

# Programme for Active Learning (PAL)



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## Overview

- An integral part of the curriculum for all Primary 1 and 2 students.
- Offers hands-on and experiential learning through the following four domains.
- Provides opportunities for students to discover new interests, develop character and enables them to develop social-emotional competencies.

The five characteristics of PAL are as follow:

1. Focus on Social and Emotional Learning (SEL) and values
2. Be driven by experiential learning
3. Encompass learning in creative ways
4. Provide opportunities to create
5. Engage in fun and enjoyable learning.

# Social and Emotional Learning (SEL)



Refers to the soft skills that are essential for a child's personal and social well-being.

These social-emotional competencies will help child to:

- Develop healthy identities
- Recognise and manage their own emotions.
- Develop a sense of responsibility, care and concern for others.
- Relate to others and develop positive relationships.
- Handle challenges.
- Make responsible decisions and act for the good of self, others and the society.

These social-emotional (SE) competencies are taught and learnt within the broader context of values learning and application so that your child can understand the purpose and meaningfulness of acquiring them.

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**Developing Social  
and Emotional  
competencies**

**Aligned to  
CCE2021 Learning  
Outcomes**

**Achieve CCE2021  
Developmental  
Milestones**

# Programme for Active Learning (PAL)



## 4 Domains:

<b>Sports and Games</b>	<b>Performing Arts</b>	<b>Visual Arts</b>	<b>Outdoor Education</b>
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## Structures:

**Every Monday, 4 periods (2hrs)**

**Each student will go through the lessons planned under different domain every term.**

**At the end of 4 terms, students will go through activities under all 4 domains.**

P1 Students In Action



# Sports and Games



Marble  
game



Chapteh



Zero Point



P1 Students In Action



# Performing Arts



**Handbell Experience**



**Creativity Experience**



**Creative Dance Movement**

P1 Students In Action



# Visual Arts



**Sharing space  
activity**



**Paper plate  
Tambourine**



**Collage artwork on  
my likes and dislikes**



P1 Students In Action



# Outdoor Education



**Map Reading**



**How to use the  
Compass**



**First Aid**

# What Students Say About PAL



**Monday is my favourite day because I look forward to fun activities during PAL lessons .**  
- Aufa-

**We get the chance to dance and sing for one another - Yan Thong**

**I love to create new dance and music with my friends. - Seshma**

**I learnt how to take care of myself and my friends in Outdoor education. I learnt about safety in public places.**  
-Elsa-

**I get to learn new things with my friends - Mishall**

**I learn to be considerate and listen to my friends**  
Syahmi

# Thank You

