

## The MVPA 60+ Activity Days

***Gurung Pratiksha***

***1C (4)***

Due to the pandemic, Sports Day could not be held so, instead, the MVPA 60+ Activity Days were held at school on the 5<sup>th</sup> and 6<sup>th</sup> of October. The weather on those days was quite warm but a bit chilly as well.

There were a lot of fun events such as indoor spin bike competition, shotput, volleyball, dodgeball, horizontal jump and more! There were so many exciting and interesting events, but my favourite ones were volleyball and dodgeball. The events on the first day were shotput, horizontal jump and indoor spin bike competition. On the second day, there was kangaroo jump, dodgeball, volleyball and basketball.

On the first day, I joined indoor spin bike competition of 3 km and horizontal jump. I won a bronze medal for the indoor spin bike competition for 3 km but, sadly, for horizontal jump I did not get any medal. But it's not about getting medals, it's about having fun and learning something. On the second day, I joined volleyball and dodge ball. It was an inter-house competition. I am in Yellow House, so I was competing for my house with my friends.

The last competitions were volleyball, dodgeball and kangaroo jump. I took part in dodgeball and volleyball. At first, we played dodgeball and competed against Blue House. It was an all-girls team. Yellow House won the dodgeball match against Blue House. After that, we had to play against Red House. Yellow House won again! At last for volleyball we had to play against Green, Red and Blue Houses, but still Yellow House won first prize. It was very fun!

MVPA 60+ Activity Days was very interesting and exciting. I would like to join it again if I have the chance. This event made me realize what my hobby is and I found out that I like sports a lot, especially volleyball!