



C 118 (2025-26)

18/09/2025

To,

Parents of Primary Learners

Ref – InspirUs 2025-26 – Athletic Me Practice Schedule & Guidelines

Dear Parents,

With reference to circular C097 dated 10<sup>th</sup> September, we thank you for sharing your learner's preferences for InspirUs Athletic Me 2025-26. For those who missed submitting their choices, the PE Team will allocate a sport as informed earlier. The final game allocations will be shared with you before **Friday, 19<sup>th</sup> September 2025**.

Please find below the Practice Schedule, **beginning Monday, 22<sup>nd</sup> September 2025**, which will run for a duration of two weeks. Each house will have two sessions per week as indicated in the schedule below. We have taken care of internal swaps to ensure academic balance and smooth scheduling of iPropel sessions.

When reviewing the schedule, kindly take note of the categories applicable to both boys and girls

**Sub-Juniors** (Grades 1 & 2) highlighted in green

**Juniors** (Grades 3, 4 & 5) highlighted in yellow

**Practice Schedule Week One**

September	Day	Session 1 & 2	September	Day	Session 3 & 4
22 <sup>nd</sup>	Monday	VV & TT Sub Jr B&G	22 <sup>nd</sup>	Monday	SS & GG Sub Jr B&G
23 <sup>rd</sup>	Tuesday	SS & GG Sub Jr B&G	23 <sup>rd</sup>	Tuesday	SS & GG Jr B&G
24 <sup>th</sup>	Wednesday	VV & TT Sub Jr B&G	24 <sup>th</sup>	Wednesday	VV & TT Jr B&G
25 <sup>th</sup>	Thursday	Coffee morning	25 <sup>th</sup>	Thursday	SS & GG Jr B&G
26 <sup>th</sup>	Friday	Coffee morning	26 <sup>th</sup>	Friday	VV & TT Jr B&G

**Practice Schedule Week Two**

Sep/Oct	Day	Session 1 & 2	Sep/Oct	Day	Session 3 & 4
29 <sup>th</sup>	Monday	SS & GG Jr B&G	29 <sup>th</sup>	Monday	SS & GG Sub Jr B&G
30 <sup>th</sup>	Tuesday	VV & TT Sub Jr B&G	30 <sup>th</sup>	Tuesday	VV & TT Jr B&G
1 <sup>st</sup>	Wednesday	SS & GG Sub Jr B&G	1 <sup>st</sup>	Wednesday	SS & GG Jr B&G
2 <sup>nd</sup>	Thursday	Holiday	2 <sup>nd</sup>	Thursday	Holiday
3 <sup>rd</sup>	Friday	VV & TT Sub Jr B&G	3 <sup>rd</sup>	Friday	VV & TT Jr B&G

**Important Guidelines for Practice Days:**

Learners should come to school in their PE uniform on practice days. After the session, those who need to may change into their formal school uniform. Considering the ongoing monsoon, kindly ensure they carry a windcheater and a towel. Learners participating in the swimming relay should also carry their swimming costume.

Practice sessions will take place at Yogi Mansion, with learners from two houses coming together. Parents are not allowed during practice sessions.

External coaches will be guiding and assisting the learners during the sessions to ensure quality training and engagement.

All training equipment will be provided by the school. Learners may carry a bat if required.

We look forward to seeing our learners enjoy their practice sessions and form the best strategies for their respective houses.

Warm Regards,

The Management Team  
JBCN International School, Parel