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

Sports and Recreation is a multidisciplinary field that encompasses the study and understanding of the human body's functions during physical activity, and its influence on performance, leisure, and overall wellness. This learning area is designed to provide learners with the opportunity to explore and actualize their interests in specific sports and games. By engaging in this field, learners gain comprehensive knowledge and practical skills in various aspects of physical fitness, recreational activities, coaching and officiating in specific games and athletics.

The curriculum covers topics in health and fitness, coaching and officiating and other social aspects of sports and recreation. Learners in this track will develop an in-depth understanding of how different physical activities impact the body, mind, and social well-being. They will learn how to optimize performance, prevent injuries and promote long-term health through regular exercise and balanced living. This holistic approach ensures that learners appreciate the balance between physical exertion and recovery, fostering a lifelong commitment to healthy living.

Overall, Sports and Recreation not only prepares individuals for professional careers but also cultivates a culture of health, wellness, and active living that benefits individuals and society as a whole. After senior secondary school, the learner will have an opportunity to advance into a specific career of sports or pursue further studies at tertiary level.