

**23rd -24th June'2010**

**Workshop on Physical Education Programme in Primary Schools**

**Venue : Guru Harkishan Public School**

**Teacher : Ms. Meena Seth**

Ms. Meena Seth attended a workshop on Physical Education Programme in Primary Schools. It was two days workshop on PEC(Physical Education Cards). The teachers were familiarized with PEC cards and told how to use the information on the cards for teaching. They were enlightened about the PE Sessions using PEC cards. PEC Cards enhance and promote play way learning. They help in improving the attitude, attendance, behavior and confidence of the children. The teachers were made aware about the activities that can be organized using PEC cards.

