

EMMANUEL COLLEGE
THE PHYSICAL EDUCATION DEPARTMENT
Philosophical Statement



Physical Education as a subject is based on the belief that healthy living is essential to thriving, and provides a wealth of opportunities for the development of good character. The health of our bodies influences our mental and emotional health, and all students will be well-served by understanding how to look after themselves. Moreover, as students learn to abide by sporting rules and play as part of a team, they will also develop character strengths as they develop determination and resilience. We believe this has considerable value to both society and individuals.