

FSSA WEEK 2025-2026

Monday, 24 November 2025 to Tuesday , 02 December 2025

Foundation Center - I

Foundation Center - I				
Event	Distance/ Weight	Date	Timing	Class
Collect the Balls	10 m	Nursery
Building Blocks	
Stringing Beads	
Running Race	15 m	
Collect the Things	20 m			L.Kg
Running Race	20 m			
Complete the Circle	...			
Hoop Race	15 m			
Filling Water in a Bottle	05 m			U.Kg
Collect the Rings	15 m			
Running Race	30 m			
Mat Race	10 m			

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Foundation Center - II

Running Race	50 m			I
Tennikoit Ring Balance	25 m			
Collecting the Ball	25 m			
Dog and the Bone (Group)	...			
Running Race	50 m			II
Hopping Race (Single Leg)	25 m			
Hoops Pass Relay	...			
Ball and Spoon Race	25 m			
Running Race	75 m			III
Basketball Bouncing	30 m			
Hurdles Race	30 m			
Dodge Ball (Group)				
Carrom	...			
Running Race	75 m			IV
Hockey Ball Rolling	30 m			
Tiger Five (Football)	...			
Lagori (Group)	...			
Chess	...			

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Realization Center - I

Event	Distance/ Weight			Classes
Running Race	100 m			V & VI Under-12
Medicine Ball Throw	2 kg & 3 kg			
Chess	...			
Badminton	...			

Realization Center - II

Running Race	100 m			VII & VIII Under-14
Shot Put	3 kg & 4 kg			
Long Jump	...			
Running Race	200 m			
Running Race	400 m			
Chess	...			
Badminton	...			

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War Zone				
Running Race	100 m			IX and X Under-17
Long Jump	...			
Running Race	200 m			
Chess	...			
Discus Throw	1 kg & 1.5 kg			
Shot Put	3 Kg & 5 kg			
Badminton	...			
Running Race	400 m			
Finals				
Boys & Girls	Relay 4 X 100 m			Under 12, 14, 17
Team Games				
Basketball Girls & Boys				Under 14,17
Hockey - Girls & Boys				Under 17
Football - Girls & Boys				Under 12, 14, 17
Kabaddi - Girls & Boys				Under 17
Tug Of War - Girls & Boys				
Note: Kabaddi Weight:	Parents vs Teachers (Sports)			
Under 17 boys: below 65kg.	Women: Throwball (7+3=10)			
Under 17 Girls: below 60kg.	Men: Lagori (7+3=10)			