

individual's success and for their wellbeing. Healthy lifestyle include balanced nutrition, physical activity, sufficient sleep, risk avoidance and stress management. It is important to create a school environment that is sensitive to not only the physical health of students, but also to their mental health and wellbeing. Through the experiences gained, students understand the relationship between their lifestyle and health. They are aware that regular physical activity, rest and proper diet, will help them to live in a quality life. They reflect their values and attitudes while being considerate about the choices and decisions made in various aspects of life.

A Using Sustainable Practices

This key competency aims to raise awareness to engage in sustainable practices and learn conservation for the future. It encourages students to treat with respect and manage their resources wisely. The knowledge, skills and attitudes they develop through this key competency help students to satisfy their basic needs and have a quality life without jeopardising the life of future generations. Students who understand the ecology of Allah's creation believe that everyone has a role to play in building a sustainable future. As a result, they use sustainable practices in all aspects of their lives. They also have a global understanding of the concepts of interdependence and shared responsibilities for

the globe in creating a more sustainable future, environmental integrity, economic viability for present and future generations.

Using Technology and the Media

This key competency enhances the ability to use a variety of technologies as a tool for learning, communication and entertainment. As technology is a powerful platform to capture and disseminate information across the world, students need to master the information literacy skills they need in order to become sensitive consumers and creative producers of information. Therefore, young people need to use and manage information effectively, accurately. They also need to be aware of the roles of the media in informing, influencing and entertaining society. Students who are confident in using technology, employ digital technologies and communication tools successfully to search for, manage, evaluate and use information effectively. They recognise the information needed at any given time and purpose, how and where to locate it, evaluate the reliability and the validity of information. Students connect, create, and share their information and experiences locally and globally by using technology. It enables them to master content and extend their investigations, to become more self-directed, and control over their own learning. Additionally, students adapt to the changing nature of technologies and media and use technology safely and responsibly.

Thinking Critically and Creatively

As members of a globalised world with unprecedented breakthroughs in many aspects of life, students need to be equipped with critical thinking to face the challenges. These include a broad spectrum of cognitive development and intellectual dispositions which can build ideas creatively, reason out effectively, and endorse judgements wisely. Students who are creative and critical in thinking apply broad in-depth analysis of evidence to make decisions and communicate their beliefs clearly and accurately. They also practice skills such as comparing, classifying, reasoning; hypothesising, analysing and synthesising which help them build their confidence in learning and making judgements. As a result, these individuals are innovative, flexible and reflect critically on learning experiences and processes.

Relating to People

This key competency covers both interpersonal and intrapersonal skills. By mastering these skills, students can understand themselves better and interact with other members of society in the diverse communities effectively. They learn how to communicate with others and enjoy their company. Students who have instilled good social skills read and manage their own emotions and behaviour during social interactions. They develop interpersonal skills in face-to-face as well as virtual interactions.

They also have the ability to work effectively to accomplish common goals. Similarly, they take shared responsibilities for collaborative work, value the individual contributions and understand that there is always something to learn from each other.

Making Meaning

The ability to use language, symbols and text is one of the most fundamental competencies needed in order to be a contributing member of a society. This key competency enables students to use language effectively for exchanging information, share experiences feelings and ideas. Other aspects of this competency include exploring and interpreting symbolic representations as well as visual texts. Students also acquire an awareness of the different social and cultural conventions used in various contexts. Students who are competent in making meaning use a range of communication skills effectively. They use language; interpret symbolic representations, visual texts and movements to make meaning in various contexts. They also learn to read and produce a wide range of texts, including multimedia, transactional, mathematical, scientific, technological and literary texts using different media.

Living a Healthy Life

Living a healthy life is crucial for an

KEY COMPETENCIES of the National Curriculum

The NCF specifies eight key competencies which are essential for individuals to live, learn and contribute as active members of the nation and the world. These key competencies provide the basis for lifelong learning and employability in a progressive and challenging world. Each key competency is built on a combination of cognitive and practical skills, knowledge, values, attitudes, and other social and behavioural components.

These key competencies form the basis of the curriculum. They form the crucial foundation on which the key learning areas are built. Therefore the key competencies are cross cutting dimension in the curriculum, as all key learning areas work towards achieving the eight key competencies.

Students are presented with various opportunities which challenge them to acquire these eight interrelated key competencies throughout their school life. They are exposed to different aspects of these key competencies at different stages of their learning experience, with the aim of acquiring all eight key competencies by the end of schooling. The eight key competencies that the NCF promotes are:

Practising Islam

Nurturing students in the Islamic faith and enhancing their understanding of Islam as a complete way of life is imperative for them to function as practising Muslims. This key competency therefore focuses on

the area of Islamic values which include beliefs, manners, rights, responsibilities, attitudes and moral literacy skills. Students are presented with authentic activities which help them understand how religious obligations are fulfilled. Through meaningful teachings, it is envisaged that a strong Muslim identity, based on the underpinnings of the Noble Quran and the teachings of the Prophet Muhammad (SAW), will be built in students. Young people who have a firm belief in Islam follow the Noble Qur'an and Sunnah. They realise that the purpose of life is to obey and worship Allah (SWT) and to achieve wellbeing in this world and the hereafter. These students adhere to the tenets of Islam and follow Islam in all aspects of their lives.

Understanding and Managing Self

This key competency encompasses the skills, attitudes and knowledge needed to understand one, and to develop and maintain a positive self-image. It also develops motivation and goal setting skills. The ability to develop a plan, implement the plan and evaluate the performance is some aspects of self-management which are essential in inculcating and enterprising attitude in students. Students with these attributes are able to seek pathways to improve knowledge and understanding which leads to apply lifelong learning. They identify what is important for them and work towards setting personal goals while pursuing personal excellence in life.