

# 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 Feb2020
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



6 Exercise helps ward off disease



2 Exercise gives you energy



7 Exercise boosts performance

3 Movement melts away stress



8 Exercise lets you eat more



4 It's easy to find time for fitness



9 Weight loss is NOT the most important goal

9

5 Exercise builds relationships



10 Fitness pumps up your heart

