PROPOSED LIST OF SUBJECTS AT SENIOR SCHOOL

LESSON DISTRIBUTION AT SENIOR SCHOOL

The number of lessons in each of the compulsory learning areas shall be 4; while the optional areas shall be 6 lessons each. A lesson shall be 40 minutes. The "free" lessons shall be used for development of ICT skills, Pastoral Instruction Programme (PPI), projects, collaborative study and further reading.

ESSENCE STATEMENT

Physical Education (PE) at Senior School aims to extend the development and mastery of the learner's abilities in psychomotor, cognitive, social and emotional skills needed to promote quality health, wellbeing and fitness. Through physical education the learner is sensitised on issues of clean sports, mental health, gender equality, Indigenous games as well as safety of self and others while participating in physical activities.

The inclusion of PE in the curriculum is anchored by the provisions of the UNESCO's International Charter of Physical Education, Physical Activity and Sport that supports policy and decision making in Sport. Key among them is to promote inclusive access to sport by all without any form of discrimination, set ethical and quality standards for all actors (UNESCO). The P.E Curriculum should be enjoyable and provide opportunities for the learner to participate in a variety of physical activities for leisure, competition and career. Equally, it serves to complement other educational areas in promoting the desired outcomes of education.

SUBJECT GENERAL LEARNING OUTCOMES

By the end of Senior School, the learner should be able to:

a) Use technology appropriately to learn and enhance mastery of skills in physical activity.

b) Develop suitable physical activity skills to prevent or overcome challenges associated with personal health and wellness.

c) Engage actively in physical activities in and out of school to enhance knowledge, skills and attitudes in Physical Education.

d) Develop individual talent for leisure, enjoyment and self-fulfilment.

e) Apply physical fitness concepts, practises and attitudes that contribute to a healthy active lifestyle.

f) Demonstrate responsibility to the environment for own and others' safety during participation in physical activities.

g) Demonstrate desirable behaviour and commitment towards improvement of