

### **Multi-activity Approach to Laying a Good Foundation for Students' Life-long Learning**

One of the curriculum aims in Rosaryhill School (Secondary Section) is to enhance students' whole person development. To this end, the school allocates four 40-minute PE lessons in a 10-day cycle (80 minutes per week) to enhance students' physical fitness and arouse their interest in pursuing sports activities. The school offers diverse learning experiences in OLE-PD through a multi-activity PE programme which helps students develop a solid foundation in physical fitness and sports skills.

#### **Learning Objective 1:**

Principles and components of physical fitness



#### **Learning Objective 2:**

Knowledge and skills in self evaluation of fitness



#### **Learning Objective 3:**

Healthy lifestyle, sports-related values and attitudes ...



#### **Implementation Strategies:**

- a. Flexible time-tabling to offer optional / rotational learning activities in different sports during PE lessons;
- b. introducing a variety of novel sports for students to select from to suit their interests during PE lessons, examples include lawn bowling, Tai Chi, squash, golf, trampolining, rope-skipping, tag rugby, etc;
- c. effective use of community facilities such as the free-use scheme and advance block booking of public sports facilities;
- d. on-going development of school-based curriculum; and
- e. ...