



Wisdom Montfort
International school
Monthly Report JULY 2025

SPORTZ VILLAGE

Vision



“Make our world a better place by getting more kids to play.”

Mission



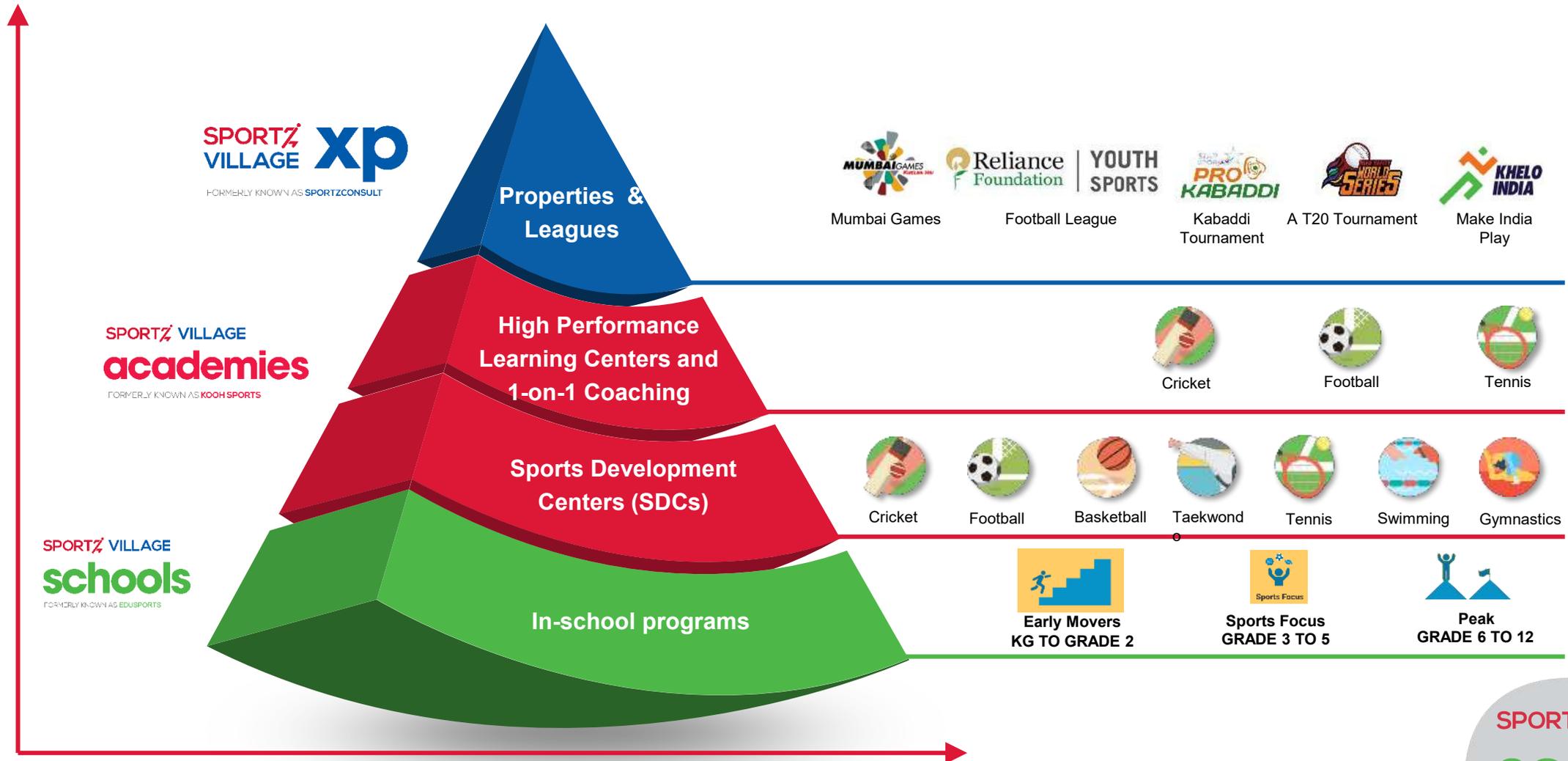
“To build the world’s largest youth sports platform that gets 100 million kids to play.”

Human Beings are fundamentally

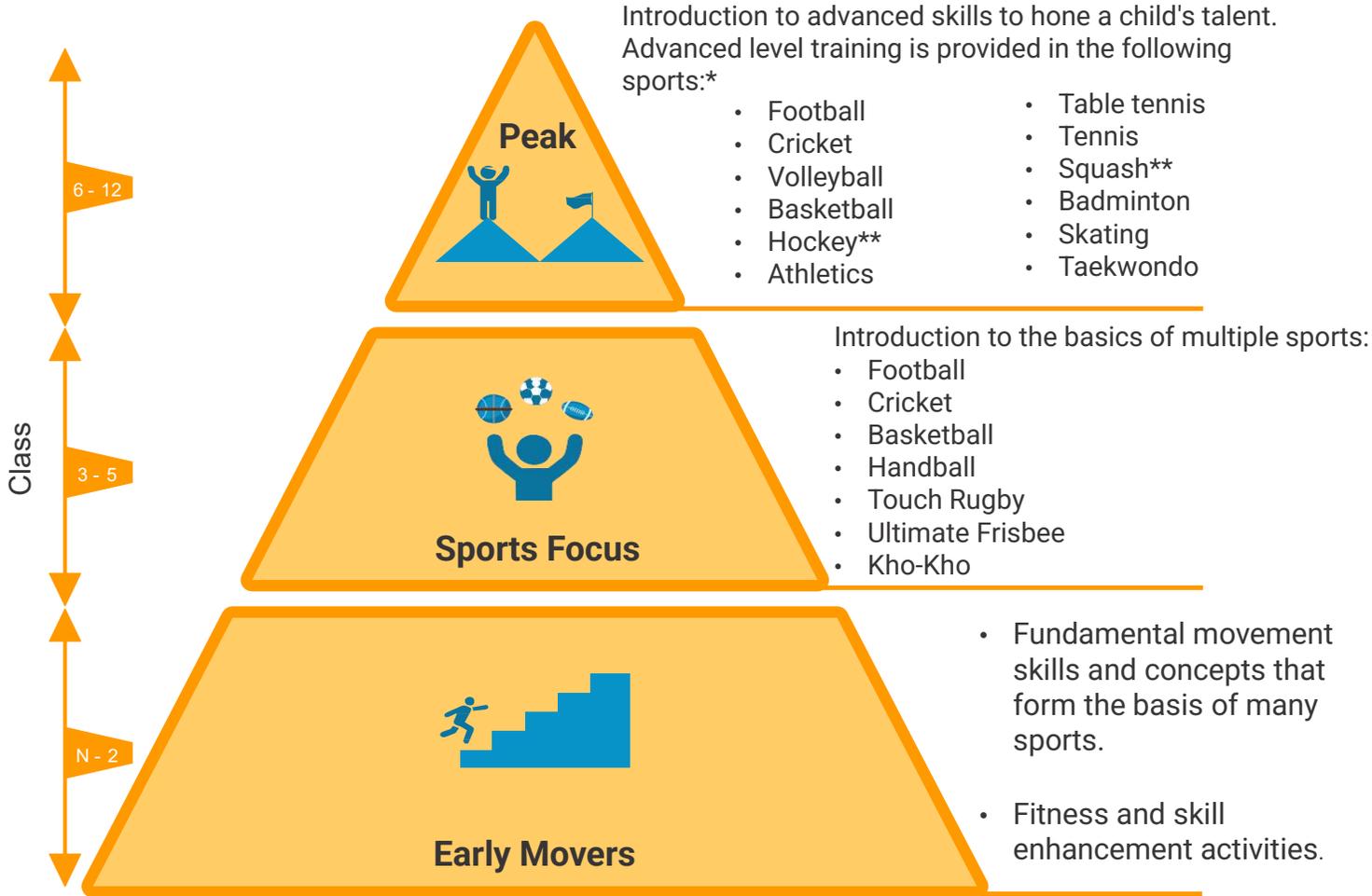
born to play



SPORTZ VILLAGE Engagement Model



FUNdamentals



FUNdamentals covers programs which focus on building the foundation of sports for all children in a fun and engaging manner

Add on programs



HealthyMindz™



SV Coverage & Team @ School Name

School Name : Wisdom Montfort international school

Coverage : N - S10

No of Trainer : 2

Trainer Name : Navya R and Reshma Roy



Events & Highlights of the program

- SportzVillage Classes .
- SPORTS DAY

Lesson covered.

Pre kg

LP.NO.	NAME OF THE LESSON PLAN	NAME OF THE LESSON PLAN
N.5	Freeze & Walk	Standing, walking technique, lower body strength, spatial awareness, working memory, self-confidence, self-awareness, and cooperation.
N.6	Run Pick and Place	Walking, running technique, cardiovascular fitness, lower body strength, focus, attention, teamwork, cooperation and communication.
N.7	Run, Stop and Freeze	Running technique, speed, agility, imaginative play, spatial awareness, teamwork and Adaptability

LKG

LP.NO.	NAME OF THE LESSON PLAN	NAME OF THE LESSON PLAN
K1.6	Joker in My Room	Coordination skills, motor coordination & balance, memory, focus, attention, sharing, cooperation, and communication.
K1.7	Happy Me-Happy You	Locomotor and non-manipulative skills, coordination, lower body strength, memory and adaptability, teamwork and communication.
K1.8	Jump & Balance	Jumping technique, lower body strength, balance, spatial awareness, motor planning, sharing, empathy and patience.

UKG

LP.NO.	NAME OF THE LESSON PLAN	NAME OF THE LESSON PLAN
K2.6	Quick Choice Relay	Running technique, agility, strength of the lower body, spatial awareness, reaction time, quick thinking, cooperation, decision-making and teamwork.
K2.7	Fitness Fun	Jumping, balancing, agility, balance, coordination, spatial awareness, sequencing, teamwork and cooperation.
K2.8	Follow me	Coordinated body movements, speed, flexibility, strength of upper & lower body, attention, sequencing, communication, cooperation and problem-solving.

Lessons Covered

Grade 1

LP.NO.	NAME OF THE LESSON PLAN	NAME OF THE LESSON PLAN
S1.4	Rainbow Leaps	Leaping technique, lower body strength, attention, concentration, decision making and cooperation
S1.5	Run Hop and Jump	Locomotor skills like running, hopping & jumping, cardiovascular fitness, agility, lower body strength, memory, cognitive flexibility, teamwork, resilience and effective communication.
S1.6	Running Time	Running skills with time (Fast/Slow), speed, lower body strength, memory, processing speed, positive thinking and teamwork.

Grade 2

LP.NO.	NAME OF THE LESSON PLAN	NAME OF THE LESSON PLAN
S2.4	Active Adventures	Different running skills, speed, agility, cardiovascular fitness, pattern recognition, memory & recall, cooperation and collaboration.
S2.5	Toe Clapping	Balancing skills, balance, the strength of the lower body, focus, attention skills, goal setting, teamwork and communication.
S2.6	Balance & Roll	Motor skill & balancing skills, flexibility, agility, strengthen the lower body, memory, sequential thinking, concentration, self-confidence and critical thinking.

Lessons Covered

Grade 3

LP.NO.	NAME OF THE LESSON PLAN	NAME OF THE LESSON PLAN
S3.4	Cricket: Fielding - Throwing and Catching	The fielding technique in Cricket, speed, agility, coordination, cognitive flexibility, focus, concentration, decision making, communication and coordination.
S3.5	Cricket - The Matchday (Fundoo Days)	To showcase the batting, bowling and fielding skills in cricket, speed, coordination, lower body & upper body strength, working memory, attention, concentration, teamwork, goal-setting and Competence.
S3.6	Co-operate and Triumph	Different motor skills along with the team, flexibility, balance, coordination, lower body strength, strategic thinking, cognitive flexibility, teamwork, cooperation and perseverance

Grade 4

LP.NO.	NAME OF THE LESSON PLAN	NAME OF THE LESSON PLAN
S4.5	Football - Short Passes	Ball control & short passes in football, cardiovascular fitness, the strength of lower body muscles, spatial awareness, focus, communication, sportsmanship, and adaptability
S4.6	Football - Passing & Dribbling	Ball control, passing & Dribbling skills, cardiovascular fitness, strengthening the lower body muscles, focus, attention, teamwork, communication and sportsmanship.

Lessons Covered

Grade 5

S5.2	Track & Field: Triple Jump	Triple Jump technique, strengthens the lower body, flexibility, cognitive flexibility, processing speed, spatial awareness, perseverance and determination.
S5.3	Track & Field: Throwing	Throwing technique, the strength of the upper body, balance, coordination, spatial reasoning, strategic thinking, goal-setting and competence.
S5.4	Track & Field- Fundoo Days	o showcase the athletics Running, Jumping & Throwing technique, speed, coordination, lower body & upper body strength, working memory, attention, concentration, teamwork, goal-setting and competence.

Grade 6,7,8,9,10

LP.NO.	NAME OF THE LESSON PLAN	NAME Oo showcase the athletics Running, Jumping & Throwing technique, speed, coordination, lower body & upper body strength, working memory, attention, concentration, teamwork, goal-setting and competence.F THE LESSON PLAN
Sports Day	Track & Field - Middle Distance Running	To introduce the basics of Middle-distance running, cardiovascular fitness, attention, memory, inhibition, goal setting and competence

• **Activity**

***SPORTS DAY.**



Class Execution Grade Pre kg and LKG and UKG



Class Execution Grade 1 and 2



Class Execution Grade 3 and 4



- **Class Execution Grade 5 and Above**



Thank
you



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