



# Academic Year 2024-2025

## Circular #50

### Date: Sunday 27/10/2024

**Subject: Dubai Fitness Challenge at DIPS**

Dear DIPS Community Members,

Greetings from Dubai International Private School.

At Dubai International Private School is very excited to be a part of the Dubai Fitness Challenge 30 X 30. Dubai Fitness Challenge is an annual celebration of fitness and wellness. Now in its 7<sup>th</sup> year, Dubai Fitness Challenge puts forward a simple goal to complete 30 minutes of physical activity each day for 30 days, starting tomorrow Monday 28/10/2024.

Health and wellbeing have always been important for students and school staff. The aim is to inspire everyone to create a fitness- focused mindset, seek healthy and active lifestyle.

At DIPS, we plan on moving as much as possible and have a month full of fun activities planned for the students and staff. Students will be starting off the week with some group fitness workouts with the PE staff.

**The large group workouts will take place as follows:**

- Group of 8 stations guided by PE staff and students' council in the green field.
- Each station has a specific exercise/training.
- The diligent student receives a certificate of gratitude from the school administration.

To make this challenge enjoyable and engaging, we have organized a range of activities and events for our students, kindly find below the list of the activities on the next page:



**Academic Year 2024-2025**  
**Circular #50**  
**Date: Sunday 27/10/2024**

Time	Grade Level	Stations	Tools
7:00 am -7:30 am	Grade 1 to 12 Boys & Girls	Football	Cones/Ball
7:00 am -7:30 am	Grade 1 to 12 Boys & Girls	Green Volleyball	Net/Ball
7:00 am -7:30 am	Grade 1 to 12 Boys & Girls	Ping Pong	Tennis table/racket
7:00 am -7:30 am	Grade 1 to 12 Boys & Girls	Yoga/Fitness training	Mats/speaker
7:00 am -7:30 am	Grade 1 to 12 Boys & Girls	Speed race (40m sprint)	Cones
7:00 am -7:30 am	Grade 1 to 12 Boys & Girls	Badminton	Racket/Badminton Net/Shuttle cock
7:00 am -7:30 am	Grade 1 to 12 Boys & Girls	CrossFit	Free weights /rope /tires/agility steps/dumbbell
7:00 am -7:30 am	Grade 1 to 12 Boys & Girls	Rope Pulling	Rope

Kind Regards,  
**DIPS Leadership and Management Team**