





What is Physical Education?

Physical Education is the taking part in a physical activity. It's goal is to improve and maintain current health and promote living a healthy lifestyle.

As Athletes:

- We develop skillful use of the body and sports skills.
- We develop an understanding of the effects of exercise on the body and how to exercise safely.
- We develop the ability to work and communicate as a team player or as an individual.
- We perform, analyse and reflect.
- We develop awareness of competition and how to compete.
- We learn about living and leading healthy lifestyles.