



## Physical Education & Sport

### Rationale

Physical Education has a unique contribution to make to the overall development of the students in terms of personal, social and physical attributes.

Students should experience a Physical Education Curriculum which continually stresses the true value of sporting involvement and physical activity:

- **In developing positive attitudes**, encouraging a sense of responsibility to oneself and others as individuals, whilst generating a sense of fairness, honest involvement and good behaviour
- **In ensuring safe participation**, recognising and following relevant rules, laws, codes, etiquette and safety procedures for different activities
- **In promoting health and positive lifestyles through artistic expression and physical activity**, this being of equal importance at all levels of ability