS PS.
Benefits of the activity to the students	Swimming as well as being fun, is a great way to keep fit, stay healthy and make friends. Swimming is a healthy activity that you can continue for a lifetime. It is a low-impact activity that has many physical and mental health benefits.
Materials that the students will have to carry for every session of the activity	Swimming kit(swimming costume, cap, goggle, towel,)
Email id	nishan3716@gmail.com

Name of the Activity	Cricket
Name of the trainer	Nisha Ali
Details of the trainer	Nisha is a certified, ICC LEVEL 1 COACH, BCCI LEVEL O COACH. Former UAE PLAYER. She is currently employed with JSS PS.
Benefits of the activity to the students	Students will learn the basics and advance techniques of the sport. This will enhance their skills, and will be fruitful for the school in formation of the school team.
Materials that the students will have to carry for every session of the activity	Sports kit, Water bottle, cricket bat.
Email id	Nisha_ali9@yahoo.com

Name of the Activity	BASKETBALL
Name of the trainer	LALIT THAPLIYAL
Details of the trainer :	Lalit is a physical education teacher who is currently employed at JSS PS. He is a basketball coach and a national basketball player.
Benefits of the activity to the students	<p>Have you ever wondered which team sport keeps boys and girls busy no matter what their age, skill level or the season?</p> <p>Basketball is great workouts that can help you burn calories (an hour of basketball can burn 630-750 calories), build endurance, improve balance and coordination, develop concentration and self-discipline, build up muscles. It is a great way to stay fit. Basketball can help you to make new friends and it also teaches you about being a good team player</p>
Materials that the students will have to carry for every session of the activity	Sports kit, Water bottle,
Email id	Lalitthapliyal9@gmail.com

Name of the Activity	Shuttle Shots (Badminton)
Name of the Trainer	Monnappa. I. B
Details of the trainer	Monnappa is qualified coaches and loved by their students. He believes in bringing their teaching to the students comfort zone.
Benefits of the activity to the students	Badminton improves muscle tone, playing badminton builds and tones the quads, glutes, calves and hamstrings. In addition, the core muscles, arm and back muscles get a workout. It is also known to promote physical fitness, and helps to reduce stress and anxiety.
Materials that the students will have to carry for every session of the activity	Shuttle Racquet
Email id	monnappa.jssps@gmail.com