PHYSICAL FITNESS

* Meaning ni PE ( Max. 3)
* Meaning ni Motor Learning (Max.3)
* Meaning ni Variable (Physical Fitness) (Max.3)
* Motor Learning kay variable (Physical Fitness) (Min. 5 Max 10)

- EXAMPLE IS MUST (PICTURE) at least 3

-CONNECTION (Explanation ni picture)

* Importance ni motor learning kay Variable a physical education (Physical Fitness)

**TOPIC: MEANING PHYSICAL EDUCATION**

**TITLE: Physical Education**

Author: None

Date: 29 September 2021

PUBLICATION: education bureau

Link: <https://www.edb.gov.hk/en/curriculum-development/kla/physical-education/index.html>

APA FORMAT:

ORIGINAL: Physical Education is "education through the physical". It aims to develop students’ physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. It also develops students’ confidence and generic skills, especially those of collaboration, communication, creativity, critical thinking, and aesthetic appreciation. These, together with the nurturing of positive values and attitudes in PE, provide a good foundation for students’ lifelong and life-wide learning.

PARAPHRASE:

EXAMPLE:

PICTURE

EXPLANATION NI PICTURE:

**TOPIC: MEANING MOTOR LEARNING**

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PARAPHRASE:

EXAMPLE:

PICTURE

EXPLANATION NI PICTURE: