

Haig Girls' SCHOOL

P2 Curriculum Briefing Physical Education



P2 CURRICULUM

Dance	Value-based Creativity (Dance Programme) Structured dance (Ode to Joy)
Educational Gymnastics	Travelling, jumping and climbing, balancing, rotating, mounting, dismounting, vaulting, sequencing
Games & Sports	Acquire a range of motor skills to participate in variety of physical activities
Outdoor Education	Navigation skills, recognising hazards arising from weather, developing sense of place
Physical Health & Fitness	Road safety, safety in public places and during physical activity, food and growth, good hygiene practices, taking care of teeth and how diseases are spread

P2 PE Assessment

Semester 1

Games and Sports

- Demonstrate a range of motor skills in catching, dribbling, striking a variety of objects.

Physical Health & Fitness

- Demonstrate safe practices during physical and daily activities.

Dance

- Perform a pre-designed movement experience to the music “Ode to Joy”, and repeat with modifications to timing.

Outdoor Education

- Identify landmarks on pictorial charts
- Recognise hazards arising from the weather that may cause harm to self and others
- Identify aspects of the school that one has a personal connection with and give reasons.



P2 PE Assessment

Semester 2

Games & Sports

- Demonstrate a range of motor skills in catching, dribbling and striking a variety of objects.

Educational Gymnastics

- Group performance sequence of two different movements with smooth transition, and different starting and ending positions.

Physical Health and Fitness

- Acquire and maintain health-enhancing fitness through regular participation in physical activities.
- Demonstrate healthy eating habits
- Demonstrate good health practices



Encourage your child to
“Enjoy doing your best”.

TIPS FOR PARENTS

“You are what you eat, so eat right.”
Encourage healthy eating habits.



Keep them moving!
Be an active example.

