

Title: Student-Centric Physical Education (PE) lesson to Increase Joy of Learning

A student-centric lesson would allow students to co-construct the lesson with the teacher. Teacher can spend more time assessing the students' needs, plan with the students on how learning can be best achieved. This in turn increases the motivation of the students to learn as they are engaged in the co-construction of the lesson. The lesson also becomes more inclusive as different needs of the students are addressed during the lesson – differentiated instruction that comes from the combined efforts of the students and teacher. The workshop would share a few strategies in which PE teachers in Outram Secondary School have done to create a learner-centred lesson. Opportunities would also be given to allow participants to share their experiences.