

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

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 Fitness. Nutrition. Personal Hygiene & Self Care. Safety & Risk Mgmt.



PE CURRICULUM

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



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.	<u>Being Curious</u> <ul style="list-style-type: none">• Recognise that being curious encourages us to learn new things from people, our environment and our daily activities and experiences, and experience joy	<u>Self-motivation</u> <ul style="list-style-type: none">• Demonstrate enthusiasm to learn new things <u>Positivity</u> <ul style="list-style-type: none">• Express thanks to the people around oneself <u>Self-reflection</u> <ul style="list-style-type: none">• Reflect on the experiences and people who help us learn and grow
2.1.1c Work in a respectful manner with others	<u>Working together</u> <ul style="list-style-type: none">• Recognise that everyone has something to contribute• Understand the importance of working together	<u>Interpersonal Communication</u> <ul style="list-style-type: none">• Work cooperatively with others on a common task or for a common goal

Play @Recess



School Field



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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