



Importance of Physical Education

Physical Education (PE) develops students' competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school.

A high-quality PE curriculum enables all students to enjoy and succeed in many kinds of physical activity. When they are performing, they think about what they are doing, they analyse the situation and make decisions. They also reflect on their own and others' performances and find ways to improve upon them. As a result, they develop the confidence to take part in different physical activities and learn about the value of healthy, active lifestyles.

PE helps students develop personally and socially. They work as individuals, in groups and in teams, developing concepts of fairness and of personal and social responsibility. They take on different roles and responsibilities, including leadership, coaching and officiating. Through the range of experiences that PE offers, they learn how to be effective in competitive, creative and challenging situations.

Our aims are to:

- encourage a healthy and active lifestyle throughout the school body
- develop sportsmanship in all aspects of competition
- widen each student's sporting experience and enjoyment
- create a passion for active recreation and sport
- assist students in reaching their physical potential in a variety of sporting environments.

We are in an era, where we love sports and realise the importance of sports. Playing sports (game) in schools and colleges level need not be considered just as a hobby. One can build their career in physical education to see various career options in it. Physical Education aims to provide children and young people with learning experiences that enable them to develop:

1. The knowledge, motivation and competence to live a physically active life;
2. Physically, morally, intellectually and socially within an educational context where pupils are valued and cared.