



THE BENEFITS OF AN
ACTIVE LIFESTYLE - PHYSICALLY,
INTELLECTUALLY, EMOTIONALLY,
AND SOCIALLY ARE A PART OF THE
DIS CURRICULUM FOR
EACH GROUP.

Sports and co-curricular:

The Physical Education (PE) programme at DIS uses a wide range of activities; athletics, dance, self-defence, games, gymnastics, swimming, outdoor sports and team sports, to help students develop their motor skills and spatial awareness. Taught by specialist teachers in indoor facilities, covered volleyball/basketball courts, tennis courts, a 25 meter swimming pool and a soccer field, students are encouraged to achieve physical competence and develop a sense of fair play.

