

Curriculum Briefing

Physical Education

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Our Purpose



Using movement to develop the whole child

Physical Education is learning about using **efficient movement to improve performance**. It provides opportunities for physical activities that enhances **personal enjoyment**, it builds **character**, it **challenge** individual and it develops **social interaction** for life.



3 Modes of Education

- Education *in* movement
- Education *through* movement
- Education *about* movement



Education *in* movement

- Carefully selected wide range of physical activities
- Develop **efficiency, effectiveness and versatility**
- Fundamental and specialised skills
- Enjoy movement, discover interests, achieve personal goals



Education *through* movement

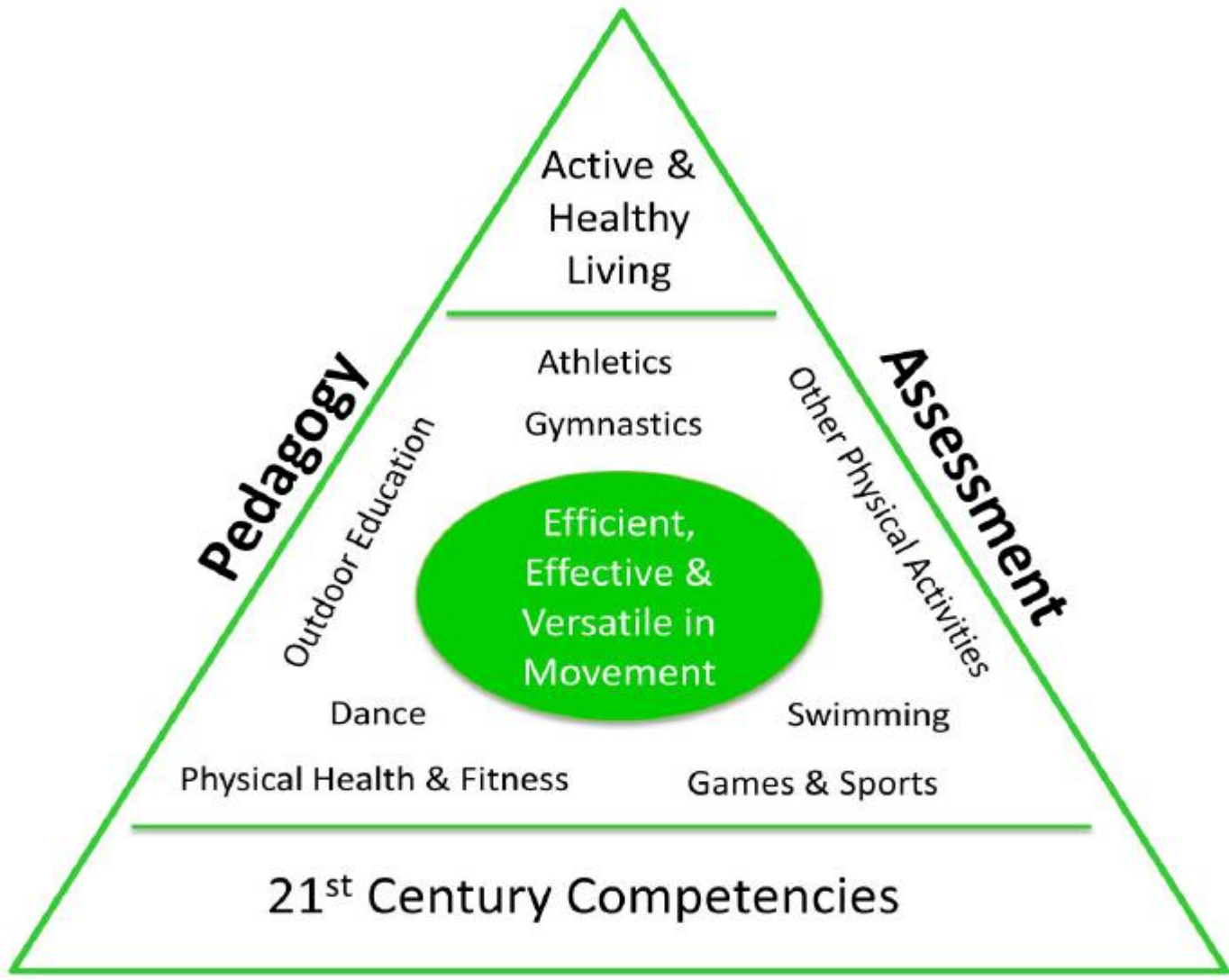


Cognitive	Affective	Social
Movement concepts	Encourage resilience and perseverance	Opportunity to work with individuals from different backgrounds
Game rules, tactics and strategies	Increased self-confidence	Encourages respect and harmony
Fitness-related benefits	Develop respect of self and others	Foster cooperation
Risks and safety concerns	Opportunities to demonstrate values of integrity, fair play and sportsmanship	

Education *about* movement

- Plan, monitor and assess their physical status (Muscular strength, endurance, flexibility and agility)
- Enjoy and value the benefits of daily physical activities
- Advocate an active and balanced lifestyle





Balanced Physical Education Curriculum



PE Curriculum Primary 1

- Educational Gymnastics
- Fundamental Movement Skills (FMS)
 - Locomotor / Non-locomotor / Manipulative Skills
- Dance
- Outdoor Education
- Physical Health & Fitness



HGS PE Plan



	P1	P2	P3	P4	P5	P6
Outdoor Education	Identify landmarks	Create simple map	Pack for a day trip	Prepare healthy sandwich	Outdoor Adventure Camp	
Swimming			SwimSafer			
Dance	Happy Feet	Happy Feet	Ethnic Dance	Lyrical Jazz	Hip Hop	KPop
Learn a Sport Programme	Wushu	Bowling	Archery	Inline Skating		Water Soccer

HGS PE Plan



Games

		P3	P4	P5	P6
-	Territorial	Football	Captain's Ball	Netball	Basketball
-	Net/Wall	Badminton	Badminton	Volleyball	
-	Striking / Fielding			Tee-ball	Tee-ball



PE & Sports Framework

Mass Participation Programmes

(Whole School)

Whole-School

Physical Education

Weekly Mass Workout

Rope Skipping Challenge

Sports Day

Play @ Recess

Individual Level

Outdoor Adventure (P5)

NAPFA (P4 and P6)

Specialised Sports Programmes

Whole-School

Co-Curricular Activities (CCAs)

Intra-school Competitions

Inter-class Competitions

Inter-school Competitions

Learn-a-Sport Programme

Talent Development Programmes

Junior Sports Academy (JSA)

D3T2 Programme

PAL Programme

- Programme for Active Learning
- 2 hours every Wednesday
- 11.40am – 1.40pm
- 4 Domains
 - Sports & Games/Visual Arts/Outdoor/Music
- Focus on Social Emotional competencies (SE)



SE Competencies

- Self Awareness
 - Recognise own strengths and needs
- Social Awareness
 - Appreciating diversity
 - respect for others
- Self Management
 - Impulse control
 - Goal setting
- Relationship Management
 - Working cooperatively
 - Conflict management
- Responsible Decision Making
 - Problem solving
 - Evaluation and reflection



Assessment



- Mid Year
 - Holistic Development Report
(Fundamental Movement Skills)
- Year End
 - Holistic Development Report
(Fundamental Movement Skills and Educational Gymnastics)



Thank you



Mr Mohd Asyik



Miss Cheong Long Xin



Mrs Eileen Low



Ms Ariel Goh



Mr Kwok Yao Tsuan

