

Haig Girls' School

P1 Curriculum Briefing

Physical Education Department



Our People



Ms Ariel Goh



Miss Cheong Long Xin



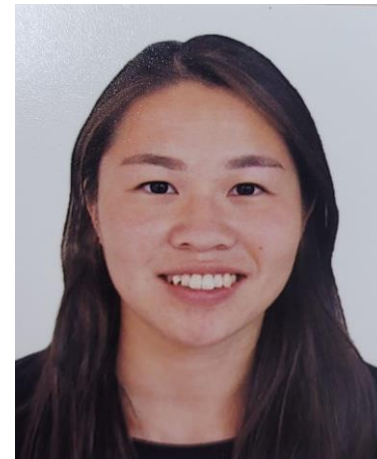
Mr Kwok Yao Tsuan



Mr Muhd Asyik



Miss Grace Ng



Miss Koh Xiao Li



PHYSICAL EDUCATION

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

- Wide range of age-appropriate physical activities
- Develop **efficiency, effectiveness** and **versatility**
- Enjoy movement, discover interests, achieve personal goals



Education *through* movement



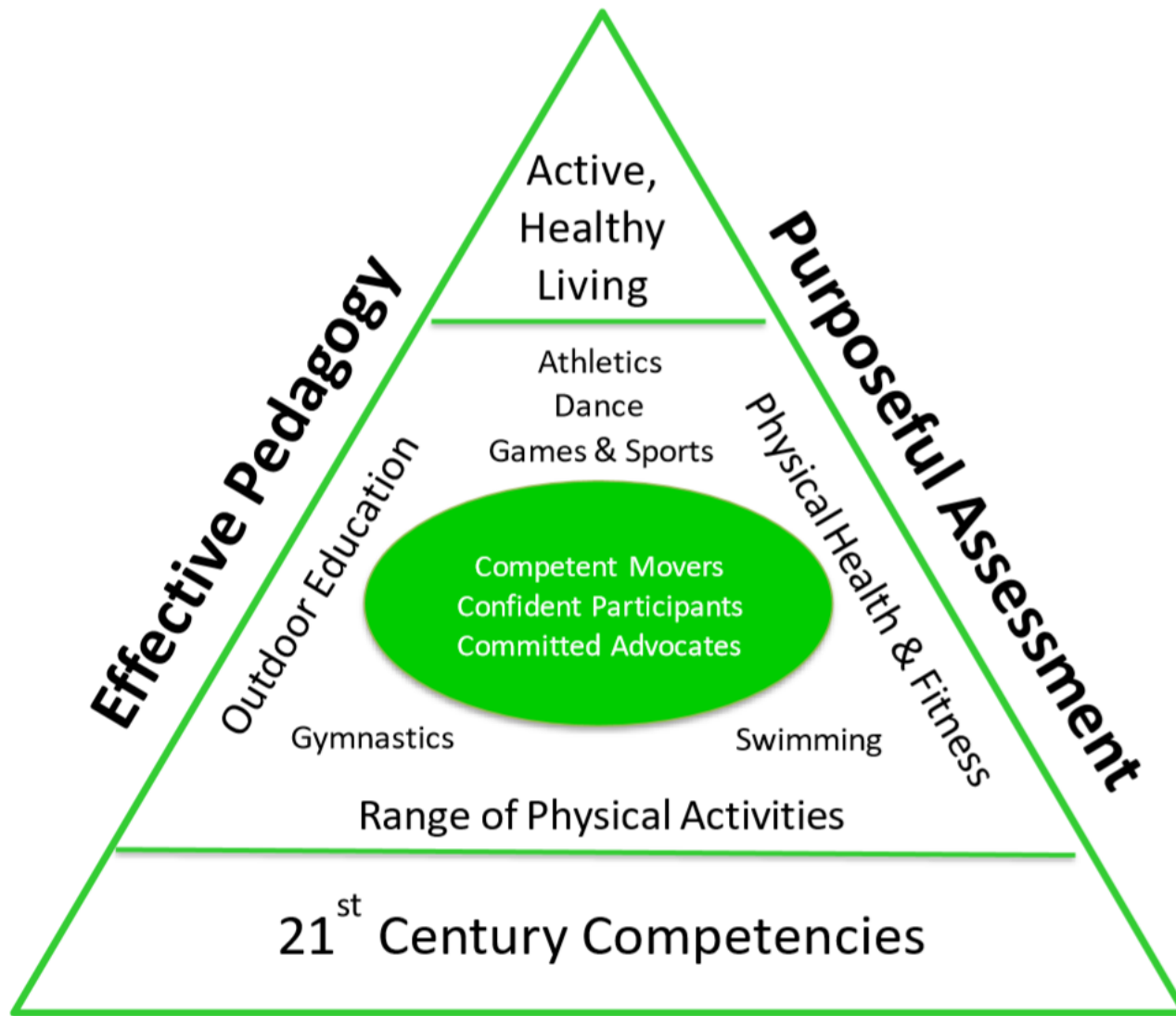
Cognitive	Affective	Social
Movement concepts	Encourage resilience and perseverance	Opportunity to work with others
Game rules, tactics and strategies	Increased self-confidence	Encourages respect and harmony
Health and Fitness-related benefits	Develop respect of self and others	Foster cooperation
Risks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

Education *about* movement

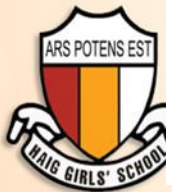


- Plan, monitor and assess their physical status (muscular strength, endurance, flexibility and agility)
- Enjoy and value the benefits of daily physical activities
- Advocate an active and balanced lifestyle through taking responsibility of personal health and fitness





Balanced Physical Education Curriculum



PE & Sports Programmes



Mass Participation

- Sports Day
- Rope Skipping Challenge
- Weekly Mass Workout
- Play @ Recess
- NAPFA (P4 & P6)
- Outdoor Adventure Camp (P5)

Specialised Sports

- Co-Curricular Activities (CCA)
- Inter-class Games
- National School Games
- Learn to Play Programme
- Values-based Creativity (Dance Programme)

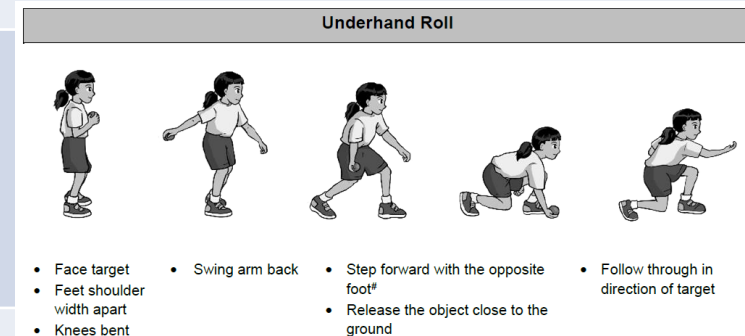
Talent Development

- Junior Sports Academy (JSA)
- D3T2 Programme



P1 CURRICULUM

Dance Educational Gymnastics	Value-based Creativity (Dance Programme) Structured Dance (Chan Mali Chan) Creative Dance
Educational Gymnastics	Travelling and jumping Balancing Rotating Sequencing
Fundamental Movement Skills	Rolling and catching Throwing and catching Striking with body part
Outdoor Education	Navigation skills Recognising hazards in an outdoor environment
Physical Health & Fitness	Personal safety, Road safety, Physical growth, Eye care



P1 PE Assessment

Semester 1

Fundamental Movement Skills

- Demonstrate a range of motor skills in rolling, catching, and throwing a variety of objects.

Dance

- Perform a structured dance to the music 'Chan Mali Chan', and repeat with modifications to timing (i.e. unison, take turns).

Outdoor Education

- Recognise hazards within the schools grounds that may cause harm to self and others, e.g. wet surfaces and sharp objects

Physical Health and Fitness

- Acquire a range of personal safety practices in school, at home and when using the road.

Semester 2

Fundamental Movement Skills

- Demonstrate a range of motor skills in rolling, catching, and throwing a variety of objects.

Educational Gymnastics

- Perform a gymnastics sequence of two different movements with smooth transitions.

Physical Health and Fitness

- Demonstrate good health practices (drinking water, food choices and physical activities) and habits in personal care (eye care and UV-protection) and hygiene.



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.

