

Secondary Education Curriculum Guide
Booklet 7 Life-wide Learning and Experiential Learning
Example 7.4.4

Establishing a Healthy Lifestyle through Physical Development

A school promoted a Physical Development programme named “Sports for All”, which aimed at arousing students’ awareness of establishing a healthy lifestyle.

The school not only provided PE lessons, but also provided students with more exposure outside classroom, such as guiding blind athletes in marathons through training with visually impaired people in the Marathon 101 Education Programme, etc. Students learnt to respect others and nurtured a caring mind for disadvantaged members in society. Moreover, students developed positive values and attitudes towards their lives.