



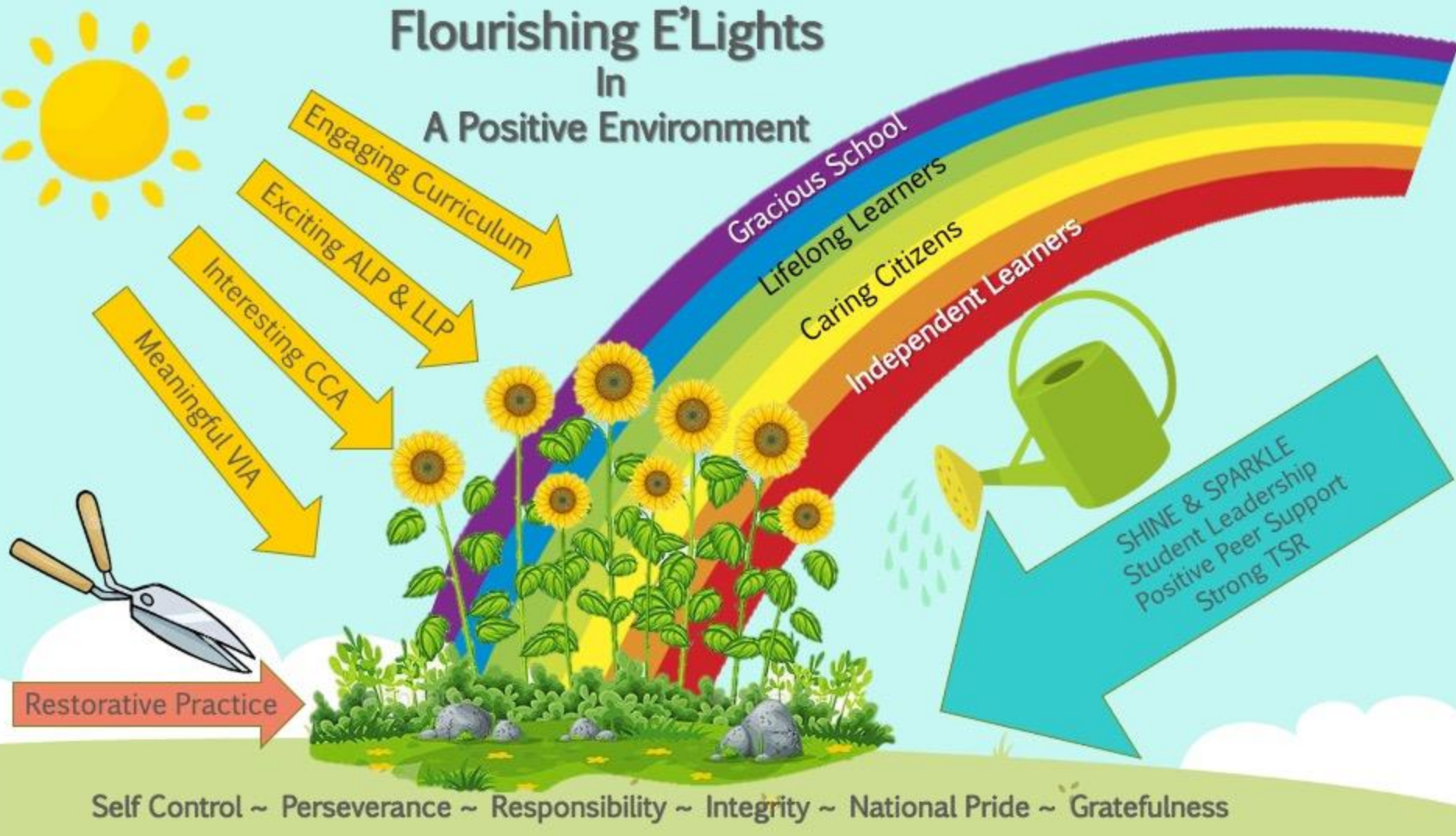


**EAST SPRING
PRIMARY SCHOOL**

PAM

PE | ARTS | MUSIC





Physical Education



4 Pillars of Active & Healthy Lifestyle

Consistency at home and school

PHYSICAL ACTIVITY



HYGIENE



NUTRITION



SLEEPING TIME



Causes of unhealthy lifestyle

HABITS

DIET

STRESS

SEDENTARY



Physical Health & Fitness Card

No	Activity in Term 1	Duration / Requirements	Stars	PE teacher's Signature/ Date
EXAMPLE	Perform rope skipping for 50 repetitions for 6 days in a term.	(Write down the dates when you performed the activities) 2/1/2015 4/1/2015 9/1/2015 3/1/2015 7/1/2015 10/1/2015	***	
PE	1. Play a game/sport actively in school during PE lessons.	List down the name of the game/sport you played. Date: Game/Sport: One important thing that I learned:	**	
	2. Participate actively during modular PE. Write down the dates. Show your PE teacher.	Write down the dates when you participate actively during modular PE. / / 2017 / / 2017 / / 2017 / / 2017 / / 2017 / / 2017	***	
	3. Perform an underhand roll to a stationary partner. Show your PE teacher.	Please submit your card to your PE teacher for signature.	**	
HE	4. Help to clean up the house for 6 days in a term. Write down the things that you helped to do.	Date: I helped to... Parent's Signature / / 2017 / / 2017 / / 2017 / / 2017 / / 2017 / / 2017	**	
	5. Write down the three steps of the road safety help drill.	They are: 1) _____ 2) _____ 3) _____	***	
	6. Visit the Dental Care pillar in the canteen and find the answers to the questions on the pillar.	Answers: 1) _____ 2) _____ 3) _____	***	
Whole-School Approach	7. Bring a fruit to school during recess and eat it.	Write down the dates when you bring a fruit. / / 2017 / / 2017 / / 2017 / / 2017 / / 2017 / / 2017	***	
	8. Take a short walk/jog (15 min) or play a sport/game with a family member for 4 days in a term.	Who? Date Activity? Parent's Signature / / 2017 / / 2017 / / 2017 / / 2017	**	
	9. Have at least 9 hours of sleep for 3 consecutive days in a week during the term.	Date: Parent's Signature / / 2017 / / 2017 / / 2017	**	
	10. Borrow equipment during Recess Action Play to play a game/sport for 5 days in a term.	List down the equipment borrowed on the date you played. Equipment Borrowed Date _____ _____ _____ _____ _____	***	

You may submit the completed Physical Health and Fitness Booklet to your PE teacher anytime upon completion. Latest week of submission is Week 5 of the Term 4.

Semester 2

Primary 1

East Spring Primary School

PHF & FITNESS CARD



NAME: _____ CLASS: _____

Total number of stars	Individual Award
20 - 25	GOLD AWARD I have set my mind on completing my task and have done my best in being aware of my body.
15 - 19	SILVER AWARD I am almost there and I know I have the ability to do what it takes to be healthy and fit. I can do it!
10 - 14	Bronze Award I will try harder next time because I know I'll set my mind to it I can do it!



HEALTHY EATING (*Spark* Time)

Self Management | Healthy Habits

During curriculum time at least 2 hour before or after recess (15 mins)



What does healthier choice mean ?



PE lessons

- Progressive
- Skill and concept-based syllabus
- Encourage fitness conditioning through cardiovascular jogs and climbing
- Inter-class Games



Arts



Art in ESPS



Self &
Immediate
Environment

The World
and Region
We Live In

Singapore:
Past, Present
& Future



17 Local
Artworks



Family Portrait (c.1955)
Georgette Chen

11
International
Artworks



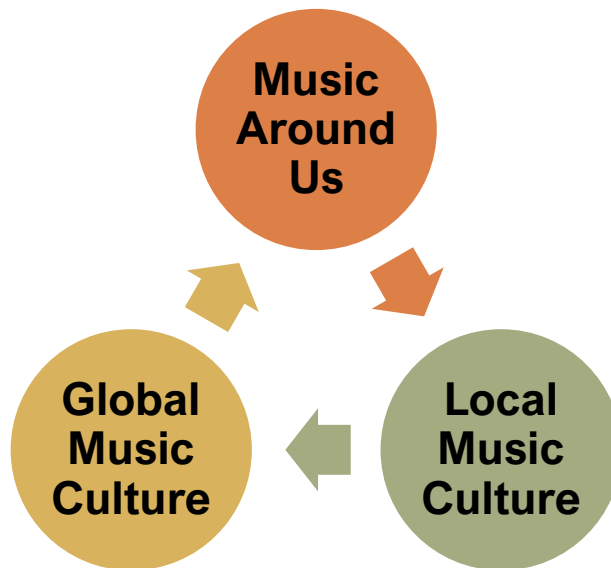
The Snail (1953)
Henri Matisse



Music

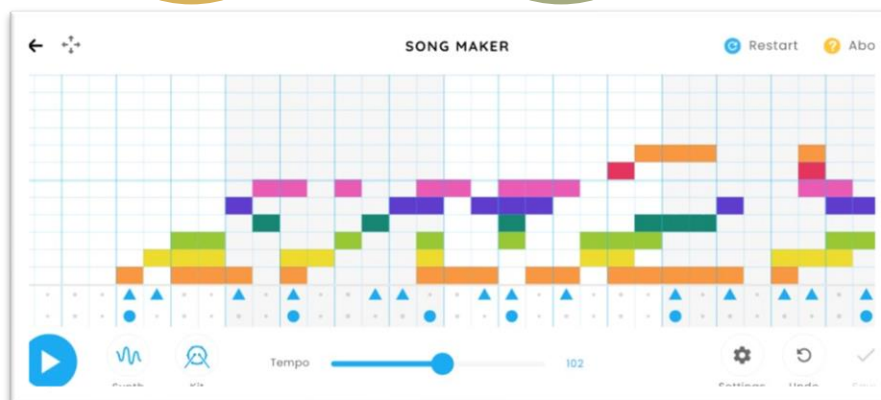


Music in ESPS



24 Core
Repertoires

13 Dynamic
Repertoires



PAL

Programme for Active Learning



Programme for Active Learning (PAL)



Objectives

1

Values and Social & Emotional Competencies

School Values

- Self-Control
- Perseverance (Resilience)
- Responsibility
- Integrity
- National Pride (Harmony)
- Gratefulness

Social Emotional Competencies

- Self Awareness
- Social Awareness
- Self Management
- Relationship Management
- Responsible Decision Making



Objectives

2

Broad exposure & experiences to SEL competencies through fun and varied activities

Outdoor Education

- The Great Outdoors

Sports & Games

- Ball Games

**PAL @
ESPS**

Performing Arts

- A Musical Journey (P1)
- We are Creative Dancers! (P2)

Visual Arts

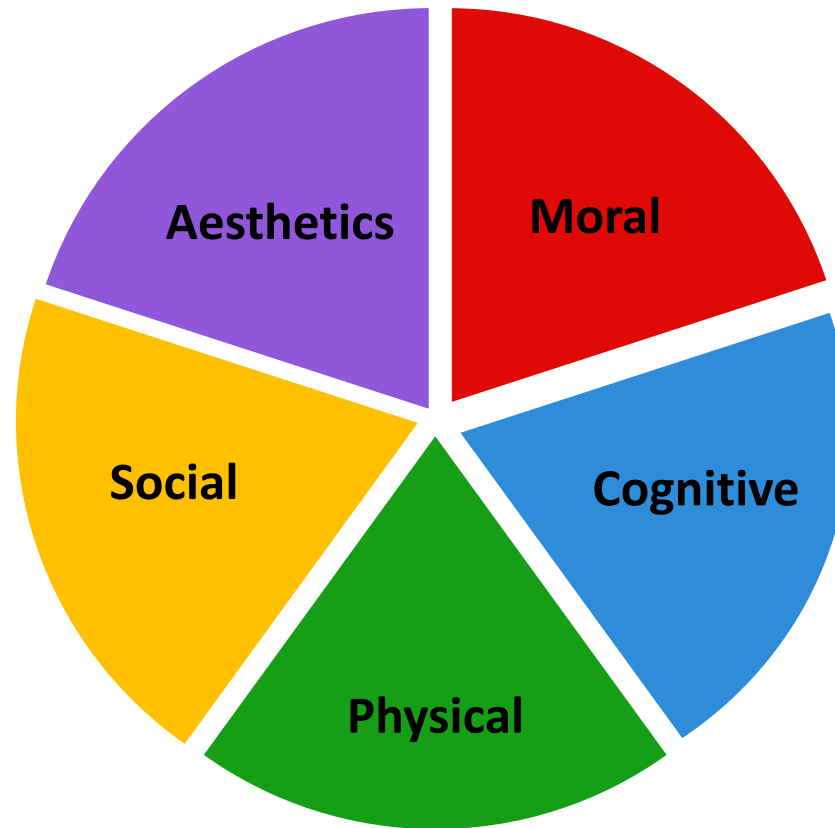
- Underwater World (P1)
- My Garden (P2)



Objectives

3

Holistic Development of every E'Light



PAL @ ESPS

All Primary 1 & 2 Students
2 hours per week

Teacher specialists & Form Teachers

- Children learn best with peer interaction
- Incorporates values education and social and emotional learning



PAL @ ESPS

- Hands-on authentic learning experiences
- Fun and enjoyable



LLP

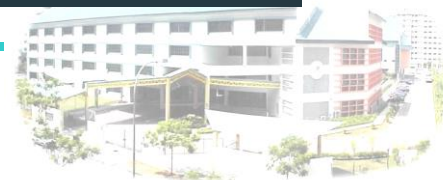
Learning for Life Programme



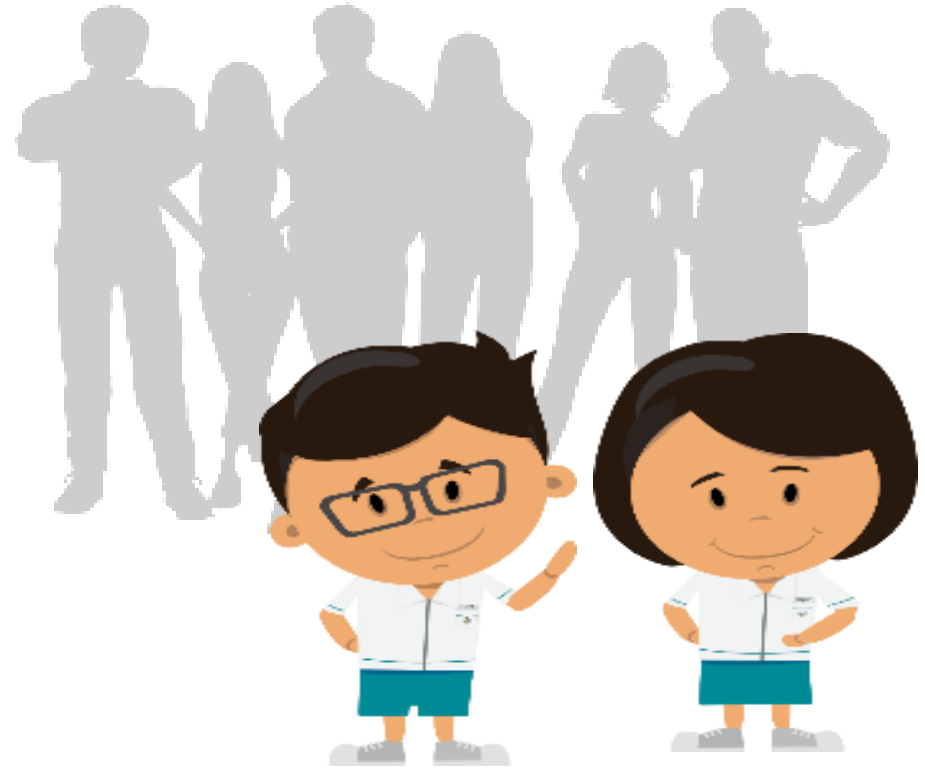
Learning for Life Programme (LLP)



Gracious School , Life-long Learners



It takes a village to raise a child...



Mr Azhari

HOD PE, CCA & Aesthetics

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Gracious School , Life-long Learners

