

BENEFITS OF PHYSICAL EDUCATION & SPORT

Why are Physical Education & Sport important?

They are significant contributors to both individual and social development.



Brighter
Future for All

Sport enables children and the youth to unlock their potential & become agents of change in society.



Improves one's psychosocial well-being through better physical fitness and reduced stress & anxiety.

Because sport promotes values like tolerance, respect & fair-play, young people gain a sense of belonging which fosters unity & peace.



Sport creates bridges across generations & backgrounds – irrespective of age, gender, ability or belief.



Through P.E and sport learners can acquire core competencies and skills such as communication, collaboration and creativity preparing them for the world of work.

