

Arts and Physical Education

A quality and healthy adolescent life requires nurturing in physical and artistic development. To this end, our school encourages students to learn about sports, arts and music, and provides the various opportunities to do so. Apart from helping them cultivate positive attitudes towards life and be exposed to life-long and life-wide interest and enjoyment, we also aim to educate them to learn social skills for interacting with their peers, and develop physical stamina, as well as helping them learn the virtues of perseverance, obedience and humility.



One Student One Sport and Art (OSOSA) Programme

Besides the formal three-year junior Physical Education, Visual Arts and Music curricula, our school is keen to offer additional coaching for students in their respective areas of interest. In our junior secondary (Form 1 to Form 3), all students are required to choose a sport and an art that they like to develop their skills in and to pursue training and activities accordingly. All new Form 1 students are required to enroll in one of the uniform groups, instead of selecting a sport, the performance in which will be recorded in their learning profile. They may also join the school sport teams for special training.

- After-class programmes offered by our school partners in sports, music, or visual arts, or private training at students' own interests.
- Talented students will be selected to join the school teams that receive regular training and represent the school in inter-school competitions.
- School choirs give frequent performances in and outside school and sing a wide range of musical styles in competitions.
- Lessons held outside regular school time allow students to learn a musical instrument and to participate in the school music band and ensemble that practice regularly and perform in special school functions.

