

**PHYSICAL AND HEALTH EDUCATION AND RELATED PROGRAMS**

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**PREAMBLE**

## OBJECTIVES

1. To contribute to the physical development and life-long health of all students in the District.
2. To ensure students develop early habits of regular moderate physical activity;
3. To contribute to the enjoyment and all-round personal development of all students in the district.
4. To contribute to the development of leadership, cooperation, individual morale, school spirit, appreciation for fair play and patterns of healthy physical activity.
5. To give students an opportunity to assess and develop their particular interests, skills and abilities.
6. To give students the opportunity to develop their own ways to engage in regular daily physical activity.

## REGULATIONS