

## Center for Body and Soul and the link with curriculum

Written by Mr. Pipat Jaion (Teacher *Tri*)

Hello, I am Mr. Pipat Jaion, nickname Teacher *Tri*. I take responsibility to teach sports and recreational activities for students of School for Life Chiang Mai. We participated in sport events and activities with other schools and communities every year, so our students gained a lot of experience and knowledge to use for life such as:

1. Unity
2. Sportsmanship
3. Rules of competition, etc.



Teacher Tri (left) with a student







Participating in sport events allows our students to gain new experiences, meet new friends and see various environments rather than teaching in the classroom and applying theory to practice.

The experiences that our students gained from the competitions are losing, winning, forgiving and sportsmanship.



Student participation in recreational activities creates fun and thinking skills.

In addition, we can integrate into various subjects: English in vocabulary by teaching warming up, speed, etc. and science subject in human physiology caring for the various systems of the body, etc.

Doing regular exercise helps our students to provide a healthy body. Our students do morning exercises every day at the school. It helps our students to provide physical and mental readiness before studying.

The important thing is to make the students happy and able to use their knowledge in daily life.



**School for Life Chiang Mai**

**185/3, Moo 4, T. Pamieng, Doi Saket, Chiang Mai 50220, Thailand.**