



East Spring Secondary School

Power of Positive Energy (PPE)

Student Goals/Outcomes for Excellence & Success

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Department: Physical Education Talent Development Programme

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PPE Sharing

Good morning Mrs Jalil Mrs Mohider, Mr Chan teachers and fellow eastspringians. I am Stephen from 4N1 and I'm here to share my experiences as a member of the PE talent development programme. First of all, what is PE? We all know that it is one of our curriculum subjects here in East Spring. It is the subject where we are engaged physically and mentally. You might be wondering why I am talking about PE now. But for those who don't know, PE gave me the opportunity to be part of a programme that will nurture selected students with interest and potential in developing further in the arena of sports and fitness. Just like me! So let me share the activities that we had.

For our first challenge we were to partner a student who needed help in pursuing a healthy lifestyle. My classmate Zahirul, was one of them. What we did were basic workouts like repetition of push ups and rounds around the school. We trained for almost a week. As a result he shed an amazing 5kg. It was an achievement. This taught me that everyone could achieve whatever they wanted to as long as they put in their effort and mindset upon reaching it. In this case losing weight.

Other than us mentoring, we also visited two polytechnics to gain deeper knowledge of what their courses can offer us. For Nanyang poly, we were taught about different opportunities that we can have if we took sports and science as our profession. For instance, various employment opportunities in the upcoming sports-hub. This enlightened me to all the open doors available in the future. And for our visit to Republic poly, we tried different types of machinery that can indicate our fitness level in terms of strengths, speed, agility, stamina. Also they taught us ways to maintain a healthy lifestyle daily. However what we truly learned was that PE is not always just fun and games. There's science behind it.

Because of this programme it showed me that it's possible to marry our passion with profession. In fact this inspired me to try to marry my passion, with profession which gives me the motivation to get into the courses I want to. I would like to take this opportunity to encourage all of you to pursue your interest strength and passion. The PE talent programme also showed me a glimpse of what I might want to achieve in my future. I hope the various school programmes might show yours too.

So on behalf of the other students in the programme, I would like to thank the school for extending such a precious and invaluable opportunity to us. Thank you!