

# Haig Girls' SCHOOL

## **P4 Curriculum Briefing Physical Education**



# P4 CURRICULUM

Dance	Value-based Creativity (Dance Programme) Structured dance (Maple Leaf Rag)
Educational Gymnastics	Travelling, jumping, 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 and developing a sense of place
Physical Health & Fitness	Sports safety, ensuring growth and fitness, substances harmful to health, taking care of teeth and food borne diseases
Athletics	Run for 12-15 min over a distance up to 1600m, crouch start sprint, pair relay, hurdles, jump for distance and height, javelin, shot put

# P4 PE Assessment

## Semester 1

### Athletics

- Crouch start sprint
- Jump for height
- Shot Put

### Dance

- Perform a pre-designed movement experience to the music “Maple Leaf Rag”, and repeat with modifications to the movement phrases.

### Outdoor Education

- Pictorial map navigation
- Planning for a meal for a day trip
- Impact on environment



# P4 PE Assessment

## Semester 2

### Games & Sports

- Demonstrate a range of motor skills in sending, dribbling and receiving a variety of objects.

### Educational Gymnastics

- Group performance sequence of four different movements (includes balancing, rotating and varied movement pathways) with smooth transition, and different starting and ending positions.

### Physical Health and Fitness

- Acquire knowledge of health and skills-related fitness
- Acquire a range of personal safety practices
- 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.

