



Physical Education

Objectives

Develop motor skills, acquire necessary knowledge through physical activities and cultivate positive values and attitudes for the development of an active and healthy lifestyle.

Acquire good health, physical fitness and bodily coordination through participating regularly in physical activity.

Outdoor Learning Day

Trying student's best in completing physical fitness tests and measurements and achieving the goals set.

Encouraging students to learn as well as to use English outside the English Lessons and help them integrate the Learning of the use of English in their daily lives.



Sports Demonstration

Encouraging students to learn different sports. Develop students' potential.



Sports Day

Motivating students to apply skills they have learnt through participating in different competition and enhancing their self-esteem.

Promoting peer-to-peer recognition and respect.



Swimming Gala

Motivating students to apply skills they have learnt through participating in different competition and enhancing their self-esteem.

Promoting peer-to-peer recognition and respect.

