

I'm In Charge! ALL 2020

Semester 1



Day	: Thursday
Time	: 3.15pm – 4.00pm
Venue	: Indoor Sports Hall Level 2
Reporting Time	: 3.10pm

Schedule

SESSIONS	TIMELINE	DATE
Session 1	T1W3	23 Jan 2020
Session 2	T1W4	30 Jan 2020
Session 3	T1W5	6 Feb 2020
Session 4	T1W6	13 Feb 2020
Session 5	T1W7	20 Feb 2020
Session 6	T2W1	26 Mar 2020
Session 7	T2W3	9 April 2020



Attire : Bring NTSS PE Attire

Things to Bring : ✓ Water Bottle
✓ Personal Medication
✓ Inhaler (where necessary)



Teacher I/C: Ms Stella Yap (Ext 157)

Kindly inform Ms Yap and/or your PE teachers early if you are unwell and/or unable to attend.



A Healthy Lifestyle not only improves your physical health, it changes your mind, attitude and mood.

WEIGH TO GO! ☺

TOP 10 FITNESS FACTS

1 Exercise boosts brainpower



2 Exercise gives you energy



3 Movement melts away stress



4 It's easy to find time for fitness



6 Exercise helps ward off disease



7 Exercise boosts performance



8 Exercise lets you eat more



9 Weight loss is NOT the most important goal



5 Exercise builds relationships



10 Fitness pumps up your heart

