THE LIGHTHOUSE

Guiding ideas, inspiring futures



KNOWLEDGE IS POWER

THE INDIAN INTER NATIONAL SCHOOL

THE INDIAN INTERNATIONAL SCHOOL

(A.Y. 2026-27)

Edition 5



Sports council

Shaping tomorrow, one council at a time

Table of Contents

Vision and Mission 3

The rollout 4

Roadmap 5

Collab Crew 6

Here we are S.A.F.E.E 7

Did you know? 8

Shining through Achievements 9

From our school to your home 10

Brain Buzz 11

The makers 12



Preface

The Student Council was created to give students a space to lead, collaborate and bring meaningful ideas to life. Each council, whether focused on sustainability, media, technology, innovation, sports, reading, or inclusivity, contributes its own strengths while working toward a shared goal of improving our school community. This magazine offers a clear look at their plans, goals and roadmaps, giving you a sense of what each council stands for and what they hope to achieve in the months ahead.

Vision and Mission

Our Vision

Sport should be for everyone. We want every student at our school to find an activity they enjoy, build confidence through play and carry healthy habits well beyond their school years. We believe that a strong sporting culture teaches lessons no classroom can, from handling defeat with grace to celebrating a teammate's success.





Our Mission

We aim to make our fields, courts and tracks welcoming spaces where effort matters more than the scoreboard. By including sports for building bonds among students, parents and teachers to organizing summer and winter camps which also supports students for their holistic development.

Our Approach

We turn our vision into action by creating inclusive opportunities for every student to move, compete and thrive. Through our Sports Fiesta, International Yoga Day, Wellness Weeks and inter-house activities, we nurture fitness, teamwork, resilience and fair play—building a school culture where **every student participates, grows and excels.**



Working Together

Our council partners with PE teachers,School Medical centre, house captains and other student councils to plan tournaments, sports days and fitness drives. Every idea starts with student voices and every event is built on teamwork and respect. We meet regularly to review what worked, listen to feedback and set new goals, so that each event is better than the last.

The rollout

ANNUAL ATHLETIC MEET

A celebration of speed, strength and sporting spirit, our Annual Athletic Meet brings students and teachers together through thrilling track-and-field events. With teachers joining the action and outstanding performers honoured with the prestigious **Best Athlete of the Year** award, the event celebrates talent, determination and the true spirit of sportsmanship.





INTER-HOUSE COMPETITIONS

Our four houses go head to head in a season full of energy and house pride. From football and relay races to team games, every student gets a chance to represent their house and earn points.

DUBAI FITNESS CHALLENGE

During the Dubai Fitness Challenge, our school brings students, teachers, & non-teaching staff together for friendly matches on the field. Played in a spirit of fun rather than rivalry, the games promoted fitness, teamwork and a stronger bond between the students and the staff who keep our school running.



Roadmap

MOVE

Promote Participation

Encourage every student to get active through fitness challenges, beginner-friendly sports clinics, step challenges and wellness initiatives, building inclusive and healthy sporting habits.



PLAY

Compete & Excel

Organise inter-house tournaments, the Annual Athletic Meet and Sports Fiesta, while preparing students for inter-school competitions and celebrating outstanding performances through awards such as ‘Best Athlete of the Year’.

SHINE

Develop Talent

Identify promising athletes, strengthen sporting skills through structured practice and recognise personal bests, effort and sportsmanship to motivate continuous improvement.

Move with purpose. Shine through effort.
Play with excellence.

Collab Crew

Within Our Council

The Sports Council works closely with house captains, team leaders and PE teachers to make sport more exciting and accessible for everyone. By combining creativity, communication and team spirit, council members plan events that reach students of every age, skill level and interest across the school community.

Connecting with other Schools

Sport becomes even more rewarding when students compete and learn beyond their own school. We compete beyond our campus at events like the CBSE UAE Cluster Championship, Dubai school games and Mini Sports Funtasia, building skills and sportsmanship through inter-school competition.





Our sporting community

Students, teachers and parents come together to celebrate their passion for sports through annual athletic meets, fitness challenges, parent-student competitions, the Dubai Fitness Challenge and Year of Family events. Students can join a range of sports clubs and take part in training both before and after school hours, with regular coaching to help them build their skills, fitness and confidence.

Engagement with National Initiatives

To strengthen our strategic partnership with the Government initiatives, our school actively participates in key initiatives such as the Dubai School Games and the Dubai Fitness Challenge 30x30, the triathlon awareness campaign organized by the **Dubai Police – Hemaya Wing** (International Protection Center) coincided with the **Dubai Police Triathlon Championship** promoting health, fitness, and sporting excellence across our community.

Here we are S.A.F.E.E.

Student Advocates for Empowered Choices and Environment

Play Clean & Strong : Shaping Future Champions

Sports play an important role in shaping a student's life. Beyond winning medals and scoring goals, they teach valuable lessons in discipline, determination, teamwork, and self-control. These qualities help students make informed decisions, develop healthy habits, and understand the importance of taking care of their well-being. Choosing an active lifestyle can also encourage students to focus on their interests and work towards their goals.

Some young people may try vaping or drugs out of curiosity or peer pressure, but these choices can negatively affect athletic performance. They can reduce endurance, concentration, reaction time, and recovery, while increasing the risk of injuries and even may lead to suspension or loss of future opportunities in sports. Understanding these risks helps students make informed choices and stay focused on their health, wellbeing, and sporting goals.

Our school continues to raise awareness about the dangers of vaping through its collaboration with Hemaya by Dubai Police, as well as our SAFE CODE Magazine awareness campaigns, curriculum integration and educational quizzes. These initiatives help students learn more about the risks of substance use and the importance of a healthy lifestyle.

By connecting sports with wellbeing and positive lifestyle choices, students are encouraged to develop healthy habits that support success both on and off the field. This effort also supports the UAE's vision of building a healthier and safer generation.

Choose a healthy path, stay committed to your goals, and let sports inspire a better future.

Did You Know?

UAE - Where sports come alive

In 2004, Dubai born Sheikh Ahmed bin Hasher Al Maktoum won the **UAE's first ever Olympic medal** and it was gold, in double trap shooting. Even more surprising, he had only started shooting in 1998! Inspired by these athletes, Aahana Afzal Checkar of **IIS DSO** clinched **two national bronze medals** in the 200m Breaststroke and 800m Freestyle at the CBSE National Girls' Swimming Championship 2025, competing against **600+ swimmers from 200+ schools!**

Bharat – Many games, one spirit

Kabaddi became an Asian Games medal sport in 1990, and India won every men's gold until 2014. After Iran's 2018 win, India bounced back, and in 2026 it beat Iran in both finals on the same day (women 37-34, men 40-34) to reach **13 Asian Games golds**. The Pro Kabaddi League (2014) turned the ancient sport into a televised, professional spectacle.

World Harmony Through Sports

The youngest Olympic medal winners in history were still in their early teens. One of the most remarkable examples is Greek gymnast Dimitrios Loundras, who won a bronze medal at the 1896 Olympic Games in Athens at just 10 years old.
Ethiopia's Abebe Bikila won the 1960 Olympic marathon in Rome running **barefoot**. Four years later, he became the first athlete to win two consecu tive Olympic marathon titles.

Shining Through Achievements

CBSE CLUSTERS

Rithu Vinu from Grade 2 :

A dazzling young champion!

This fearless Under-8 skater raced to three stunning international golds (100m, 400m and 1km) in Muscat, Oman.



DRESSED TO REPRESENT:

Student-Designed Jerseys

Our students design the jerseys worn by IIS-DSO teams at the CBSE Cluster competitions and at sporting events hosted by other schools. Their designs, drawn from the school's colours and identity, give every team a look that is unmistakably ours.



Honored by Dubai Police

Zeal Vaishalbhai Shah from Grade 11 was recognized as one of the official distinguished winners honored by the International Protection Center's initiative coinciding with the Dubai Police Triathlon Championship.

GIRLS IN WHITES:

Recognised by the ECB

Our girls' cricket team had a day to remember when Ms Chaaya from the Emirates Cricket Board (ECB) visited the school to recognise their passion for the game. She felicitated the team, presented each girl with a cricket kit and encouraged them to keep playing and keep dreaming. Her words and her support gave our young cricketers a reminder that every girl on the field has a place in the sport and a path to follow.



From our school to your home

H&S and Wellbeing Communication to parents

Stronger Bonds, Shared Moments: Bringing Families Together Through Sports

ONE GAME

Ask someone at home about a sport or game they loved growing up and discover how they played it, who they played with and why it mattered to them.



ONE MEMORY

Share a family sporting memory, such as a match you watched together, a race you ran or a game played in the street, and talk about what made it special.



TURN THE TABLES

Now choose **one sport you have never tried** and learn a little about it. Find out where it started, how it is played and what makes it exciting.

The goal isn't just to play. It's to notice how movement brings people together, what we enjoy about different sports and what we can learn from one another.

SPORTS CONVERSATION STARTER

"If you could invent a brand-new sport for our whole family to play, what would the rules be, and what would you call it?"

Brain Buzz

FACT OR FAKE: SPORTS EDITION.

Read each statement and decide whether it's a FACT or a FAKE. Write your answers down, check the key, then see which player level you've reached.

1. Basketball was first played using peach baskets as goals.
2. The Olympic Games take place every single year.
3. Tug of war was once an official Olympic sport.
4. Field hockey is played with a rubber puck.
5. A Test cricket match can last up to five days.
6. A marathon is exactly 40 kilometers long.
7. A badminton shuttlecock can fly faster than 400 km/h.
8. A standard marathon is 40.195 kilometres long.
9. In basketball, a team has 24 seconds to attempt a shot.
10. A decathlon consists of ten track and field events.

ANSWER KEY

Turn back to the older pages. If the **page number is RED**, the statement is **FAKE**. All other statements are **FACTS**. Keep track of your answers, count your score, and see how many facts you can spot correctly.

YOUR SCORE

☐ 0 to 2: Benchwarmer
☐ 3 to 4: Rising Star
☐ 5 to 6: Team Captain
☐ 7: Hall of Famer



The Makers

The Team Behind This

This edition of the sports Council E-Magazine comes to life through the shared vision, creativity and dedication of our council members and Grade Representatives. Together, we've created a platform that inspires students to embrace sports, celebrate teamwork and grow as confident, resilient and well-rounded individuals.

Special Thanks

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With Gratitude

A heartfelt thank you to all the students, representatives and contributors whose ideas and creativity helped us showcase the rich cultures and global perspectives that unite our school community.

What's Next ?

The journey continues! Look out for our next edition hosted by the Student Wellbeing Council, where we'll explore new cultures, deepen global perspectives and share practical ways to keep our school community connected and thriving.

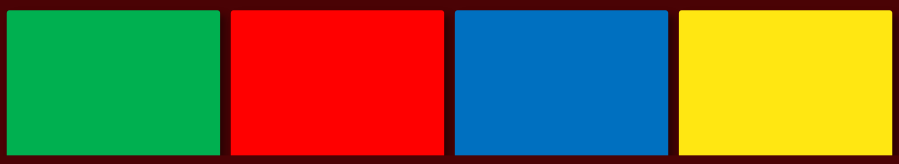


“Beyond every finish line and victory lies the true spirit of sport —
building stronger minds, confident hearts and a thriving school community.”

The final whistle blows on sports, but the journey to wellbeing is just beginning!

Stay tuned for our Edition 6





‘Knowledge is power’

