

## **NEW ERA IN PE**

This academic year started by bringing a new perspective and adding a new dimension to our subject.

Under Covid 19 conditions, which is effecting people worldwide, we unanimously accepted the challenge within the PE Department and set out to develop our E-learning programme at NIA.

## And here we are!

Even if this is not quite specific to our subject, we prepared for our students interesting and useful theory lessons, topics which included: Healthy Active Lifestyle, Values in Sport, Components of Fitness, Training Methods, motivational sessions to name a few. These topics have widened their knowledge and understanding of physical education.

Our students were more than interested in the science behind the sports and they participated incredibly well in all activities we designed for them. With all the inter-schools competitions cancelled for the moment, we challenged the students with a practical ECA – Weekly Challenge - where they had the opportunity to compete online against each other and improve their level in different sports and fitness skills.

One of the important topics was Healthy Active Lifestyle, our students accepted the challenge during the Healthy Eating Week and produced some wonderful and very interesting pieces of work, proving that they are more aware now with regard to the importance of a leading a balanced lifestyle.

We can only hope that in Term 2 that we resume our physical activities - PE lessons, practical ECAs, our regular sporting events across Qatar so our students will be able to take part in different NIA teams doing their best in achieving their goals with great results.

Until then, the PE Department wishes you a restful and happy winter holiday.

Be good and stay safe!

Mr. Claudiu Pitigoi Head of PE Department