



Physical Education Philosophy

The International School of Kenya Physical Education Program understands the physical education prepares students for a healthy life of activity and fitness. The program gives students the opportunity to experience success, develop skills and strive for improved levels of personal fitness, as well responsible intrapersonal skills.

Emphasis is placed on developing life long appreciation and enjoyment of physical activity.

P.E. Program Objectives

(with links to the ISK AIMS)

- A** To engage in a diverse range of activities involving team and individual, cooperative and competitive experiences
- L** To develop the skills and knowledge necessary to participate in a wide variety of activities
- A** To increase awareness of personal fitness through challenging physical activities
- L** To develop and increase awareness of personal health and hygiene
- A** To engender motivation and knowledge to achieve personal potential
- CH** To experience fun through a diverse set of activities
- CH** To develop self confidence, discipline, pride and an overall positive self image
- CH** To understand and respect others and appreciate their abilities
- CH** To develop awareness of the benefits of cooperation and teamwork