

SPORTS & GAMES

Sports and games in schools help students stay active, healthy, and disciplined. They teach teamwork, leadership, and fair play while building physical strength and stamina.

Participating in sports also boosts confidence, reduces stress, and improves concentration in academics. Through regular games and physical activities, schools create a balanced environment for overall growth and development.

General Sports & Games in Wisdom School

Archery

Archery helps students build focus, patience, and hand–eye coordination. It teaches discipline and improves concentration while learning to aim accurately.

Rifle Shooting

Rifle shooting encourages steady posture, control, and responsibility. Students learn safety skills and develop sharp concentration through target practice.

Kho Kho

Kho Kho is a fast and exciting traditional Indian sport that improves speed, teamwork, and agility. It teaches students to think quickly and move strategically.

Volleyball

Volleyball promotes teamwork, communication, and physical fitness. Students learn coordination and develop strong upper-body and leg strength while playing.

Running

Running builds stamina, endurance, and overall health. It encourages students to stay active and improves cardiovascular fitness.

Intramural Sports

Intramural sports provide fun, friendly competitions within the school. They help students build sportsmanship, confidence, and a sense of community.

Shaik Mahamad Yusuf Basha Indian scooting ball gold medalist

Shaik Mahamad Yusuf Basha is an Indian scooting ball gold medalist known for his

dedication and hard work in sports. His achievement reflects strong determination, discipline, and passion for excellence. He serves as an inspiration for young athletes who aim to reach high levels in their sporting careers.



