

The purpose of Physical Education (PE) is to enable students to demonstrate individually and with others, the physical skills, practices and values to enjoy a lifetime of active and healthy living.

Our Team

MR ZAID



MRS SOH



MR CHAN



MS SARAH



MRS JOY



MR ADIB



MS THAM



MR TENG



PE is about movement. PE teachers consciously make use of movement as the primary medium to reach and teach the child through the following three modes:

education in movement

presents selected physical activities developing efficiency, effectiveness and versatility across various complex movement situations for experiences in life.

education through movement

provides an avenue for cognitive, affective, and social development

education about movement

addresses the value and benefits of a healthy lifestyle and a fit body.



Our PE curriculum aims to develop our students to become competent movers by infusing their efficiency, effectiveness and versatility in their performance as they practice and transfer their movement skills and concepts across the learning areas:

