

HAIG GIRLS' SCHOOL

PHYSICAL EDUCATION

P6 Curriculum Briefing - 16 Jan 2025



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How WE can support
their development





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

PE CURRICULUM

LEARNING AREAS	DESIRED OUTCOMES
Values Based Creativity	Theme: Hip Hop Group performance to be shared via Class Dojo.*
Sports & Games	8v8 Softball. 3v3 Basketball. 5v5 Floorball.
Educational Gymnastics	Travel, Rotation, Balance, Jump. Group Sequencing & Transition.
Physical Health & Safety	(1) Active Healthy Living. (2) Safety for Self & Others. (3) Caring for Self, Others and the Environment. 📅 My PE Journal
Athletics	Crouch start. Relay – Baton Passing (8x50m) (In preparation for Sports Day).
Outdoor Education	Orientation and Sense of Place. Outdoor Walk around Joo Chiat Neighbourhood
Swimming	Swim Safer 2.0 (Completed in 2022, Primary 4)



PE EVENTS & INITIATIVES

Semester 1

1. *Games Day (T2)*

Semester 2

1. **NAPFA**
2. **Skipping Challenge**
3. **Inter-Class Games - Softball / Basketball**
4. **Learn-a-Sport – Golf (TBC)**
5. **Values-Based-Creativity**



Values Based Creativity



Values Based Creativity



Values Based Creativity



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



Inter-Class Games



Learn-A-Sport P6 Dragonboat



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**
6. **Take care of their physical and mental health during PSLE period.**



Physical Activities:

- Support learning
- Improve concentration, memory and mood
- Release tension
- Reduce stress

Should be part of preparation for exams and tests.



THANK YOU!

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