





Physical Education

✧ Introduction



The objectives of Physical Education for our school:

1. To develop students' active and healthy lifestyle.
2. To educate students through physical activities.
3. To cultivate students' generic skills, positive values and attitudes.

✧ P.E. Activities

Rope skipping Demonstration	
Objective	<ul style="list-style-type: none"> Pupils get to know more about rope skipping for further participation. To raise students' interest towards exercise which helps to develop their active lifestyle. Pupils are able to enjoy the fun of sports through participation
Form	<p>Sport Introduction: Professional Coaches are invited to introduce rope skipping.</p> <p>Interactive part: Pupils are invited to learn and perform some of the skills in rope skipping under guidance.</p> <p>Rope skipping performance: An enjoyable and exciting performance was demonstrated by the professional coaches and some of our rope skipping team members.</p>
Photos	<div style="display: flex; justify-content: space-around;">   </div>


Morning Exercise Programme	
Objective	<ul style="list-style-type: none"> To provide more chances for pupils to do exercise To develop students' active and healthy lifestyle
Form	Pupils are allowed to do slow jogging and rope skipping in the basketball court every Thursday morning.
Photos	 

Friday Stretching Exercise	
Objective	<ul style="list-style-type: none"> To build up a good habit of doing exercise To provide more chances for pupils to develop an active lifestyle
Form	All students are gathered to perform a set of stretching exercise every Friday morning.
Photos	 

School Teams

Football Team	
Objective	<ul style="list-style-type: none"> To build up students' self-confidence through trainings and competitions To develop good team spirit and positive life-long attitudes
Form	<p>Regular training on Wendensdays and Fridays</p> <p>Participating in Inter-Primary Schools competitions</p>
Photos	

Basketball Team	
Objective	<ul style="list-style-type: none"> To build up students' self-confidence through trainings and competitions To develop good team spirit and positive life-long attitudes
Form	<p>Regular training on Mondays</p> <p>Participating in Inter-Primary Schools competitions</p>
Photos	

Cricket Team	
Objective	<ul style="list-style-type: none"> To build up students' self-confidence through trainings and competitions To develop good team spirit and positive life-long attitudes
Form	<p>Regular training on Tuesdays</p> <p>Participation in Inter-Primary Schools competitions</p>
Photos	


Atheletic Team	
Objective	<ul style="list-style-type: none"> To build up students' self-confidence through trainings and competitions To develop good team spirit and positive life-long attitudes
Form	<p>Regular training in the morning of Mondays to Wednesdays</p> <p>Participation in Inter-Primary Schools competitions</p>
Photo	

Table Tennis Team	
Objective	<ul style="list-style-type: none"> To build up students' self-confidence through trainings and competitions To develop good team spirit and positive life-long attitudes
Form	Regular training on Tuesdays Participation in Inter-Primary Schools competitions
Photos	

Rope skipping Team	
Objective	<ul style="list-style-type: none"> To build up students' self-confidence through trainings and competitions To develop good team spirit and positive life-long attitudes
Form	<p>Regular training on Fridays</p> <p>Participating in performances and competitions</p>
Photos	