

®

SPORTSA

RAISE THE BAR

From The Founder & Managing Director



Raise the bar!

In today's tech-driven world, health and physical fitness has taken a backseat. An obsessive focus on academics has further pushed physical activity to the lowest priority in mainstream education. At Sportsa, we believe a sound mind thrives in a sound body, and our mission is to foster a healthier, fitter generation through sports.

In schools, we do this through our Integrated Sports and Physical Education program. We provide customized solutions for all sports needs in schools with a team which is child-centred and professionally trained, and posted in the school full-time. The Sportsa curriculum has been developed based on NASPE (National Association for Sports and Physical Education, USA) standards, and is structured, age-appropriate and holistic. We supply, maintain and periodically upgrade the tools and sporting equipment in our curriculum, which is designed to be conducted even in the absence of outdoor playground facilities and in limited spaces.

An important part of Sportsa's offerings is Sportsa KLAP (Kids Learn At Play), which brings structured sports education into the kindergarten years. The program is built around the understanding that early sports participation matters because it helps develop gross motor skills and coordination, promotes social interaction and teamwork, builds confidence and self-esteem and encourages a healthy and active lifestyle from a young age. KLAP is led by experienced and certified coaches who specialize in early childhood sports education. The program emphasizes age-appropriate activities, fun and engaging sessions, a positive and inclusive environment, and holistic development through sports.

Inculcating health and safety practices is a responsibility that lies not with children alone, but with the educators who shape them. Yet, in many institutions, educators often lack access to structured curriculum, capacity-building opportunities, and contemporary tools needed to fully realize the athletic and holistic development potential of their students. Sportsa's Train the Physical Education Teachers (TPET) is a professional development program that offers a strategic and scalable solution, blending an LMS-based learning format with live on-the-job-training and year-round monitoring to upskill PE faculty. TPET is aligned with NEP 2020's requirement of 50 hours of mandated Continuous Professional Development for teachers. Through Sportsa's internationally aligned curriculum, teachers gain knowledge in applied sports science, performance analysis, scientific talent identification, injury prevention, sports & child psychology, and coaching methodologies. The result is a cohort of certified educators with updated skills who ensure instructional quality, nurture a performance-driven culture, and strengthen the school's ability to identify and develop young sports talent.

We have a firm conviction in our mission, and strive to achieve it with the highest standards of passion and excellence. Thank you for partnering with us to create a better, fitter world for the citizens of tomorrow.

Sincerely,

Sooria James

Managing Director - Sportsa India Pvt. Ltd



INTEGRATED SPORTS & PHYSICAL EDUCATION



TPET



TRAIN THE PHYSICAL EDUCATION TEACHERS



KLAP[®]

Kids Learn At Play





Vision

We are proposing to rewrite the children's health and well-being scenario in the present educational systems and institutions in the state with a radical concept that will benefit children across the spectrum of society and catapult the health and physical fitness factor of present and future generations to come, to higher standards.



Mission

Sportsa provides physical education for schools, sports training, and total sports management services for schools and colleges to help them take their sports to the next level.

Objective

- Help children understand the importance of physical fitness
- Teach children self-assessment, self-planning and time management
- Maximize activity during physical activity sessions
- Lay the foundation for lifelong fitness
- Build discipline, self-confidence, leadership and decision-making skills
- Help children to take responsibility for their own activity, fitness, and health





Our Holistic Services

- Integrated, inclusive, age appropriate Sports and Physical Education
- Full time certified qualified and trained teachers in a 300:1 ratio
- Structured, researched and customized curriculum
- Structured lesson plan
- Age appropriate games
- Introduction of all major games in the KG and primary level
- Wide range of sports, both indoor and outdoor designed to work within limited space as well
- Talent identification and school teams development
- Tournament exposure like friendly matches, practice matches, inter school, and inter zone, state and national level tournaments
- Native and traditional sports of Tamil Nadu
- Archery introduction
- Self-defence for girls
- Martial arts, survival instincts training
- Athletics, Aerobics and Yoga training
- Age appropriate props, sporting equipment and tools
- Sports Day celebration (planning, events practice, rehearsal, certificate, trophies, prizes)
- Teacher's Day sports competition
- Parents' Day sports competition
- Nutrition and dietetics program for staff and parents
- Summer play camps
- Technology driven assessment and monitoring system through a mobile application given to parents and to the principal
- * After- school specialized coaching on selected sports and games chosen by the student
- * Conducting inter-school and intra-school tournaments
- * Sports infrastructure development assistance

Age appropriate curriculum

- Holistic development of a child



KG level

Fundamental motor skills development

Variety of sports and physical activities introduced



Primary level

Introduction to multiple sports

Benefits:

Listening, obeying, attention skills, development

Benefits:

To play multiple sports



Middle level

Introduction to multiple organized games and sports

Gets the chance to pursue the sports they want to play

Benefits:

Specific coaching for talent & development

Coaching on specific sports and games

Benefits:

Specific talent identification

Coaching & development

Participation in tournaments outside school



Secondary level



Trainers

- Educational qualification as per government norms
- Training by Sportsa on program implementation
- Training by Sportsa on Social Emotional Learning
- Psychological screening by Sportsa
- Knowledge about current trends
- Expert coaching skills
- Communication and interpersonal skills
- Problem-solving and leadership skills
- Enthusiastic and child - centered
- Sportsa TPET - Certified



Sports Equipment and Props

For pre primary school



Parachute (12 ft.)



Parachute (24 ft.)



Agility ladder with flat rings



Multi colored hula hoops



Soft ball (Size-small and big)



Basketball (Size-3)



Flat ring



Saucer cone



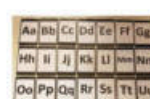
Poly spots



Marking cones (1-9)



Nylon bibs



Alphabet set



Bean bags scarf



Bean bags



Step hurdle (6 inches)



Training arch with modified base



Soft foam rugby ball



Plastic cricket bat (Size-3)



Multi purpose gym mat



Balance beam set



Plastic balls



Foam paddle bat



Soft flyer



Tunnel

For primary and middle school

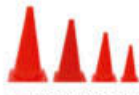
Key :
 Props available in the primary school program
 Props available in the middle school program



Saucer cone



Poly spots



Marking cone (12 inches)



Marking cone (1-9)



Foam Javelin



Mini volleyball net



Discus (rubber)



Flexi poles with clippers



Step hurdle (9 inches)



Relay batons



Frisbee



Basketball (Size-5)



Agility ladder



Marking cones (18 inches)



Step hurdle (15 inches)



Football (Size-3)



Rugby ball



Medicine ball (1 kg.)



Nylon bibs



Medicine ball (2 kg.)



Wooden bats (Size-6)



Throwball



Volleyball (Size 4)



Wooden bats (Size-4)



Cricket stump set



Pop up football goal post



Mini football net



Shot put (rubber)



Tennis ball



Basketball (Size-7)



Rugby ball



Model Lesson Plan –Sportsa

The lesson structure has the following four parts:

- (1) Introduction Activity (3-5 mins),
- (2) Fitness Activity (7-8mins),
- (3) Lesson (12-15mins),
- (4) Game (5-7 mins).

*Time allocation can proportionally be adjusted to meet the needs of the school and their unique lesson length. Above is based on a physical education lesson of 40-minute instructional time.



Formative Assessment- Psychomotor

EXAMPLE

Volleyball Unit: Peer Checklist Skill- Forehand Pass													
Directions: Tally each time the performer executes the techniques properly.													
Performer _____								Observer _____					
Moving feet under ball w/ knees bent			Arms extended w/ proper hands and platform exposed			No swinging and meeting ball with arms			Contact made with platform			Angle of arms to target and ball height easy to get	

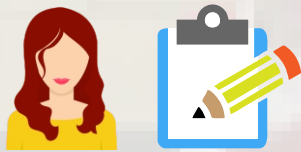
*Watch the performer to complete at least three observations per technique.

KEY: X = Completed 0 = Not Completed

The Sportsa Advantage



Tamil Nadu based company



Increase in school enrolment



Retention of students



School brand visibility



School team and individual student's sports achievement



Optimization, utilization and conservation of sports infrastructure in school

TPET



TRAIN THE PHYSICAL EDUCATION TEACHERS

TPET Program Structure & Implementation Plan

Digital Module LMS Access

Each teacher is enrolled in a structured, certificate-based online course hosted on our Learning Management System (LMS), designed for flexible, self-paced learning.

Orientation & Capacity Building

- 3-Day Introductory Digital Module
- 2-Day On-the-Job Training (OJT) conducted by the Sportsa Master Trainer Team
- 10 Specialized Modules
- Chapter-wise Assessments using Multiple Choice Questions (MCQs) to reinforce learning
- Certificate on Completion

Course Modules Include:

1. Essential Soft Skills for Sports Educators
2. Understanding Child Psychology
3. Basics of Sports Psychology
4. Exercise Physiology & Sports Nutrition
5. Recreational Activities in Physical Education
6. Managing Emergencies, Sports Injuries & First Aid
7. Talent Identification & Team Building Techniques
8. Fundamentals of Biomechanics & Sports Science
9. Athletics Rules, Technical Updates & Coaching Techniques
10. Yoga, Holistic Health & Physical Education

Sports Psychology in Physical Education

Dashboard > My courses > Sports Training > Train the Physical Education Teachers > Chapter 3: Sports Psychology > Sports Psychology > Sports Psychology in Physical Education

Exit activity

Optimal Anxiety Threshold

Moderate anxiety can enhance performance (Inverted U Hypothesis). Excessive anxiety leads to decreased focus and lower performance. Requires careful observation and supportive teaching strategies.

Task Complexity

- Low-Complexity Tasks: Sprinting
- High-Complexity Tasks: Gymnastics

Multidimensional Anxiety Theory

- Cognitive Anxiety
- Somatic Anxiety

Inverted U Hypothesis

Graph showing the relationship between Anxiety and Performance. The curve is inverted U-shaped, peaking at the Optimal Anxiety Threshold.

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Talent Identification and Team Building Development in Sports and Games - Assessment

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Back

Time left 0:14:35

Question 1

Not yet answered

Marked out of 100

Flag question

What are the four progressive stages in Russell's model?

- ☐ a. Planning, Selection, Evaluation, Specialization
- ☐ b. Detection, Evaluation, Performance, Mastery
- ☐ c. Detection, Selection, Identification, Development
- ☐ d. Practice, Participation, Performance, Perfection

Previous activity

Talent Identification in Sports and Games - Unit II

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TPET Program Structure & Implementation Plan

Refresher Training & Ongoing Mentorship (Add-On)

- 2-Day Refresher Workshop at the start of every academic term (3 terms/year)
- Year-Round In-School Mentoring by Sportsa professionals
- Regular Feedback on lesson plans, monitoring visits, and performance evaluations to ensure consistent improvement

Key Benefits to Schools

- Aligned with NEP 2020's requirement of 50 hours of mandated Continuous Professional Development for teachers.
- Systematic and measurable PE curriculum implementation across all grades
- Certified and confident PE faculty with enhanced instructional capacity
- Higher student participation and engagement in physical activities
- Early identification of student talent with development pathways
- Fitness tracking tools for measurable student progress
- Enhanced parental satisfaction and improved institutional reputation



A photograph of a group of children and a teacher in a courtyard. The children are wearing white t-shirts with 'SPORTSA' on them and are playing with colorful cones and hula hoops. The teacher is standing and observing them. The background shows a building with a balcony and some potted plants.

KLAP

Kids Learn At Play

Sportsa delivers engaging sports education, training, and comprehensive sports management for kindergartens to elevate early sports experiences.

KLAP
Kids Learn At Play

SPORTSA
RAISE THE BAR

WHY EARLY SPORTS PARTICIPATION MATTERS

- Develops gross motor skills and coordination
- Promotes social interaction and teamwork.
- Builds confidence and self-esteem.
- Encourages a healthy and active

WHY CHOOSE SPORTSA

1. **Professional Coaching:** Our programs are led by experienced and certified coaches who specialize in early childhood sports education.
2. **Age-Appropriate Activities:** We offer a range of age-appropriate sports and activities tailored to the developmental needs of kindergarten children.
3. **Fun and Engaging:** Our sessions are filled with fun games, challenges, and exercises that keep children active and engaged while learning important life skills.
4. **Positive Environment:** We foster a positive and inclusive environment where every child feels supported and encouraged to participate.
5. **Holistic Development:** Through sports, children develop physical skills, social skills, confidence, teamwork, and sportsmanship.





Sportsa India Pvt. Ltd.

Plot No. 3959, S-76
18th Street, S-Block, Anna Nagar
Chennai – 600 040

Contact

044 4358 3377
+91 7825 80 7825
contact@sportsa.in
www.sportsa.in

 sportsa-india

 sportsa.sports

 sportsasports

Today's happy children are tomorrow's healthy adults!

www.sportsa.in

