



## BPS PHYSICAL EDUCATION

At BPS, the physical education program is an integral part of the total education of every learner; it develops the physical and social competence, health fitness, self-responsibility, confidence and enjoyment of physical activities for all learners in a safe and positive environment. Our belief is to prepare our learners to adopt physically active, healthy lifestyle.

*"Physical fitness is not only one of the most important keys to a health body, it is the basis of dynamic and creative intellectual activity" John F. Kennedy*

GRADE	CONCEPTS	COMPETENCIES	CHARACTER
N - 5	<p>Learners understand that:</p> <ul style="list-style-type: none"> <li>• physical activity is an important aspect of developing their physical well-being and healthy lifestyle.</li> <li>• collaboration and positive interactions with their peers has a great importance in applying their physical skills</li> <li>• reflecting on their own movement skills will make them apply appropriate adjustments</li> </ul>	<p>Learners will able to:</p> <ul style="list-style-type: none"> <li>• participate in developmentally appropriate physical activities and games.</li> <li>• interact collaboratively and cooperatively (positive behavior)</li> <li>• learn basic physical skills and concepts and apply them in authentic contexts</li> <li>• make the proper decision when they face situations that involves motor skills, body management, object manipulation and personal interaction</li> <li>• accept challenges and take risks in a safe supportive environment</li> <li>• positively interact with others in different physical activity settings</li> <li>• develop and reinforce cooperative positive behavior</li> <li>• take leadership roles as individuals or in teams while performing</li> <li>• adopt a healthy active lifestyle, fostering enjoyment, self- confidence and social competencies</li> </ul>	<p>Integrity</p> <p>Resilience</p> <p>Reflection</p> <p>Empathy</p> <p>Playfulness</p>