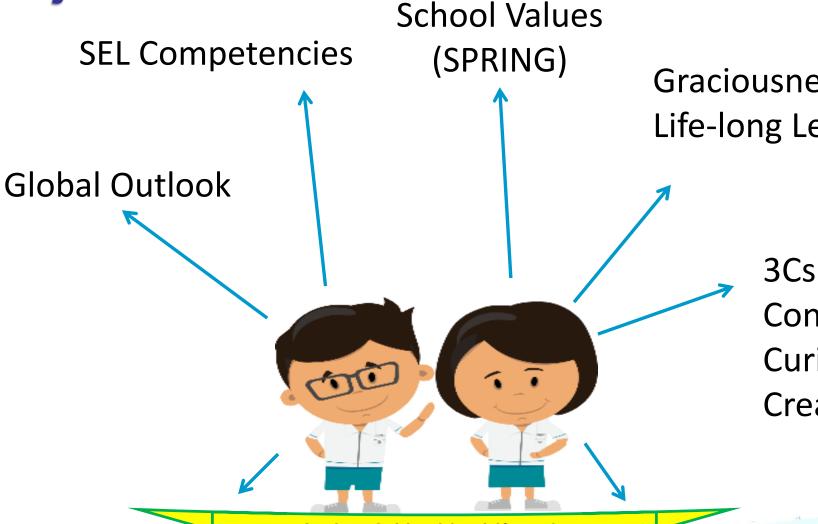
# East Spring Primary School Briefing for Parents

2022









**Graciousness &** Life-long Learning

> Confident Curious Creative

**Active & Healthy Lifestyle** 



## Causes of an unhealthy lifestyle

Habits & Routines

**Diet** 

#### **Poor lifestyle habits**

Stress due to lack of SE competencies Lack of physical activity





4 Pillars of an Active & Healthy Lifestyle

Physical Activity Nutrition

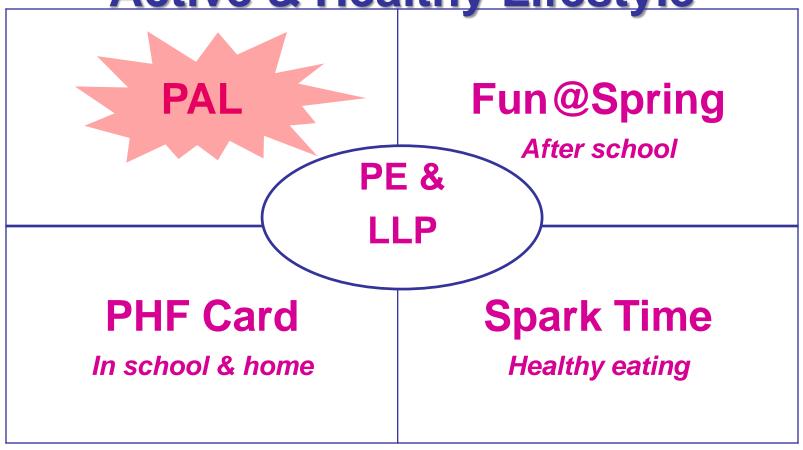
Hygiene Sleeping Time

Consistency in school and at home





Programme to inculcate an Active & Healthy Lifestyle





# Programme for Active Learning (PAL)









#### **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





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)

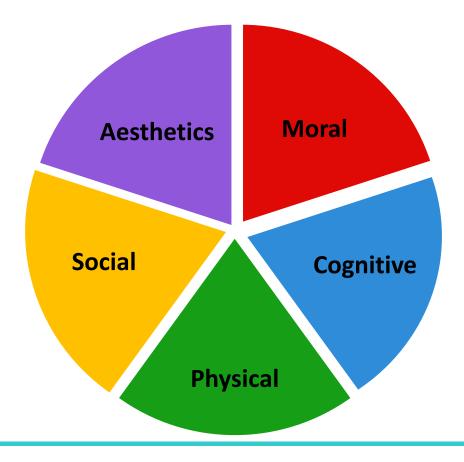
#### **Visual Arts**

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





#### Holistic Development of every E'Light







#### **ESPS PAL (Overview)**

#### **Adventures Around the World**

#### **PAL Domains**

#### **Countries & Stories**

#### **Performing Arts**

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

#### **Visual Arts**

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

#### **Outdoor Education**

- The Great Outdoors

#### **Sports & Games**

- Ball Games

China - The Nightingale (P1)
India - The Farmer & the Snake (P1)

USA - The Wonderful Wizard of Oz (P2)

Australia - Finding Nemo (P1)
England - Alice in Wonderland (P2)

**Germany** - Hansel & Gretel (P1) **Peru** - UP (P2)

Madagascar - Madagascar : Escape 2 Africa (P1)

**United Kingdom** - Harry Potter (P2)

#### **Structure**

Target audience	All Primary 1 & 2		
	Students		
Frequency	2 hours per week		
Deployment of Staff	Teacher specialists &		
	Form Teachers		





### PAL @ ESPS

Children learns best with peer interaction

Incorporates values education and social and

emotional learning





## PAL @ ESPS

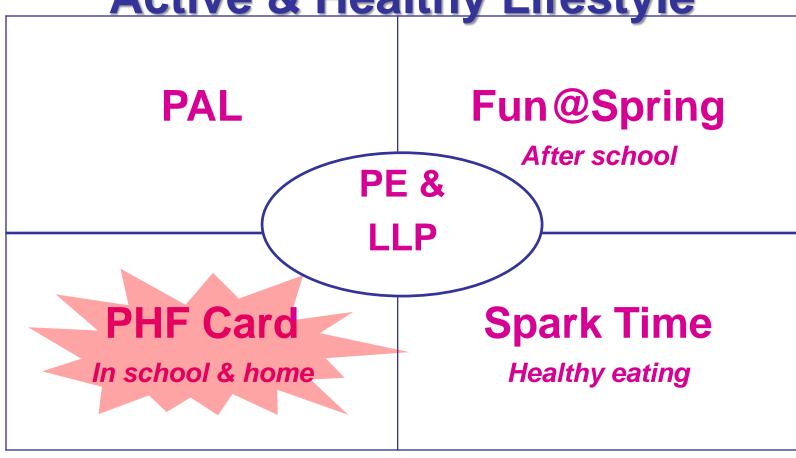
- Hands-on authentic learning experiences
- Fun and enjoyable







Programme to inculcate an Active & Healthy Lifestyle







## Physical Health & Fitness Card

	No	Activity in Term 1	Duration /	Requirements			Stars	PE teacher's
	$\perp$	Perform rape sidpping for 50 repetitions	District of the con-	n the dates whe	NAME OF THE OWNER, WHEN	fremad the	***	Signature/ Date
EXAMPLE		for 6 days to a text.	activities)	n trie dates Whe	n year per	TOTTING SHE	***	
			2/1/2015	4/1/2015	9/1/2	101S		
			n de france	más Paras e	200.00	Para a		
			3/1/2015	7/1/2015		2015		
	1	Play a game/sport actively in school during PE lessons.	Date Date	Garne/Sport	game/sport you played. One important thing		**	
	-			anning again		hat illearned		
	l		/ /2017		Т			
	2	Participate actively during reodular PE.			you par	ticipate actively	***	
PE	l	Write down the dates. Show your PE trucker.	during modular PE.					
	l	Linux 1911	/ /201	7 / /	2017	/ /2017		
	l		/ /201	7 / /	2017	/ /2017		
	L							
	3	Perform an underhand roll to a stationary partner. Show your PE	Please subn signature.	nit your card to	your PE	seacher for	**	
		twucher.						
	4	Help to clean up the house for 6 days in a term. Write down the things that you	Dute	i helpe	d to	Parent's Signature	**	
	l	helped to do.	/ /2017	_		agratute		
	l		/ /2017			<b></b>		
	l		/ /2017					
	l		/ /2017	-		<b>⊣</b> ∣		
	l		/ /2017	_		$\dashv$ $\mid$		
HE	5	Write down the three steps of the road	They are:				***	
1112	l	safety legts drill.	1.)					
	l		1.)					
	6	Visit the Dental Core pillar in the	Answers:				***	
	-	canteen and find the answers to the	1.) _					
	l	questions on the pillar.	2) _					
	7	Bring a fruit to school during recess and out it.	/ /2017	the dates when	nyou bri 117	ng a fruit. / /2017	***	
		na. u.	, ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	7 14	117	7 /2017		
			/ /2017	7 / /20	117	/ /2017		
		Take a short walk/jog [15 min] or play a sport/game with a family member for 4	Who?	Date	Activit	y? Parent's Signature	**	
£		days in a terror.		/ /2017		10,1111		
õ				/ /2017				
d d				/ /2017				
A	9	Have at least 9 hours of sleep for 3		/ /2017 Oute	Pare	nt's Signature	**	
8	"	consecutive days in a week during the	7	/2017	72.0			
÷		term.	- /	/2017				
9	10	Passan and annual distance	/ Unit down 1	/2017		on the data see		
0	10	Borrow equipment during Recess Active Play to play a garse/sport for 5	List flown the equipment barrowed on the da played.		on the date you	***		
3	days in a ferrer.  9 Have at least 9 hours of sleep for 1 consecutive days in a seek during the term.  10 Borrow equipment during Recess Active Play to play a garse/sport for 5 days in a ferrer.		Equipment	t Borrowed		Date		
		<b>(1)</b>						
				_				

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					
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FITNE	ESS CARD				
	SPS				
T T	нт 🦅 🤰				
	ARD				
NAME:	CLASS:				

Total number of stars	Individual Award
20 - 25	GOLD-MWARD  I have set my mind on completing my task and have done my best in being aware of my body.
15 - 19	SELVER AMARD  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	BROMES AWARD  I will try harder next time because i know if i set my mind to it I can do it



#### **Structure**

Frequency	Card is issued once a Semester
Activities	10 tasks -Individual -Child & Family
Timeline	Completed along the semester
Merit System	Stars awarded based on completed tasks





Programme to inculcate an Active & Healthy Lifestyle

Fun@Spring PAL After school **PE &** LLP PHF Card Spark Time Healthy eating In school & home





## Fun@SPRING Enrichment





### Structure

**Target audience Primary 1 Students** 

Semester 2

**Implementation** 

Co-payment (School & student) **Payment** 

Heavily subsidized

1 session per week. 1.5 hours. Frequency

**Modules Fundamental Psychomotor** 

**Movement: Gymnastics & Rope Skipping** 

## **Structure**

Target audience **Primary 2 Students** 

**Implementation** Semester 1

Co-payment (School & student) **Payment** 

Heavily subsidized

1 session per week. 1.5 hours. Frequency

**Modules** 

**Sports:** Football & Volleyball

## Fun@SPRING

- Psycho-motor learning
- Maximum active time

Resilience



## Fun@SPRING

- Peer interaction
- Learning through play



Programme to inculcate an Active & Healthy Lifestyle







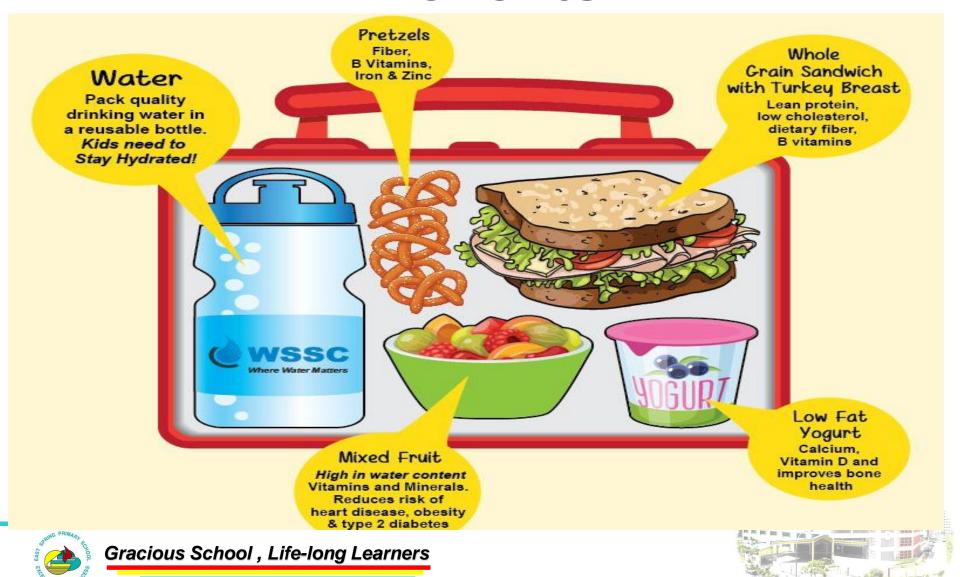
#### **Structure**

Target	All students
Implementation	During curriculum time at least 2 hour before or after recess
Duration	15 minutes

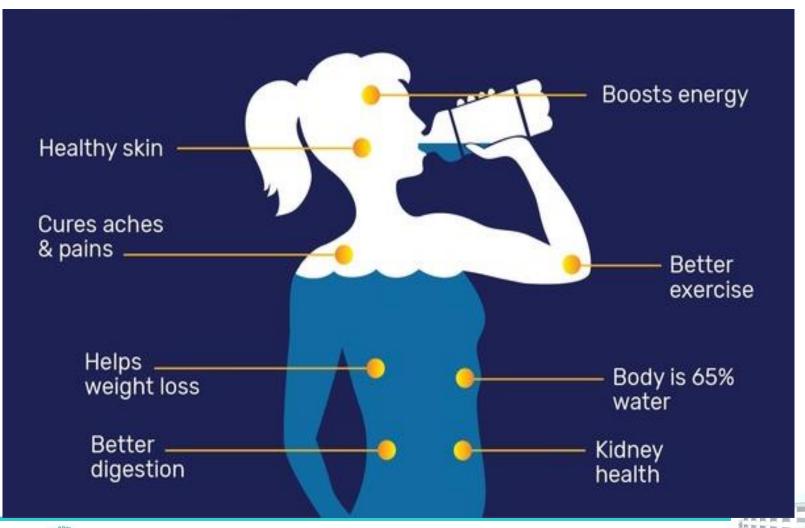




#### **Benefits**



### **Benefits**



## **Most Importantly**



- Money management skills
- Self-management skills
- Healthy habits
- Acts of love and care



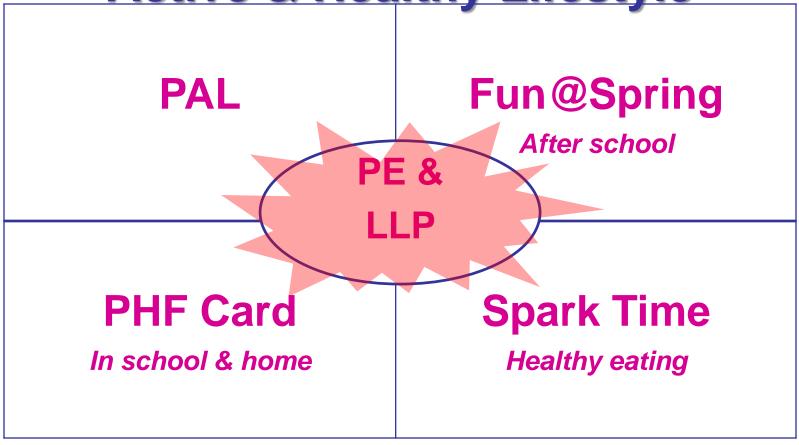


## One of the greatest gift...





Programme to inculcate an Active & Healthy Lifestyle







### PE lessons

- Progressive
- Skill and conceptbased syllabus
- Encourage fitness conditioning through jogs and climbing
- Inter-class Games











## Learning for Life Programme Character-building and resilience

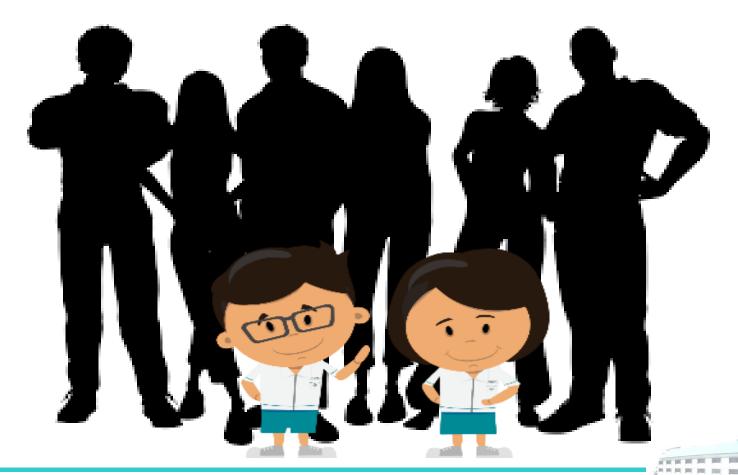
- **Outdoor Education**
- Climbing, Water Confidence and

#### **Navigation**

Boulder/Rock Wall



### It takes a village to raise a child...



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HOD PE/CCA/Aesthetics

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## Thank you!





