# HAIG GIRLS SCHOOL PHYSICAL EDUCATION

P1 Curriculum Briefing – 2 Jan 2025 HOD PE/CCA: Ms Lena Chng



To nurture Healthy, Active and Confident Haig Girls.



## **PE CURRICULUM**

ARS POTE

LEARNING AREAS	DESIRED OUTCOMES
Values Based Creativity (Dance)	P1: Folk Dance P2: Tap Dance P3: Lyrical Jazz P4: Contemp. Dance P5: K-Pop P6: Hip Hop
Sports & Games	Fundamental Manipulative Skills. Movement Concepts. Mini- Games. Territorial-Invasion: Football, Netball, Basketball, Floorball Net-Barrier: Volleyball, Badminton, Mini-Tennis Striking-Fielding: Softball
Educational Gymnastics	Locomotion: Skipping, Galloping etc. Rotation: Forward/Backward Roll, Cartwheel etc. Jumping: Vaulting Balance: Point balance, Patch balance, Counter-Balance, Counter- Tension
Physical Health & Safety	Physical <b>Fitness. Nutrition.</b> Personal <b>Hygiene &amp; Self Care. Safety &amp;</b> Risk <b>Mgmt.</b>

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## **PE CURRICULUM**

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LEARNING AREAS	DESIRED OUTCOMES	
Athletics (P3 onwards)	<b>Running</b> : Sprints, Baton Passing, Hurdles <b>Throwing</b> : Shot Put, Javelin, Discus <b>Jumping</b> : Long-Jump, High- Jump	
Outdoor Education	Orienteering. Sense of Place. Outdoor <b>Safety</b> . <b>Outdoor Living Skills (Day-Trip):</b> Picnic at Koon Seng Park <b>P5 Adventure Camp</b>	
Swimming	Swim Safer 2.0 (In Primary 4)	

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## **PE EVENTS & INITIATIVES**

## Semester 1 1. PAL Programme 2. Play @ Recess

- 3. Values-Based-Creativity (Dance)
- 4. Games Day

### Semester 2

- 1. PAL Programme
- 2. Play @ Recess
- 3. Skipping Challenge
- 4. Learn-a-Sport



# Character & Citizenship Education (CCE)

Programme for Active Learning (PAL) P1 and P2

### Goals of CCE 2021

Good Character

## Resilience & Well-Being

#### Active Citizenship

Future-Readiness

## **CCA (PAL) Domains**

- **1.** Sports and Games
- 2. Outdoor Education
- 3. Visual Arts
- 4. Performing Arts







## **CCA (PAL) Learning Outcomes**

#### Primary 1

Developmental Milestones	Knowledge LO	Skills LO
1.3.1a Demonstrate a lively curiosity and find joy in the people and things around us.	<ul> <li>Being Curious</li> <li>Recognise that being curious encourages us to learn new things from people, our environment and our daily activities and experiences, and experience joy</li> </ul>	<ul> <li><u>Self-motivation</u></li> <li>Demonstrate enthusiasm to learn new things</li> <li><u>Positivity</u></li> <li>Express thanks to the people around oneself</li> <li><u>Self-reflection</u></li> <li>Reflect on the experiences and people who help us learn and grow</li> </ul>
2.1.1c Work in a respectful manner with others       Working together         • Recognise that everyone has something to contribute         • Understand the importance of working together		<ul> <li>Interpersonal Communication</li> <li>Work cooperatively with others on a common task or for a common goal</li> </ul>

## Play @Reccess







#### PE Learning Space

## Values Based Creativity (Dance)









## Values Based Creativity (Dance)





#### P1-6 Learn-a-Sport

P1: Wushu

P2: Bowling

P3: Golf

P4: Goal Ball

P5: Archery

P6: Dragon Boat

#### P3 - 6 Inter-Class Games

P3: Captains Ball

P4: Handball

P5: Volleyball

P6: Softball, Basketball



## Learn to Play - Wushu





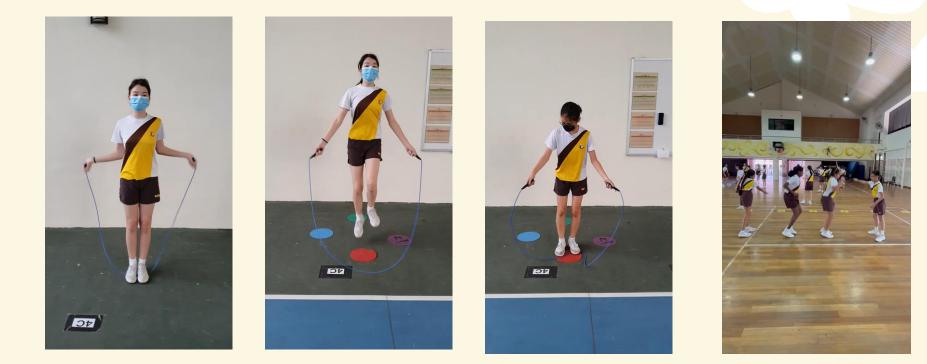
### Learn to Play - Wushu



## **Games / Sports Day Challenge**



## **Skipping Challenge (Progressive)**



#### Single Bounce (P1 to P2)

Running Step (P3 to P4) Cross-over (P5 to P6) 2 Jumpers (P6 only)



## PARTNERSHIP

It takes a village to raise a child.

- 1. Ask your child about PE and PAL Programme
- 2. Affirm them of their efforts
- 3. Encourage incremental improvements
- 4. Participate with enthusiasm
- 5. Role Model a healthy & active lifestyle





# **THANK YOU!**

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