

Physical Education

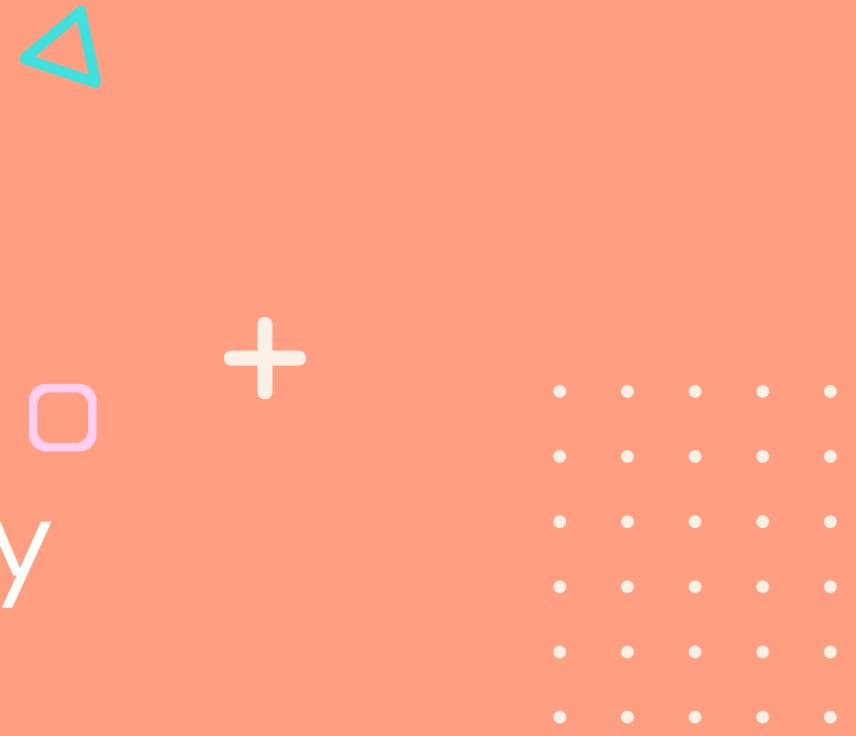
Curriculum Briefing 2026

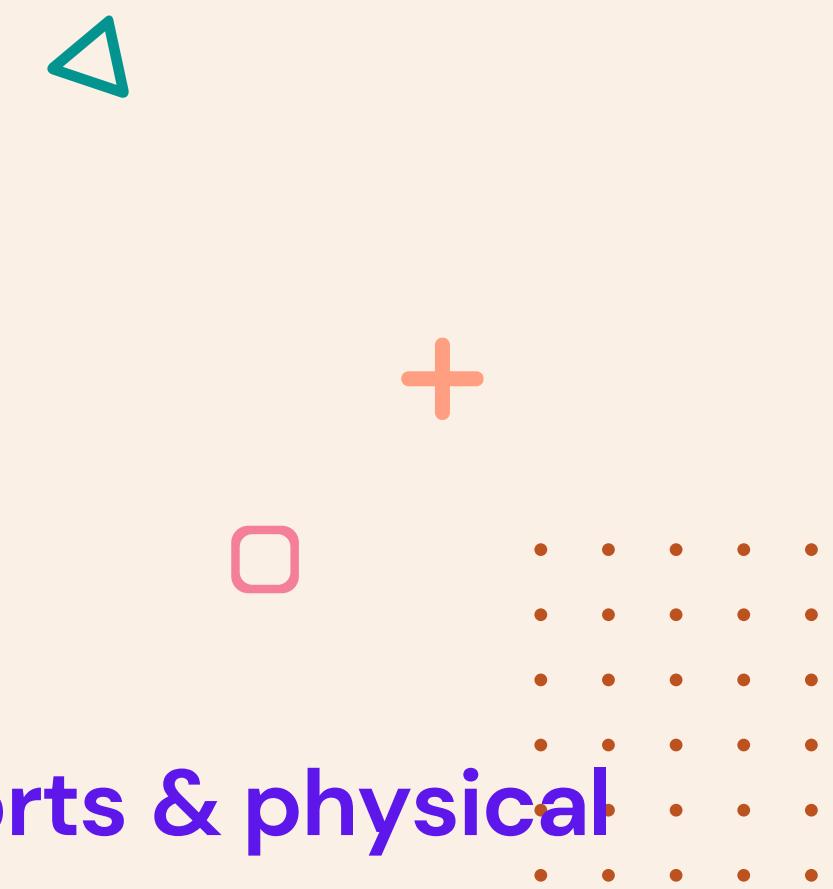


AGENDA



- ④ Purpose & Philosophy
- ④ Syllabus Approach
- ④ Events & Programme





The Guiding Philosophy of RGPS PE Dept



- ✓ To inculcate **love for sports & physical activities** at a young age.
- ✓ Physically fit with **skills, aptitude and attitude** to maintain **healthy lifestyles**

The RGP Girl

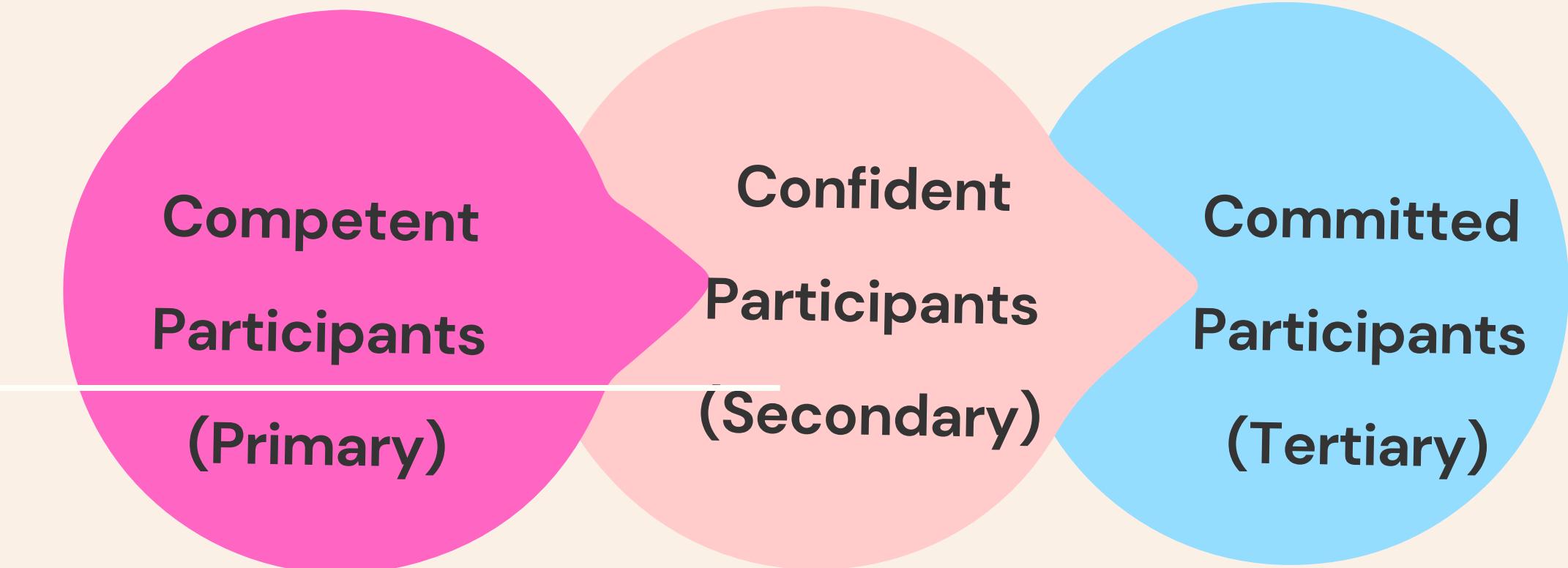
Creative Thinker

Life-long Learner

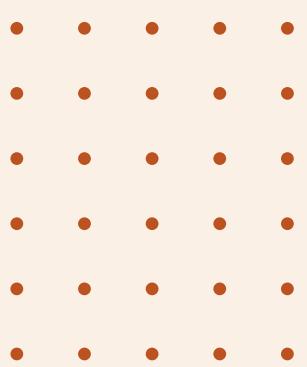
Value-based Leader



Syllabus Outcomes



- **Efficiency** -- learning & mastery
- **Effectiveness** -- performance & success
- **Versatility** -- ability to demonstrate wide variety of skills and application in different context



Desired Student Outcomes

Healthy Lifestyle Practices

Students have a personal commitment to healthy lifestyle practices in physical activity, nutrition, sleep, outdoor time and hygiene.

Enjoyment

Students enjoy and value physical activities and healthy living in a sustainable way.



Movement Competence

Students are competent and confident to participate in a range of physical and outdoor activities.

Safety Mindset

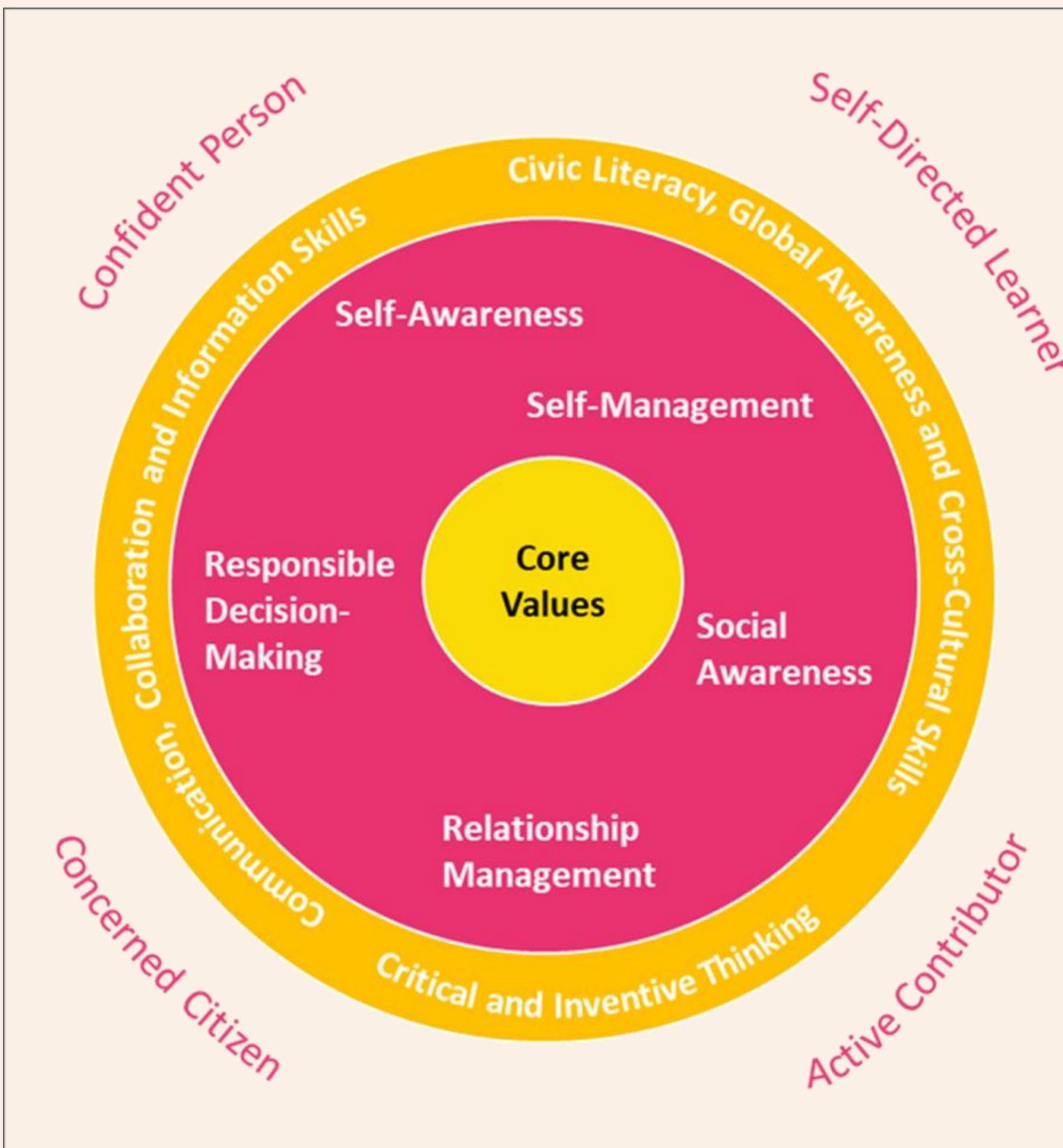
Students apply risk assessment to manage daily and physical activities with respect to self, others and the environment.

Core Values

Students make informed and responsible decisions with regard to personal behaviour and social interactions based on sound values-based judgements.

Developing 21CC through PE

SGPS



PE anchors students learning in the affective domain on the six **CORE VALUES** of **Respect, Resilience, Responsibility, Integrity, Care & Harmony.**

The shaping of these values are then linked to the **social-emotional competencies** aligned to the CCE Framework

The development of **emerging 21 CC (Communication, Collaboration & information, Critical & inventive Thinking)** is pervasive in students' learning & experience in PE.

KEY CONCEPTS

Enactment of healthy lifestyle behaviours while retaining focus on movement concepts



Movement as the primary mode to reach and teach the whole child through the following three dimensions:

- Learning in Movement
- Learning about Movement
- Learning through Movement

[New] **Interaction with the Environment** (physical and social) to strengthen students' learning and experiences in authentic contexts.

Learning Areas & Strands

RGPS

Learning Area	Content Area	Strand
Physical Activity	<ul style="list-style-type: none">Athletics (P4 onwards)DanceGames & SportsGymnasticNAPFA	<ul style="list-style-type: none">Movement Skills and ConceptsSafety Practices
Outdoor Education (Understanding My School and its Neighbourhood)	<ul style="list-style-type: none">Outdoor Living Sense of PlaceRisk Assessment & Management	
Physical Health And Safety	<ul style="list-style-type: none">Safety and Risk Management – sports safety (warm up/ cool down)Nutrition- healthier cooking methods.Personal Hygiene & Self-Care – eg food borne disease	
RGPS Girl Qualities	Fair Play, Sportsmanship, Safe Practices, Teamwork Responsibility (Self & others) Resilience, Graciousness, Leadership	

III

Events & Programmes

RGPS

Games Carnival

P3 to P6

Health Fair

Resilience Prog

Recess Play

P4 Sports camp

Termly Newsletter
-look out in PG

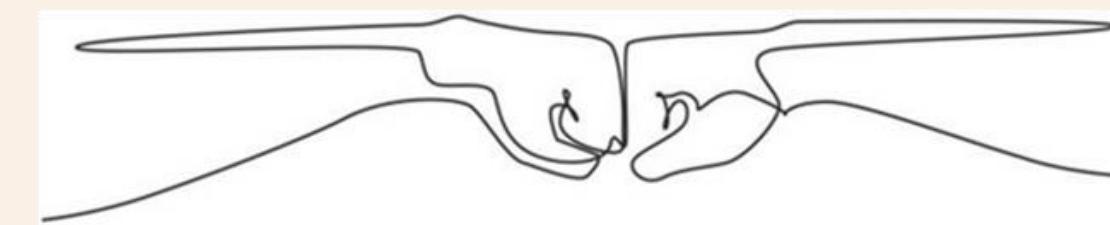
Games Creation
competition

P4 Inter-class Competition

NAPFA (P4 & P6)

Parents- Teachers Partnership

RGPS



Family Activities in My PE Journal

- [New] Encourage parents to celebrate milestones in child's journey

[New] Curriculum-aligned Messages

- for schools to post on Parent Gateway
- for MOE to post on MOE social media

Parents- Teachers Partnership

- ensure your child comes in PE attire on PE days
- Good shoes (not worn-out soles, good support for running)
- Water bottle, wet wipes/ small towel
- Provide letter/ email if your child is unwell/ injured and cannot participate in PE
- Bring ‘My PE Journal’ book- assist your child when work is given to be completed at home
- Reiterate about safety and being aware of her surroundings

