



P5 Cohort Camp

Briefing for Parents

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Providing Holistic Education

- MOE aims to have every child experience a holistic education so as to **develop well-rounded individuals**.
- Outdoor Education (OE) provides **rich learning experiences** outside the classroom that can help our students develop **resilience and ruggedness**.
- **Authentic learning experiences** help our students **develop 21st century competencies** as well as competencies for **sustainable active and healthy living**.



Outdoor Adventure Learning Experiences for ALL



Lower Primary	Upper Primary	Lower Secondary	Upper Secondary
Outdoor Education in Physical Education Curriculum Outdoor skills Outdoor safety Sense of Place			
Programme for Active Learning (PAL)	3D2N Cohort Camp	4D3N Cohort Camp	5D4N Multi-school Cohort Camp in OBS
Cohort Camp aims <ul style="list-style-type: none">• Build confidence and resilience• Value diversity through close-knit interaction opportunities• Forge camaraderie through common challenging experiences• Develop a sense of place• Lay the foundation for active and healthy living			



LEARNING GOALS


 Ministry of Education
SINGAPORE

OE in PE Curriculum

Strands	MOE OAL Cohort Camp	
	Primary 5	Secondary 1
Enhancing physical health and well-being	<ul style="list-style-type: none"> Apply basic navigation skills in a journey using pictorial charts Apply key principles and considerations of packing for a day journey 	<ul style="list-style-type: none"> Apply navigation skills to plan and undertake a journey using a simplified map Apply key principles and considerations to plan and cook a meal with appropriate nutrition in the outdoors, using portable stoves and utensils
Building competency in risk assessment and management	<ul style="list-style-type: none"> Have safety awareness and manage one's safety during outdoor activities 	<ul style="list-style-type: none"> Apply strategies to identify hazards and manage risks to protect self and others during outdoor activities
Developing a sense of place	<ul style="list-style-type: none"> Enjoy and be curious about the outdoors 	<ul style="list-style-type: none"> Develop an appreciation for the outdoors Demonstrate care for the environment

CCE Curriculum

Themes	MOE OAL Cohort Camp	
	Primary 5	Secondary 1
Becoming my best self	<ul style="list-style-type: none"> Be self-aware and manage own emotions, actions and well-being Respond to challenging tasks positively 	<ul style="list-style-type: none"> Be reflective for improvement of self and one's circumstances Persevere to complete a task despite challenges
Making connections	<ul style="list-style-type: none"> Build positive relationships with group members Collaborate with group members to achieve group goals 	<ul style="list-style-type: none"> Value diversity in the group Contribute effectively to group goals
Making choices	<ul style="list-style-type: none"> Demonstrate responsible decision making towards self, others and the community and environment. 	

Key Pedagogical Approaches

For OAL Cohort camps



Ministry of Education
SINGAPORE

Experiential Learning Approach

Build upon past experiences and learn by making personal meaning of their new experiences through the process of reflection.



Place-Responsive Approach

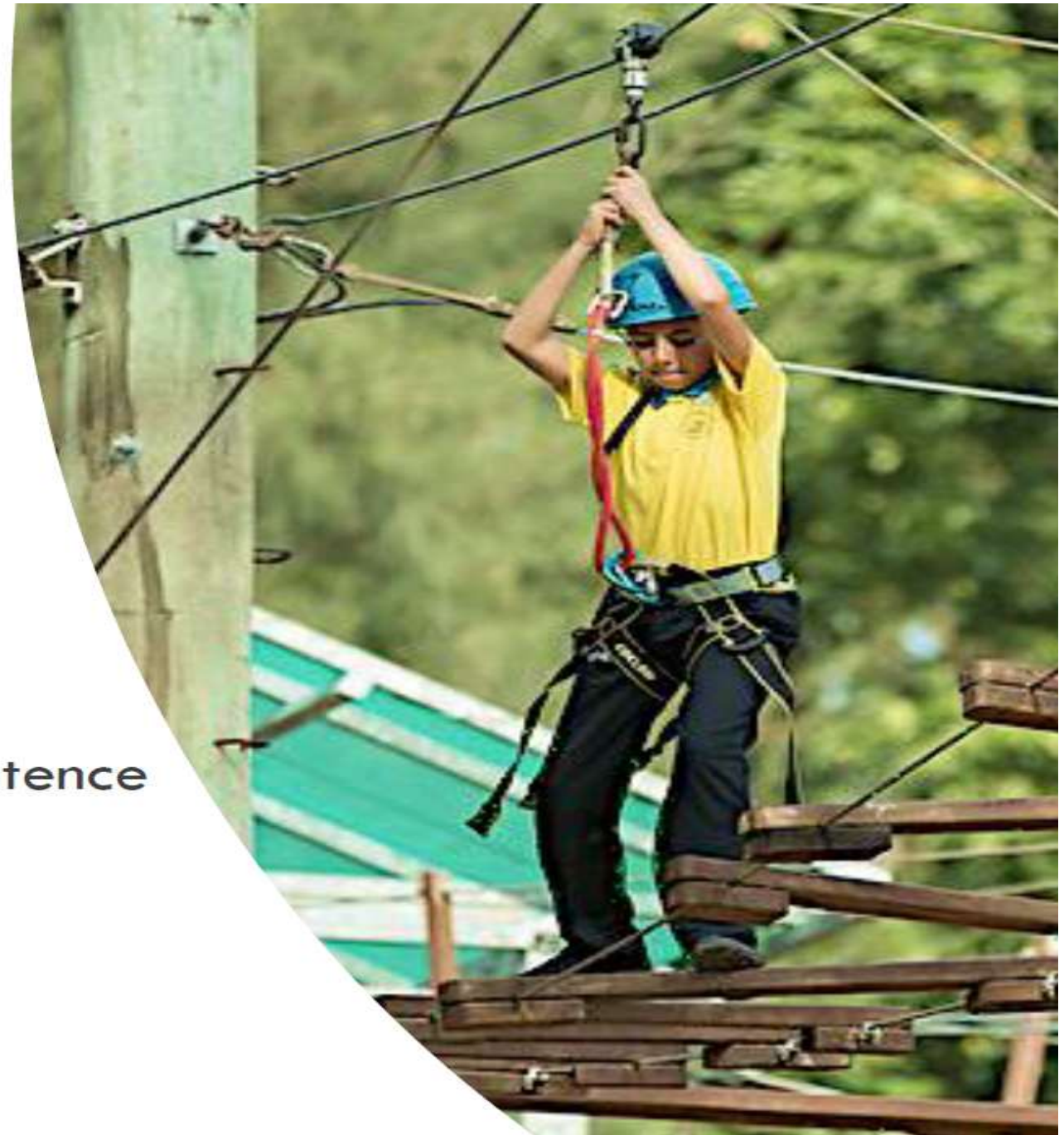
Using the place as foreground to enrich students' understanding and appreciation of local places.



Programme Design Principles

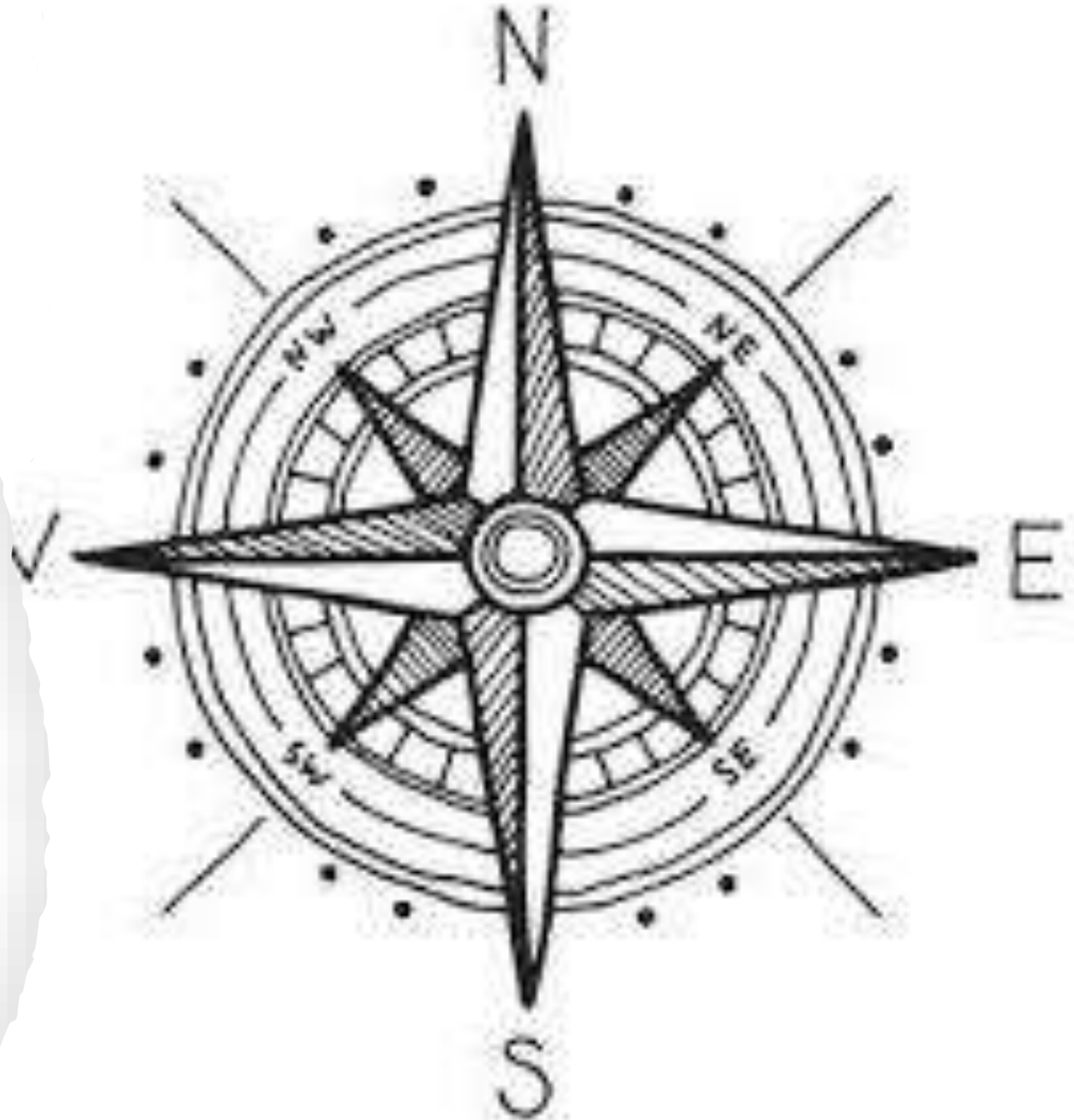
Provide opportunities for students to:

- Exercise agency
- Exercise and develop competence
- Collaborate with others



Camp Objectives

- Provide students with an outdoor experience
- Instill a sense of curiosity and an appreciation for nature
- Provide an opportunity for students to apply the **school values (Mindfulness, Empathy & Care)**





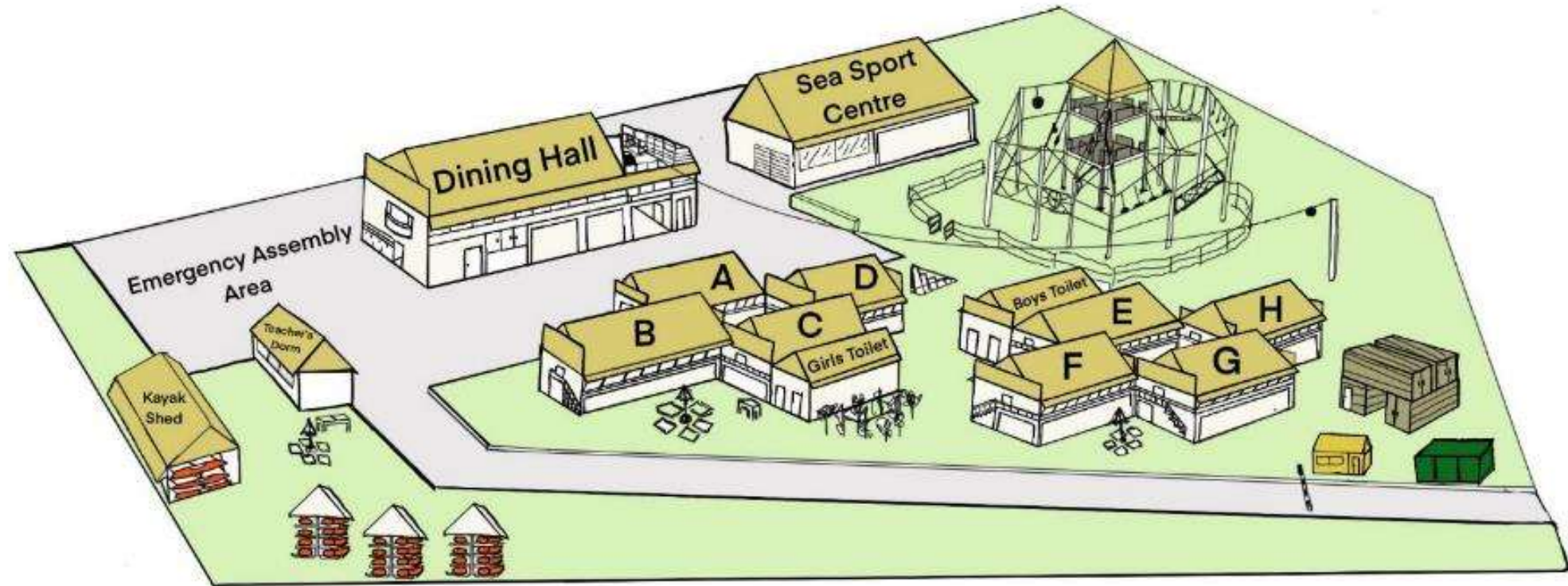
Venue

Changi Coast Outdoor
Adventure Learning
Centre



Address:
9, Changi Coast
Walk, Singapore
499741

Centre Layout



Programme

- 26 (Monday) to 28 (Wednesday) January 2026
- Reporting time in school on 26 January: **0725**
- Dismissal time on 28 January from school: **1330**



Initiation Activities



Ice-breakers
& Energisers



Full Value
Contract



Goal Setting



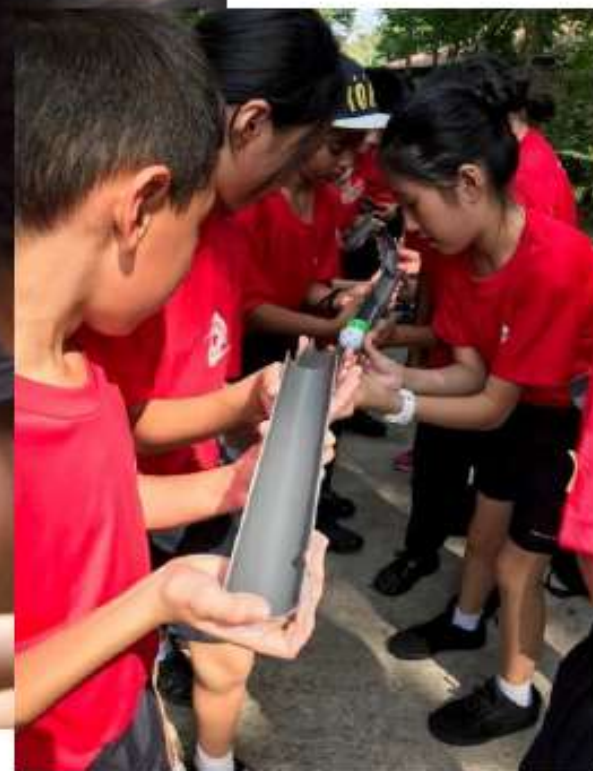
Low Elements



Inter-group Challenges



Problem Solving Games



Team Building Activities

Sample Footer Text



High- Element



Journey



Water Activity

Night Review Activities



Night Review Activities



Food Arrangement

- Breakfast, Lunch, Dinner, Supper and Light Snack will be provided for your child.

- Mealtime
- Breakfast- 0800
- Lunch-1300
- Dinner- 1800
- Supper- 2030



Attire for each day

Day 1 (26 Jan, Mon) *Reporting attire	Day 2 (27 Jan, Tue)	Day 3 (28 Jan, Wed)
School T-Shirt	Camp T Shirt	School T-Shirt
Track pants	Track pants	Shorts



School T-Shirt
Example

Camp T-Shirt
Example

No.	Item	Quantity	Packed
1.	Haversack / backpack (no trolley bag / sling bag)	1	
2.	Day pack (to carry items needed in the day)	1	
3.	School T-shirt	2 (including the set worn on the first day)	
4.	Camp T-shirt	1	
5.	Dark colored top	1	
6.	Track pants (strictly no jeans, running tights, leggings and baggy pants)	3 (including the set worn on the first day)	
7.	School Shorts	1	
8.	Undergarments	At least 3 sets	
9.	Sleepwear	2 sets	
10.	Socks	3 (including the set worn on the first day)	
11.	Covered shoes	2 pairs (including the set worn on the first day) 1) School Shoes 2) Covered Shoes	
12.	Non-disposable water bottle (at least 1-litre)	1	
13.	Thermometer	1	

No.	Item	Quantity	Packed
14.	Raincoat / poncho / waterproof jacket with hood	1	
15.	Cap / hat for sun protection	1	
16.	Spectacles (spare) and spectacle band/hook	1	
17.	Writing materials (pencil case containing pen, pencil, eraser, marker, ruler, etc.)	1 set	
18.	Personal medication (including inhalers and spare canisters)		
19.	Toiletries (i.e., soap, toothbrush, toothpaste, body powder, sanitary napkins (for ladies))		
20.	Wet wipes/ toilet paper for personal use	1 packet/ 1 roll	
21.	Towel (washing of face & bathing)	1	
22.	Sleeping bag / mat	1	
23.	Slippers (to be worn during bathing time)	1	
24.	Jacket	1	

No.	Item	Quantity	Packed
25.	Resealable bags for waterproofing items in backpack		
26.	Plastic bags for dirty clothes		
27.	Sun protection e.g., sunblock, lip balm.		
28.	Insect repellent / (mosquito patches are not recommended) / plasters and ointment for insect bites		



Wear Track Pants



STRICTLY NO LEGGINGS/
NO JEANS

Do not use mosquito repellent patch as it might slip off. Use insect/mosquito repellent spray/lotion for protection



Label all your items

- Take good care of your belongings



Do not bring any valuable items

such as

- Mobile phone
- Handheld game device
- Jewellery
- Money



Safety Reminder

For your safety, these items should not be worn during any activities:

- Necklace
- Earrings
- Jewelry



NO SNACKS

- It will attract wild animals or pests.



Safety Comes First

- At least one Trained First Aid Teachers will be stationed at the First Aid Post at all times
- Security Guards will be manning the post throughout the day
- During evening time, teachers will be deployed to patrol the campsite
- There will always be one teacher and one Outdoor Educator per group (20 students) during the activities
- Sleeping area/toilets will be separated by gender



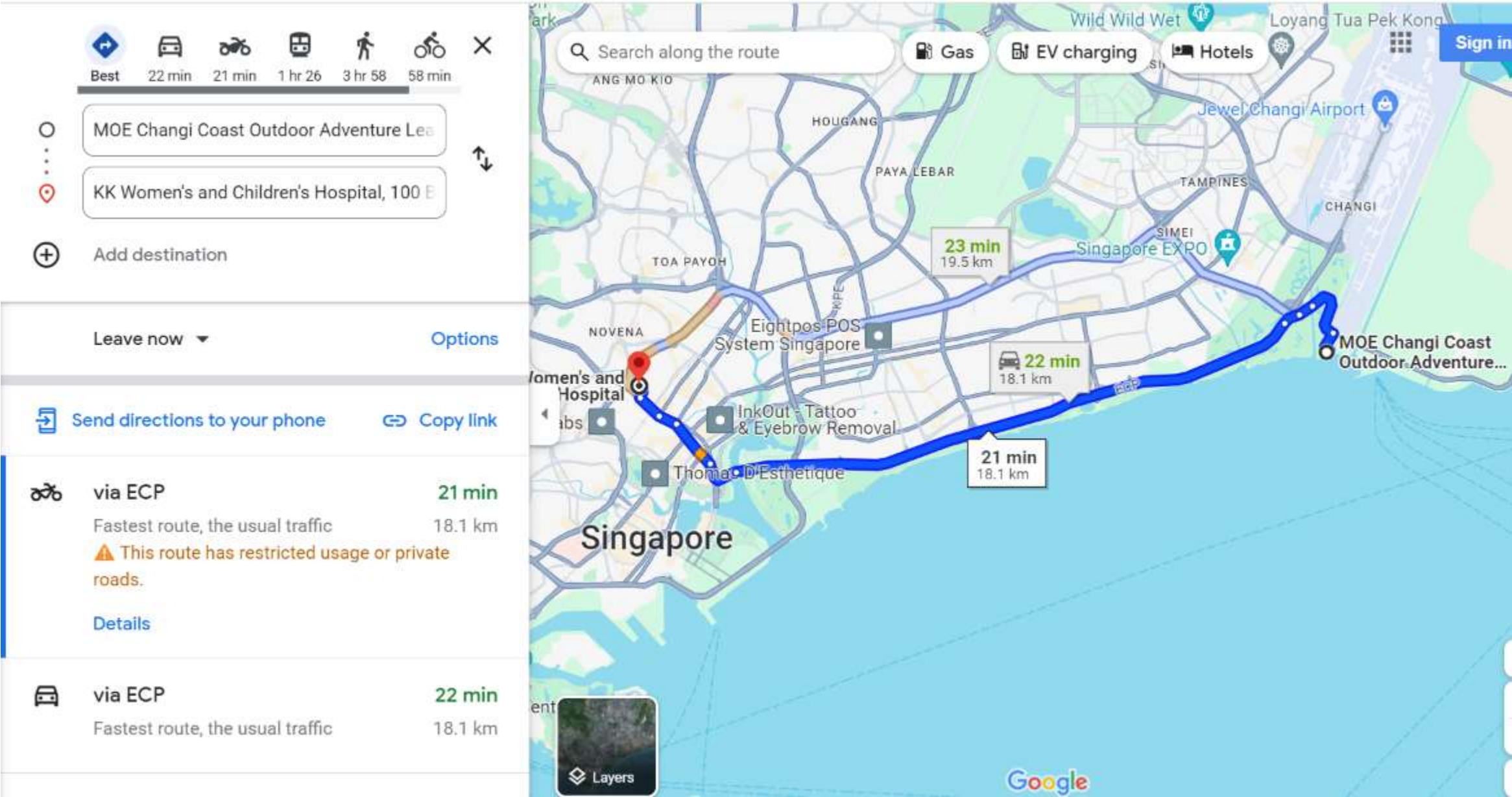
Evacuation Area (Campsite)

Nearest Hospital to Changi Coast Outdoor Adventure Learning Centre (CCOALC)

KK Women's and Children's Hospital

Address: 100 Bukit Timah Rd, Singapore 229899

Contact: 6225 5554



Nearest Hospital to Changi Coast Outdoor Adventure Learning Centre (CCOALC)

Changi General Hospital

Address: 2 Simei Street 3 (S529889)

Contact: 6788 8833

← from MOE Changi Coast Outdoor Adventure Learning Centre to Changi General Hospital, 2 Simei Street 3, Singapore

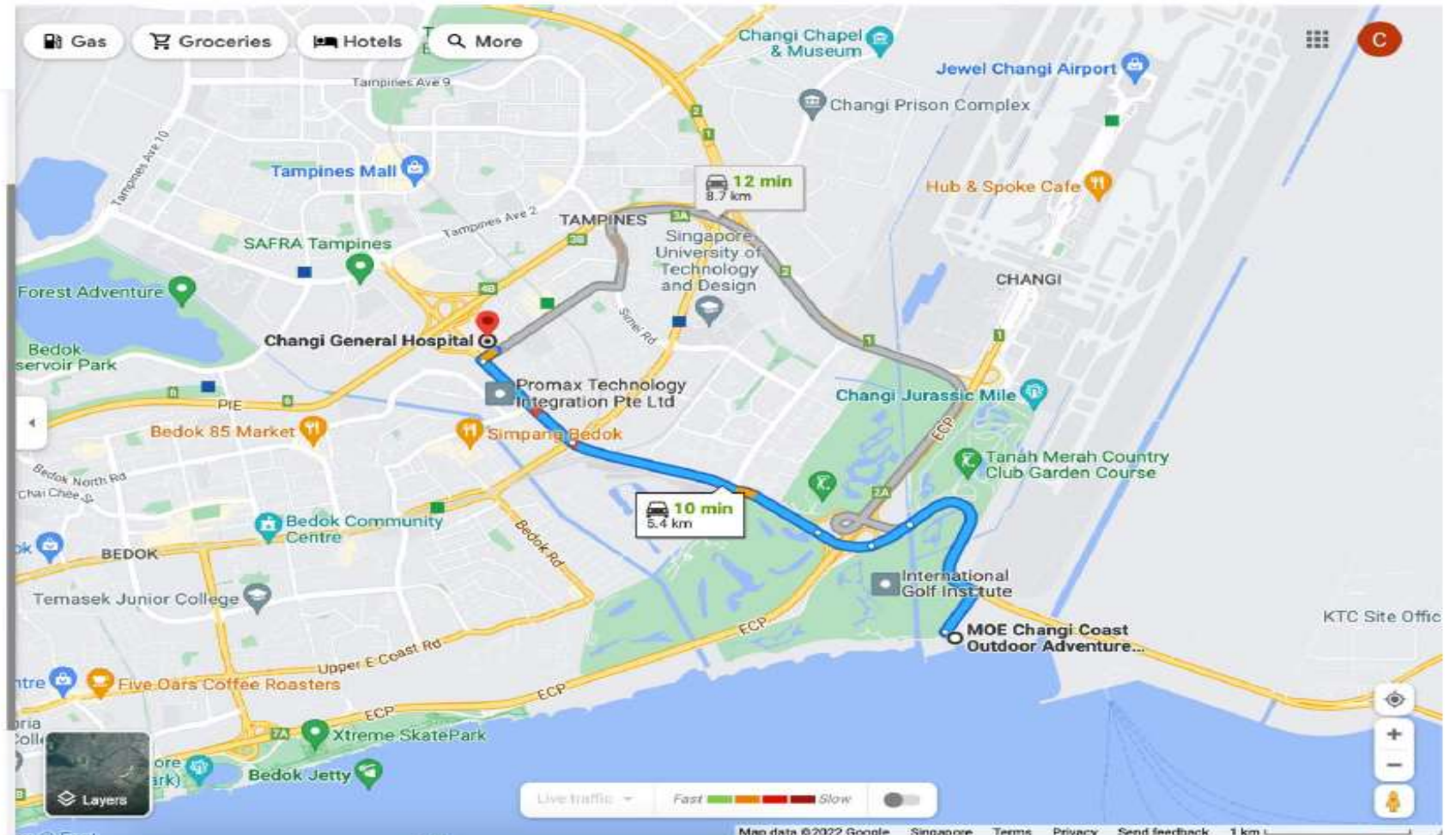
MOE Changi Coast Outdoor Adventure Learning Centre

9 Changi Coast Walk, Singapore 499741

- ↑ Head northeast on Changi Coast Walk toward Coastal Park Connector
400 m
- ← Turn left onto Tanah Merah Coast Rd
1.3 km
- ← Use the middle lane to continue on Tanah Merah Flyover and follow signs for ECP/City/Tampines Town
350 m
- ↗ Use the right lane to take the ramp to Tampines
400 m
- ↑ Continue onto Xilin Ave
1.9 km
- ↑ Continue onto Simei Ave
950 m
- ↘ Use the right 2 lanes to turn right onto Simei Street 3
140 m

Changi General Hospital

2 Simei Street 3, Singapore 529889

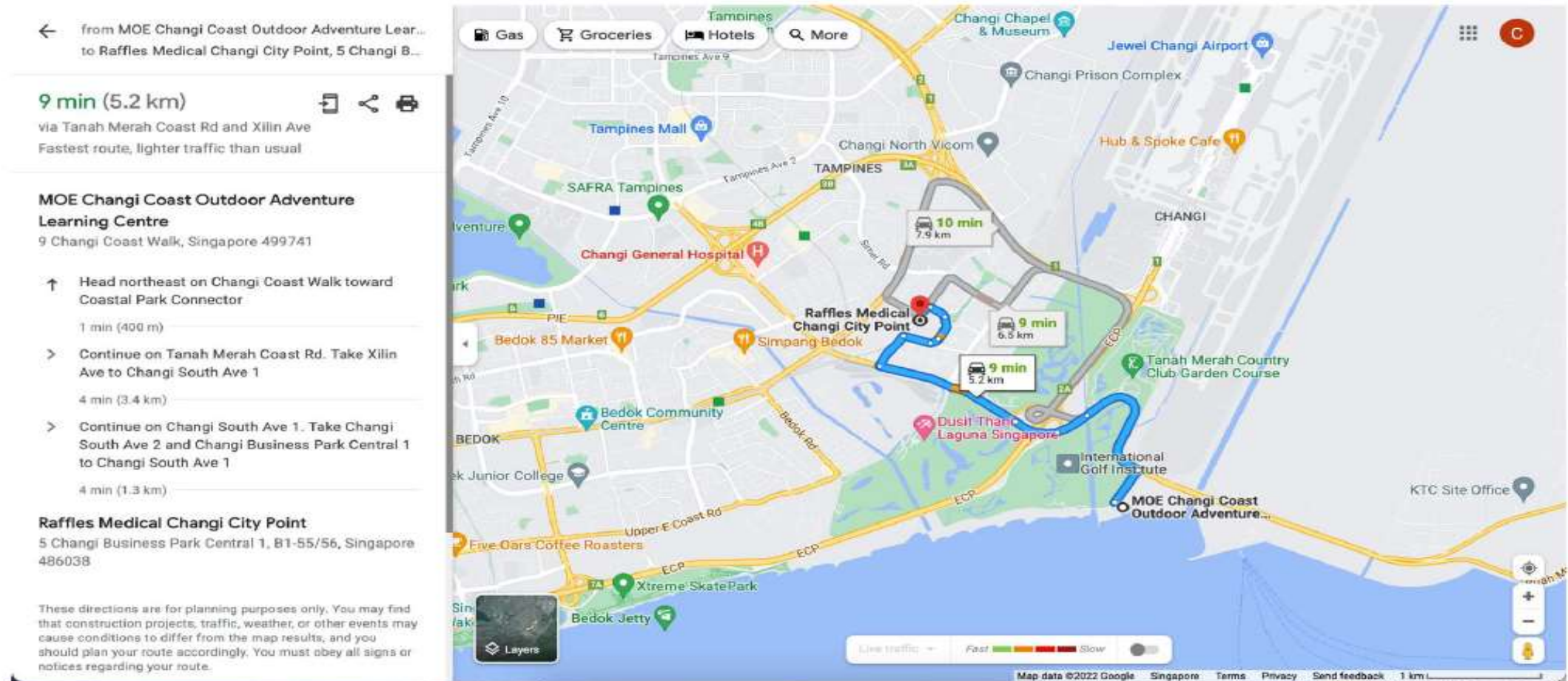


Nearest Medical Centre to Changi Coast Outdoor Adventure Learning Centre (CCOALC)

Raffles Medical

Address: 1 Changi Business Park Crescent 01-11 Plaza 8 @ CBP Singapore 486025

Contact: 6781 9033



* () Before additional risk control measures are applied

Emergency Contact

School Mobile Number: 9784 6562

Thank you for your time!

