

Physical Education

Objectives:

1. To provide students with adequate knowledge and skills for doing regular exercises to obtain a reasonable fitness level.
2. To provide students with enjoyable experiences to foster a life-long interest in participating in physical activities.
3. To lead students to live an active and healthy life-style that is crucial in sustaining a person's Quality of Life.
4. To meet students' need on health, recreation and social aspect in the contemporary society.
5. To nurture students' sport-related values and attitudes, such as responsibility, commitment and respect for others.
6. To develop students' generic skills, such as collaboration, communication, creativity and decision making, through participation in games and competitions, and organizing sports events.

Members:

Miss Yung May Sin

Mr. Ng Chi Kin