

**HAIG GIRLS' SCHOOL**

# **PHYSICAL EDUCATION**

P3 Curriculum Briefing - 24 Jan 2025





**To nurture **Healthy,**  
**Active** and **Confident**  
Haig Girls.**

# TABLE OF CONTENTS

## 01

### PE CURRICULUM

Learning Experiences  
during PE Lessons

## 02

### PE EVENTS

Milestone Sporting  
Experiences

## 03

### PARTNERSHIP

How WE can support  
their development

## 04

### CCA EXPERIENCE

Step Out and Explore  
Strive for Excellence





LEARNING AREAS	DESIRED OUTCOMES
Values Based Creativity	<b>Theme: Lyrical Jazz.</b> Group performance to be shared via Class Dojo.*
Sports & Games	<b>Fundamental Manipulative Skills.</b> Movement Concepts. <b>Captains Ball</b> Intra-Class AND <b>Inter-Class Games</b>
Educational Gymnastics	Travel, Rotation, Balance, Jump. <b>Group Sequencing &amp; Transition.</b>
Physical Health & Safety	<b>Active Healthy Living</b> (Food choices), <b>Safety for Self and Others</b> (Cycling), <b>Caring for Self, Others and the Environment</b> (Germs and Diseases)
Athletics	Introduction to Athletics – <b>Run, Jump, Throws</b> (Preparation for Sports Day).
Outdoor Education	<b>Outdoor Living Skills (Day-Trip) – Picnic @ Koon Seng Park</b>
Swimming	Swim Safer 2.0 (To be completed in Primary 4)



# PE EVENTS & INITIATIVES

## Semester 1

1. **Values-Based-Creativity**
2. **Games Day (T2)**

## Semester 2

1. **Skipping Challenge**
2. **Inter-Class Games**
3. **Learn-a-Sport**



# Values Based Creativity







# Games Day





# Skipping Challenge (Progressive)



**Single Bounce  
(P1 to P2)**



**Running Step  
(P3 to P4)**



**Cross-over  
(P5 to P6)**



**2 Jumpers  
(P6 only)**

# Inter-Class Games – P3 Captains Ball

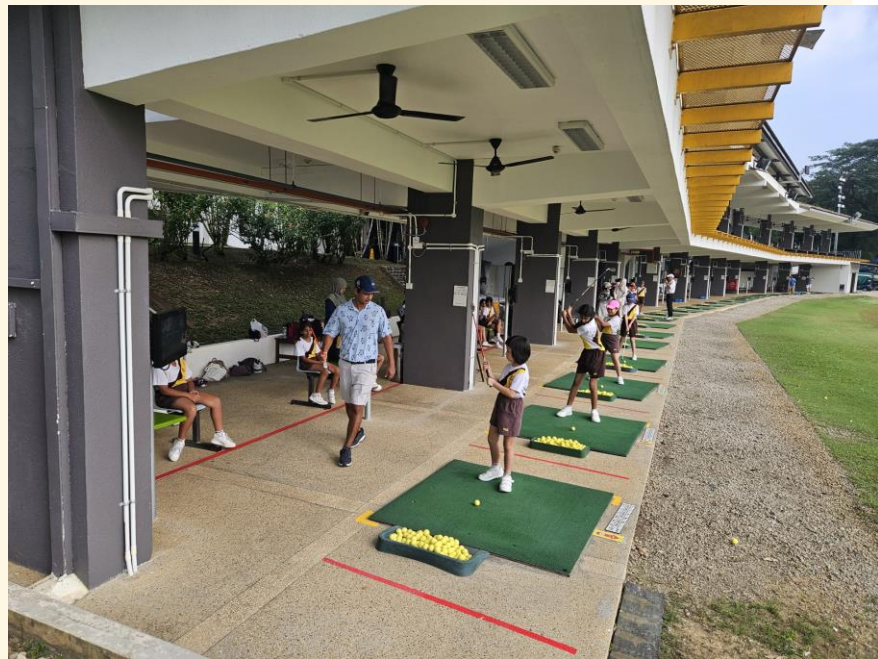




# Learn-A-Sport: P3 Golf



# Learn-A-Sport: P3 Golf





# PARTNERSHIP

It takes a village to raise a child.

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








Primary 3

# Commencement of CCA

27 January 2025



# Commencement of CCA

1. **P3 CCA Allocation Results** → ALL students were allocated to 1 of their 4 choices.
  2. **CCA Notification Letter via Parents Gateway**
  3. **Commencement of CCA**
    - **Date: 27 Jan 2025, Monday**
    - **Time: 2:00pm**
    - **Venue: School Hall** (Teachers/Seniors will take them to the respective venues)
    - **Attire: PE-Attire\*** (Unless otherwise specified in the CCA letter)
    - **Meals: At HGS Canteen or Packed-meals** (avoid perishables)
    - **Transport: 3.45pm\*** (Football and Bowling: 5.00pm)
- 

# Holistic & Progressive CCA Experience

## Calendar Year

- Welcome P3s
- Skill acquisition
- **Milestone** events  
E.g. **Competitions**,  
**performances**, **Camps**.
- **Leaders** Investiture
- P6 **Farewell**
- P2 CCA **Carnival**
- \***Bonding** Activities

## Progression over 4 years in the **SAME** CCA

P6	<b>Mentor to Juniors:</b> To handover to their juniors, to guide and support. <b>Stand-Down:</b> By Semester 1, stand down from CCA to prepare for PSLE.
P5	<b>Leadership:</b> Take ownership as the Leaders/Seniors of the CCA. <b>Exposure:</b> More opportunities for NSG, SYF, competitions, performances
P4	<b>Peer Supporter:</b> Establish meaningful friendships, guide peers and juniors. <b>Application:</b> Opportunities for competitions, performances etc.
P3	<b>Orientation:</b> Adjust to new schedule, friends, teachers and instructors. <b>Fundamentals:</b> Acquire fundamental knowledge and skills.

# P3-6 Appeal for Change in CCA

## 1. 4-year Experience

As shared by the graduating cohort, there are many **benefits** to staying in the **same** CCA throughout 4 years. It will allow students to **deepen** their **learning, broaden their skill sets**, and **strengthen** their **friendships** throughout the extended period. Should students face challenges, we encourage students to approach their CCA teachers for support and guidance.

## 2. 1-year Commitment

For **Primary 3** students: If a student is allocated to **any** of the 4 choices of CCA, she will **not** be allowed to change her CCA until the end of the year.

Similarly, for P4-6 students, if they are allocated to a **new** CCA, they are required to stay for **at least a year**.

# P3-6 Appeal for Change in CCA

## 1. Considerations (before appeal)

- ✓ Were concerns raised to CCA teachers? Have all options been explored?
- ✓ Is there sufficient runway in the NEW CCA for a meaningful experience?

## 2. Process

- Approach **current** CCA Teacher and/or **HOD PE/CCA**
- Apply for **NEW** CCA in **Term 4**

## 3. Criteria for Approval

- ✓ **Availability** in **proposed CCA** (If oversubscribed → balloting)

## 4. Results of Appeal

- CCA allocation **results** will be released in the **following year by Term 1 Week 3.**



# THANK YOU!

**Lena Chng (Ms)**

**HOD Physical Education & CCA**

**[Lena\\_Chng@schools.gov.sg](mailto:Lena_Chng@schools.gov.sg)**

CREDITS: This presentation template was created by [Slidesgo](#), and includes icons by [Flaticon](#) and infographics & images by [Freepik](#)

