

# **Physical Education**

### **♦** Introduction

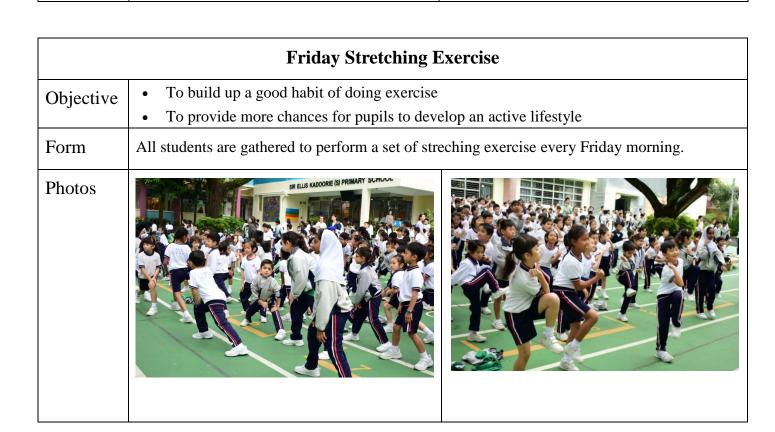
## The objectives of Physical Education for our school:

- 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> <li>Pupils get to know more about rope skipping for further participation.</li> <li>To raise students' interest towards exercise which helps to develop their active lifestyle.</li> <li>Pupils are able to enjoy the fun of sports through participation</li> </ul>
Form	Sport Introduction: Professional Coaches are invited to introduce rope skipping.  Interactive part: Pupils are invited to learn and perform some of the skills in rope skipping under guidance.  Rope skipping performance: An enjoyable and exciting performance was demonstrated by the professional coaches and some of our rope skipping team members.
Photos	

Morning Exercise Programme			
Objective	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			



## **School Teams**

# **Football Team** To build up students' self-confidence through trainings and competitions Objective To develop good team spirit and positive life-long attitudes Regular training on Wendensdays and Fridays Form Participating in Inter-Primary Schools competitions Photos

	Basketball Team
Objective	<ul> <li>To build up students' self-confidence through trainings and competitions</li> <li>To develop good team spirit and positive life-long attitudes</li> </ul>
Form	Regular training on Mondays Participating in Inter-Primary Schools competitions
Photos	odicios 12 8 14 3

	Cricket Team
Objective	<ul> <li>To build up students' self-confidence through trainings and competitions</li> <li>To develop good team spirit and positive life-long attitudes</li> </ul>
Form	Regular training on Tuesdays Participation in Inter-Primary Schools competitions
Photos	HEALTHY, SARČKS, HONTH,

Atheletic Team	
Objective	<ul> <li>To build up students' self-confidence through trainings and competitions</li> <li>To develop good team spirit and positive life-long attitudes</li> </ul>
Form	Regular training in the morning of Mondays to Wednesdays Participation in Inter-Primary Schools competitions
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#### Photo



Table Tennis Team		
Objective	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	To build up students' self-confidence through trainings and competitions
objective	To develop good team spirit and positive life-long attitudes
Form	Regular training on Fridays
	Participating in performances and competitions
Photos	

