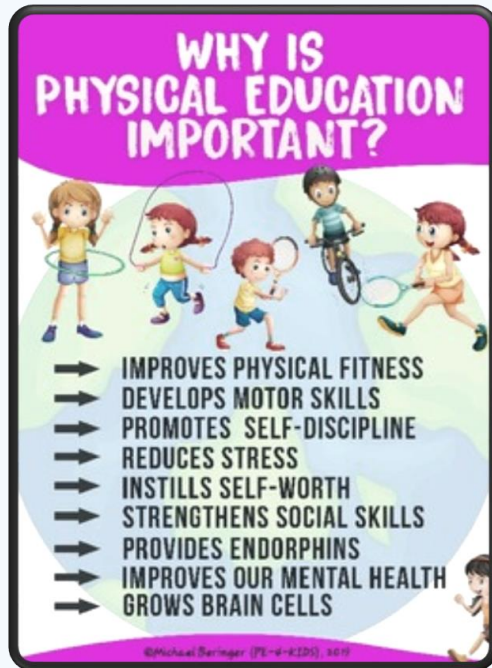


A stylized, layered landscape illustration. The foreground features rolling green hills with dark brown soil patches. On the left, there is a green tree, a purple flower, and some orange foliage. A small red bird is flying in the upper left. The background consists of light blue and white wavy bands representing the sky.

# Physical Education

Information for Primary 1 Parents

# Why PE is important?



- A child's **intellectual growth** cannot take place without having met his or her basic physical needs.
- The PE department seeks to **provide** pupils with **quality school experience** by creating opportunities to *participate in quality physical education programme* and other *health-enhancing physical activities*.



# Vision

Every pupil is an active all-rounded individual taking ownership of their holistic wellness

# Mission

To cultivate each child's interest for an active healthy lifestyle and develop sportsmanship through variety of physical activities





# Goals in Physical Education (PE)

- **Goal 1:** Acquire a range of movement skills to participate in a variety of physical activities.
- **Goal 2:** Understand and apply movement concepts, principles and strategies in a range of physical activities.
- **Goal 3:** Demonstrate safe practices during physical and daily activities with respect to themselves, others and the environment.
- **Goal 4:** Display positive personal and social behavior across different experiences
- **Goal 5:** Acquire and maintain health enhancing fitness through regular participation in physical activities
- **Goal 6:** Enjoy and value the benefits of living a physically active and healthy life

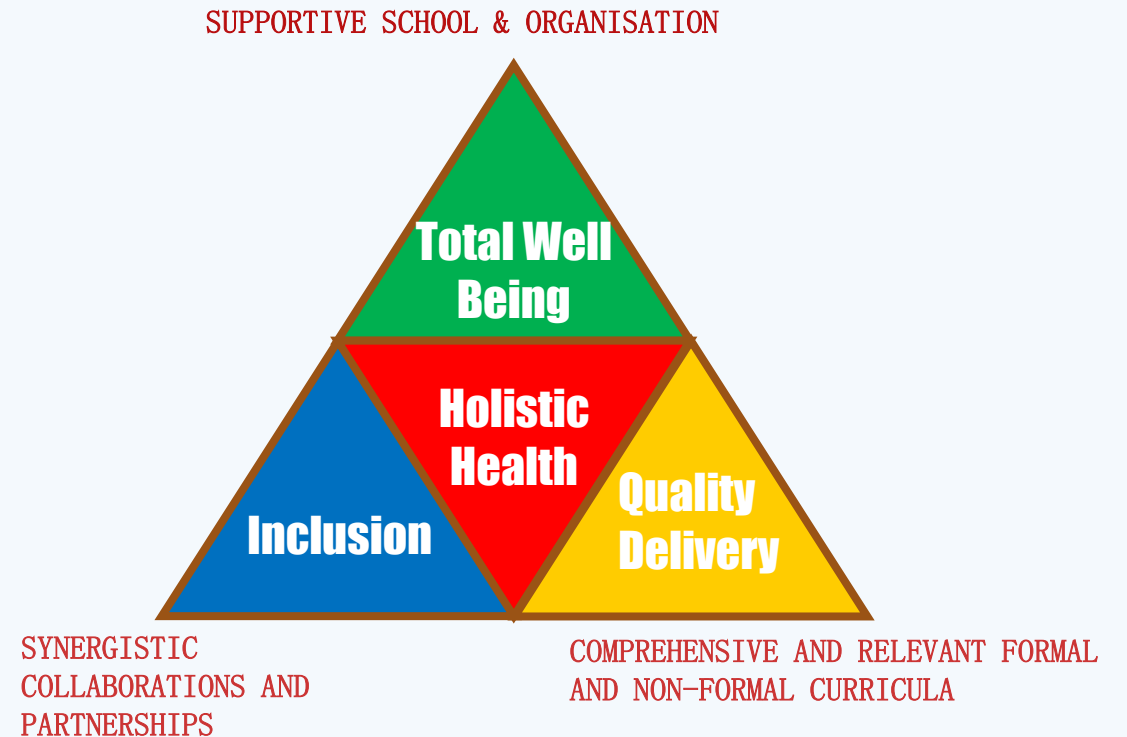
# Holistic Health Framework

The HHF is underpinned by three guiding principles:

1) **TOTAL WELL-BEING**: Encompasses the physical, mental and social health of students and not just measures of weight and fitness.

1) **INCLUSION**: Every student be given opportunities to access the knowledge, and develop the skills and attitudes to live healthily.

1) **QUALITY DELIVERY**: Building the capacity of teachers through professional development and engaging qualified and competent para-educators to teach holistic health effectively.



# PE Movement Strategy

Physical education teachers consciously make use of movement as the primary medium to reach and teach the whole child through the following three modes:

## Learning in Movement (Psychomotor Domain)

- Range of skills through participation in varied physical education experience
- Competency in Movement



## Learning Through Movement (Cognitive & Affective Domain)

- Sufficient knowledge to relate movement experiences.
- To understand concepts, theories, health-fitness benefits and safety concerns
- Authentic setting to develop 21<sup>st</sup> Century Competencies, values and ideals to support character development

## Learning About Movement (Active Healthy Lifestyle)

- Develop and sustain optimal health and to attain desirable health-related fitness goals
- Enjoy and value the benefits of daily active and healthy lifestyle
- Meaningful learning experience, quality instructions and purposeful assessment to cultivate the joy of learning physical education

# PE Curriculum

	PE Syllabus Desired Outcomes
Primary 1	Knowledge & Comprehension (e.g. Fundamental Movements and Locomotors) 
Primary 2	
Primary 3	Application & Analysis (e.g. Applying Games Concept and analyse use of space) 
Primary 4	
Primary 5	Synthesising & Evaluating (e.g. Use of ICT and Peer Coaching)
Primary 6	



# P1 Curriculum : Physical Education



- Students to demonstrate individually and with others the physical skills, practices, and values to enjoy a lifetime of active, healthy living.
- Learning Outcomes focus on Fundamental Motor Skills and Concepts( 2014 PE Syllabus)



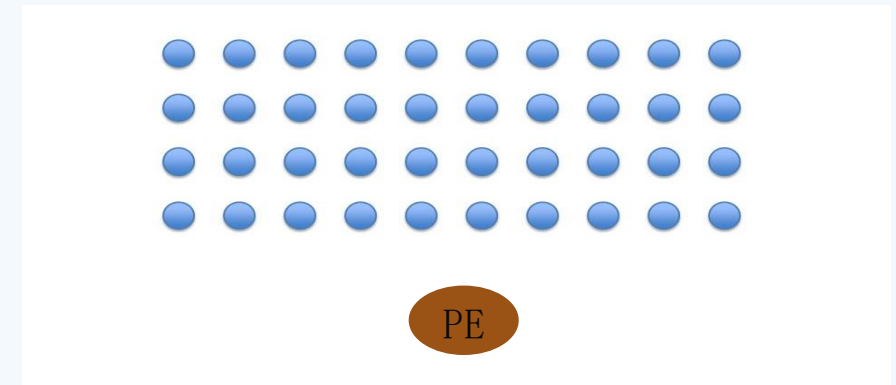
# PE Syllabus for P1

- **Games and Sports  
(Fundamental Movements)**
- **Gymnastics**
- **Rhythmic Dance**
- **Physical Health & Fitness  
(Health Education)**



# Safe Distancing

- PE Lesson to be conducted by individual classes. Safe distancing should follow national posture for exercising ( at least 2m during activities and instructions)
- Conducted in spacious and well ventilated venues (SBC/ISH/School Hall & Field) organized in rows with 2m spacing between pupils
- **One class per allocated PE Venues**
- Small enclosed room should NOT be used for PE lessons (e.g. Dance Studio)





# Mask Policy

- Should be wearing a mask when moving to the PE Venues
- Masks are allowed to be removed when engaged in physical activities. Keep their mask in hygienic manner before start of activity.
- After activities, student should practice good hygiene by sanitizing hands before putting back their masks
- PE Teachers need to wear mask when they are giving out instructions but may remove the mask when leading or demonstrating the activities



Safekeeping of masks and water bottles



# PE Lesson Activities

1. Individualised Activities (Running, Aerobic Exercise and Specific Individual games skills)
2. Group Activities (Maximum of 5 in a group) adhering to safe distancing guidelines. **NEW**



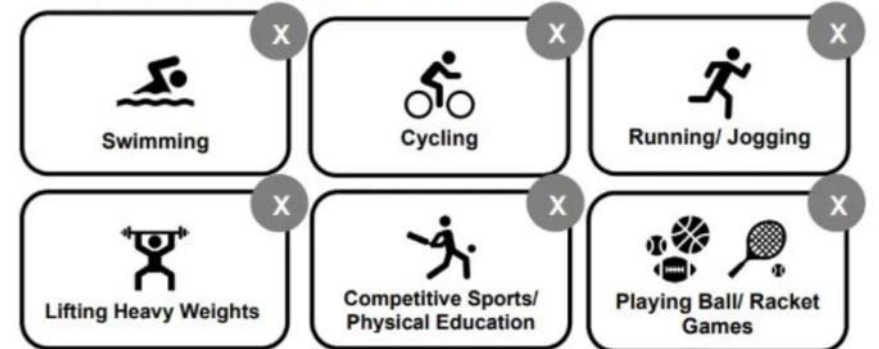
Source: SportsSG Phase2 Implementation Guidel

# Students Recently Vaccinated

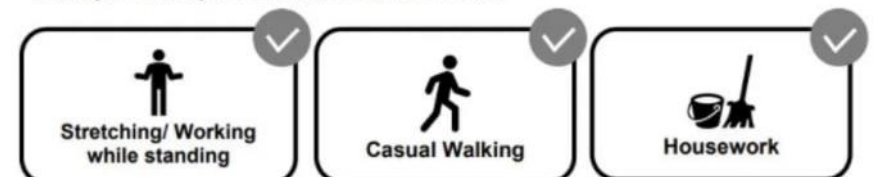
1. Students who are recently vaccinated should not be having any strenuous physical activities for 2 weeks.
2. Please update the form teacher or PE teachers on the vaccination status
3. Remind the pupils of the precautions at home and in school



Examples of Strenuous Physical Activities to avoid:



Examples of Physical Activities that are safe:



# KEY PE Programme 2022

	KEY Programme	
Primary 1	<ul style="list-style-type: none"> <li>PAL</li> <li>P1 Dental Talk Assembly</li> </ul>	<ul style="list-style-type: none"> <li>Children's Day Sports Carnival**</li> <li>NSG Basketball Hosting</li> <li>NSG Rugby Convenor</li> <li>PE Monitor Training</li> <li>Junior Sports Academy</li> </ul>
Primary 2		
Primary 3	<ul style="list-style-type: none"> <li>P3 Swimsafer *</li> <li>P3 CCA Modular Programme</li> </ul>	
Primary 4	<ul style="list-style-type: none"> <li>NAPFA</li> <li>P4 Modified Handball League</li> </ul>	<u>On going</u> <ul style="list-style-type: none"> <li>Healthy Meal Programme*</li> <li>PAM Week</li> <li>Take 10 Programme</li> <li>Play@Recess</li> </ul>
Primary 5	<ul style="list-style-type: none"> <li>P5 Adventure Camp**</li> <li>Dental Talk Assembly</li> <li>P5 Floorball League</li> </ul>	<u>Selected</u> <ul style="list-style-type: none"> <li>Active Kids Programme</li> <li>School Sports Partnership Programme**</li> <li>Interclass Games</li> <li>Roving Optical Shop</li> </ul>
Primary 6	<ul style="list-style-type: none"> <li>NAPFA</li> <li>P6 Interclass Futsal/Volleyball</li> </ul>	



# Take ten

Since 2016, 10 minute break was included into the curriculum time (Tuesday to Friday) from 11.05 a.m. to 11.15 a.m.

## Benefits of taking a break

- Boost creativity and passion
- Refresh attention span and sustain concentration
- Lower Body Mass Index
- Keep Eyes Healthy
- Lower Stress



# SNACKS FOR BREAK TIME

The following examples are snacks for students that are easy to prepare and pack for consumption during class breaks.

## WHOLEMEAL SANDWICHES

- \*Peanut Butter & Jam
- Cucumber and Tomato
- \*Grilled Cheese

*(wrapped in aluminium foil to retain freshness)*

\*\* 2 slices of sandwiches



## PIZZA

- Wholemeal bread pizza with vegetable toppings

*(wrapped in aluminium foil to retain freshness)*

\*\* 1 slice of wholemeal pizza



## VEGETABLES

- Carrot or cucumber sticks with chickpea dip (mashed chickpea with HCS orange juice)
- Boiled broccoli with cute toppers

\*\* 1 cup of vegetables



## FRUIT & NUTS

- Fresh fruit kebab
- Almonds added to plain cereal for a higher fibre snack or plain nuts

\*\* 1 cup of fruits/nuts



## WHOLEMEAL WRAPS

- Homemade popiah filled with vegetables (toasted)
- Vietnamese rolls
- Slice into triangles and toasted to make "chips" (store in air-tight bag/container to maintain crisp)

\*\* Half portion of wholemeal wraps



## WHOLEMEAL PANCAKES, MUFFIN & CAKES

- Banana Pancakes
- Homemade with reduced sugar

\*\* 1 small portion of muffins/cake




## POPCORN/CRACKERS

- Homemade without additional toppings like salt, butter
- Wholegrain or HCS variety

\*\* 1 small packet of crackers/popcorn



\*where possible, choose the Healthier Choice Symbol (HCS)  or lower fat/lower sugar options

\*\* Recommended Servings for consumption during the short break time



# Recommended Take Ten Snacks



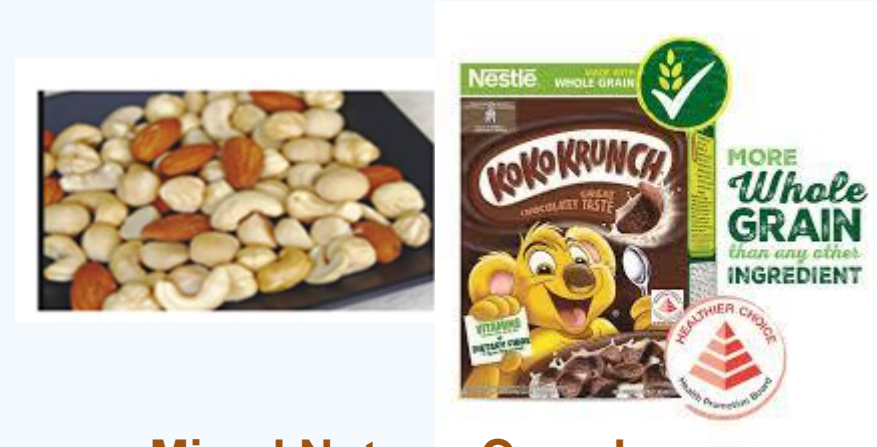
Healthy Sandwich & Healthier Choice Buns



Biscuits with Healthier Choice Logo



Fruits and Raisins



Mixed Nuts or Cereals



# Recommended Take Ten Snacks



Healthy Sandwiches &  
Buns with "Healthier Choice" Logo



Biscuits with "Healthier  
Choice" Logo



Fruits (i.e. apple, banana, grapes)



Baked Mixed Nuts &  
Small Packs of Plain Cornflakes



The following snacks are not allowed

- Tidbits (i.e. Potato Chips)
- Candies & chocolates
- Hotdog bun
- Fried food
- Chicken drumlets, chicken wings & chicken nuggets.
- No consumption of sweet drinks purchased from canteen