

Physical Education

Essential Characteristics of Physically Active Students

* The ability to acquire new knowledge and skills.
* The willingness to practise skills and to apply these skills in different activities to achieve exceptionally high levels of performance.
* High levels of physical fitness.
* An understanding of how to maintain a healthy lifestyle.
* The ability to remain physically active for sustained periods of time.
* Take the initiative and become excellent young leaders, organising and officiating and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitude in others.
* Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography.
* A keen interest in PE and a willingness to participate eagerly in every lesson with a positive attitude.

