

## **PHYSICAL AND HEALTH EDUCATION**

Physical and Health Education finds an important place in our Education system. It contributes to the education of school boys and girls through :

- i) The improvement of physical fitness.
- ii) The development of motor skills.
- iii) Development of character and personality.
- iv) Teaching of special skills for leisure/time utilization.

Many activities contribute to these objectives.

The school has drawn the following graded list of activities to give students the necessary experience.