



PHYSICAL EDUCATION (PE)

DEPARTMENT

VISION

GESSians with Healthy Bodies and Minds

MISSION

To equip GESSians with life skills to lead a healthy and active lifestyle



More than a game of netball. A game of excellence, friendship and respect.

SIGNATURE PROGRAMMES

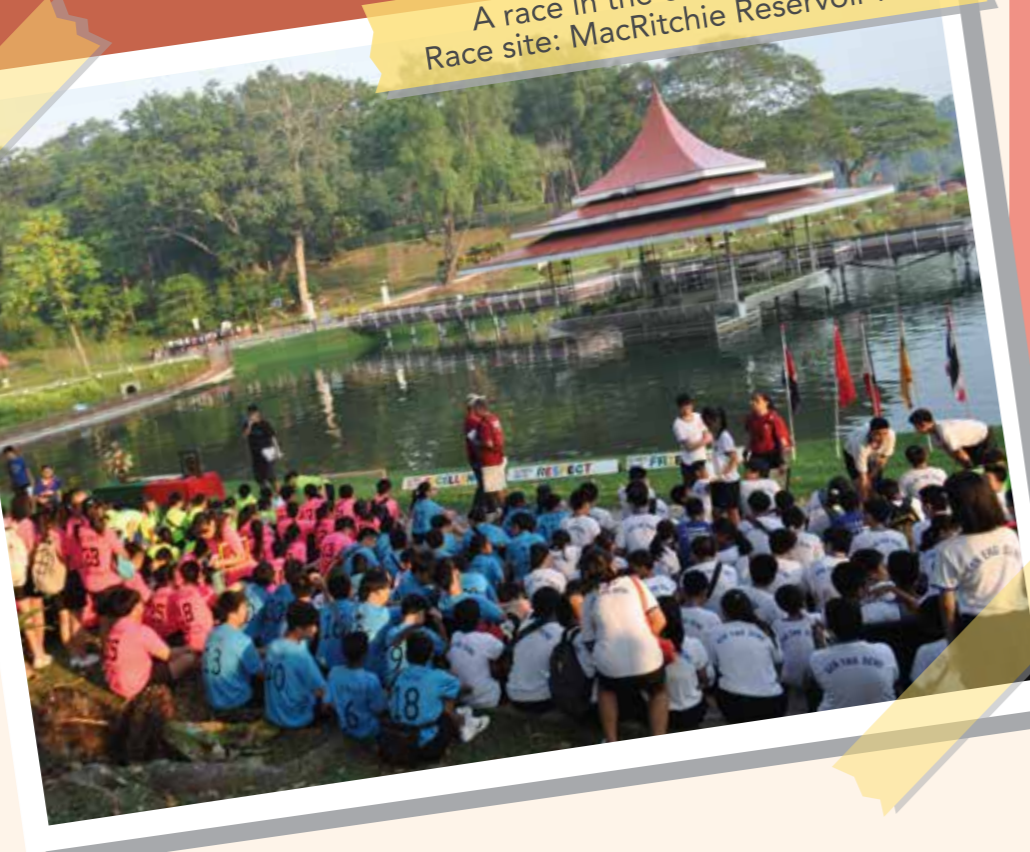
ANNUAL CROSS COUNTRY RACE

"Running together, makes friendship stronger and stronger."
Chrisje Haesendonck



The Annual Cross Country Race is designed with different distances and terrains. GESSians are challenged to complete the race, thus demonstrating resilience.

A race in the oldest reservoir
Race site: MacRitchie Reservoir Park



SPORTS FIESTA



Meeting of the Titans @ Launch of Sports Fiesta

Another sports platform where GESSians apply psychomotor skills, cognitive and affective skills is the Annual Sports Fiesta. The various games are played at both competitive and non-competitive levels and challenge GESSians to give of their best.

INDOOR ROWING CHAMPIONSHIP

Life begins at the end of the comfort zone.



With 20 Indoor Rowing machines, we challenge our students to another high energy sporting activity – the Inter-class Indoor Rowing Championship. Held every year as a post exam activity, students are taught to row effectively during their PE lessons. Thereafter, they compete in the inter-class championship where the grit, sportsmanship, and teamwork prominently engulf the entire race venue.