

PHYSICAL EDUCATION

PHYSICAL EDUCATION ELECTIVE



OTHER LEARNING EXPERIENCES – PHYSICAL DEVELOPMENT (GENERAL PE)

Care for the Community

- ★ History and Development
- ★ Social Aspects
- ★ Sport and Recreation Management

Apply or test the theories learnt in the 9 theoretical parts

Self Enhancement

- ★ Movement Analysis
- ★ Training Methods
- ★ Psychological Skills

Body Maintenance

- ★ Human Body
- ★ Sport Injuries
- ★ Fitness and Nutrition

Examine the problems identified in General PE, establish connections and construct new knowledge

Cross-curricular design
helping students build a good foundation in various areas for further study and career development

Multi-activity approach
encouraging students to lead an active and healthy lifestyle and to realise the goal of whole-person development

