

**THE LUCKNOW PUBLIC COLLEGIATE,
DAY-BOARDING CUM RESIDENTIAL PUBLIC SCHOOL
3-JOPLING ROAD, LUCKNOW PHONE: 2207745, 2209429
AFFILIATED TO CISCE, DELHI (NUR TO XII)
&
RUCHI KHAND-I, SHARDA NAGAR, LUCKNOW PHONE: 2447505
AFFILIATED TO CBSE, DELHI (NUR TO XII)**

02.09.2021

**NOTICE
GYMNASTIC**

Gymnastics (Boys & Girls) stage of training and practice will commence from 1st Nov'2021. Students who wish to participate must submit a written request duly signed by their parents from class VIII to XII only latest by 1st Nov'2021 to Mr T.Ahmed and Mr Maruti Nandan Rai (Gymnastic Coach).

Please note that only regular students who will turn up for practice will be selected for the school gymnastic team and for Annual Sports & P.T. Display tentatively on 18th December 2021. Students who will participate should bring their comfortable dress and P.T. shoes along with them.

NOTE:-

01. On Sports Day & P.T. Display, prizes will be awarded to first three boys and first three girls. Certificates will also be given to the selected students.
02. Gymnastics selection test will be held on 6th December 2021 (Monday) in the school campus.
03. Gymnastics test will be conducted under the supervision of the gymnastics examiner.
04. A test will be conducted for the following events. Each test will carry 10 marks.

(A). GROUND WORK

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|------------------|----------|
| 01. Running Dive | 10 Marks |
| 02. Back Roll | 10 Marks |
| 03. Hand Spring | 10 Marks |

(B). BROAD HORSE

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|-------------------|----------|
| 01. Through Vault | 10 Marks |
| 02. Over Split | 10 Marks |
| 03. Hollow Back | 10 Marks |
| 04. Flying Jump | 10 Marks |

(C). LONG HORSE

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|-------------------|----------|
| 01. Through Vault | 10 Marks |
| 02. Over Spilt | 10 Marks |
| 03. Neck Spring | 10 Marks |

TOTAL	100 Marks
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JOINT DIRECTOR/PRINCIPAL