

Title: The 4R Approach to Character Development through Physical Education (PE)

The sharing session seeks to encourage educators to think creatively and design customised routines for facilitation in learning to help students understand and express themselves. In the affective domain of PE, this encourages students to be self-aware and manage relationships. A '4Rs' approach will be shared to help teachers facilitate a process to deepen character learning through feedback. The outcomes of this approach aim to develop students to be open towards feedback which will help nurture positive character traits.

Through this approach, Social and Emotional Learning (SEL) skills can be taught to prevent antisocial behaviours, and better management of emotions and cognitive processes to increase resilience in them. It is an effective classroom management strategy to reduce barriers to learning, and to improve teacher-students relationship.