



P.E. Department Newsletter

Sports activities are very essential in our lives. It improves the students emotionally, physically, and socially. It is a part that cannot be taken away from education as a whole.

Sports activities are necessary to maintain our health. If we do not play regularly, our body does not develop. Sports are necessary for maintaining our health and physical fitness.

Involving oneself in competitive sports will encourage healthy competition. Students that are team captains will inculcate leadership qualities. Playing as a team will encourage co-operation among the players.

The PE department in DeBakey High School is keen to work toward improving the student's capabilities.

These couple of months were very busy for the P.E. Department and DeBakey Varsity Teams.

Let's have a look on the latest updates:

- ***High School Football Team "Boys"*** played a friendly match against Voltaire School on the 21st of January. Our Varsity Team won 5 to 2. They competed in the Qatar School Olympic Program on the 28th of February and won 3 to 1 against an Independent School.
- ***Middle School Football Team "Boys"*** played a friendly match against Bonapart School on the 18th of January. Our Varsity Team won 5 to 3. They competed in the Qatar School Olympic Program and lost 0 to 3 against an Independent School.
- ***High School Basketball Team "Boys"*** played a friendly match against Bonapart School on the 14th of January. Our Varsity Team won 45 to 27. They competed in the Qatar School Olympic Program as well on the 25th of

February, won 26 to 6 against an Stafford Sirilankan School, won 20 to 3 against Omar Bin Khattab, and won 32 to 16 against DPS Modern School.

- **Middle School Basketball Team “Boys”** *competed in the Qatar School Olympic Program on the 25th of February; lost 13 to 16 against Stafford Sirilankan School.*
- **High School Basketball Team “Girls”** *competed in the Qatar School Olympic Program on the 20th of February; won 54 to 2 against an Independent School, they played on the 24th of February as well; won 28 to 22 against Arwa School, and won 32 to 14 against Shaimaa School.*
- **Middle School Gymnastic Team “Girls”** *presented a gymnastic routine on the 17th of February for the qualification of Qatar School Olympic Program that included Floor and Vault exercises .*

Highlights:

- *DeBakey High School Teams: Basketball Girls, Basketball Boys, and Football Boys are all qualified to the Quarter Final of the School Olympic Program of Qatar.*
- *Gymnastic team is qualified to the finals of the School Olympic Finals.*

The PE Department wishes you the best,

Faten Hamzeh and Mohamad Kamal

PE Department DeBakey High School