



*Council for Community Development Balochistan (CCD)  
Balochistan Human Capital Investment Project (BHCIP) Balochistan*

## School Activity Report

### Sports / Games Event

#### **Objective:**

The Sports activity is planned and assigned by the Project Management Unit (PMU) School Education Department for the Development of School children physically and mentally. These events are to be conducted in the focused cluster schools. The other purposes of the event are as follows;

- 1- Develop the physical and mental Capacity of School Children
- 2- Create a sense of teamwork among the children
- 3- Develop the children's attitude towards competition and Helpfulness among the colleagues
- 4- Engage the children in productive activities in a friendly environment.

#### **Activity Brief:**

Sports are great for school children and can help with your fitness. Regular exercise and physical activities can help them build a strong heart, bones, and lung function. It also helps prevent chronic diseases. Sport can help with diabetes management, weight loss, blood circulation, and stress reduction. The combination of cerebral and physical development allows for the strengthening and toning of bones and muscles through sports.

Both sports and education have a significant role in our lives, but beyond just the fun and games, sports and games have an important role to play in education. They teach students life skills like teamwork, leadership, accountability, and patience. They also help to build confidence, improve self-esteem, teach social skills, and provide a sense of belongingness.

Students who often participate in sports have higher self-esteem and better social interaction than those who don't. They also have a more positive attitude towards life and are less likely to fall prey to social evils like drugs, suicide, and unplanned pregnancy.

The importance of sports in school education lies in the fact that they teach children a range of skills and encourage teamwork. In addition, sport can enhance their leadership skills and enable them to achieve their goals in life.

#### **Purpose:**

Balochistan Human Capital Investment Project (BHCIP) has introduced Sports activities in Project focused schools for the development of children's health, and specifically for the betterment of School governance through a learning environment.



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## Activity Report

District: PISHIN . Activity Name: Sports Event Year -2 .

School Name: GGHS HURAMZAI (1232) .

Date: 09/05/ 2023 . Venue: GGHS HURAMZAI (1232) .

Name of Facilitator: Mr. Israr/ Mujahid Khan . No. of Participants: 30 .

### **Proceedings:**

- 1- Event was started by the recitation of few verses from The Holly Quran.
- 2- Welcome remarks were stated by worthy Principal / Head Teacher of the school on behalf of school management to the team of CCD and PMU and significance of the sports event in out fitness was elaborated.
- 3- A brief on Project theme donor and core areas of the project was given by CCD Team and then activities were formally started.
- 4- Following sports events were conducted.
  - a. Sack Race (No. of Participants:07)
  - b. Lose Bone (Rasa Kashi) (No of Participants: 10)
  - c. Musical Chair (No. of Participants: 08)
  - d. Rasy Tap (No. of Participants: 05)
- 5- A strong competition was observed in the teams and in the end after the announcement of the winning teams and players, certificates / trophies / medals / awards were distributed among the winner teams and players.
- 6- At last; refreshment was served to the school management and participants where a general feedback was also taken by the players and guests where a demand of such events in observed in future as well both by the Students and management.
- 7- Vote of thanks was given to and from the principal **GGHS HURAMZAI (1232).**

### **Achievements:**

1. A great motivation and boost in the self-confidence of the participants was noticed.
2. The skills and capacities of the students; specific to the relevant sports activities were enhanced / polished and their interest towards these sports activities was increased far more than earlier.
3. Teachers have also encouraged the event organized by CCD and PMU in the best interest of Students / schools and have welcomed the intervention.



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**Challenges:**

1. The ground was not large enough area / space wise, for the conduction / execution of sports activities.
2. Many of the middle and primary schools could not participate in the school on cluster level as they were very distant to the cluster high school and likewise their transportation was also not possible on such a large scale.



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