

Dear Parents,

We are pleased to inform you that the selection process for students opting for Physical Education as an optional subject in Class 9 will be conducted on April 10 & 11, 2026. The selection will be purely based on merit, as per the following assessment criteria:

1. Physical Efficiency Test – 25 Marks

MARKS	TEST 1 50 M DASH	TEST 2 DISTANCE RUN (1 KM)
5	7.3	4 min 40 sec
4	7.4	4 min 50 sec
3	7.6	5 min
2	7.9	5 min 10 sec
1	8.3	5 min 20 sec

2. NCC Certificate (if any) – 5 Marks / Sports Achievements (State level), 10 Marks for National Level

Important Guidelines:

Students with sun allergy, dust allergy, or asthma are advised not to participate.

The selection process will be conducted only once, and no re-evaluation will be done.

Interested students must be present on the scheduled date.

Schedule:

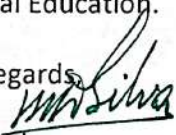
Reporting Time: 7.30 am

April 10, 2026 – Class 8 A, B & C

April 11, 2026 – Class 8 D, E, F & G

We request your support in ensuring your ward's participation if they are interested in opting for Physical Education.

Best regards,

  
Principal

SJC