



# **RAFFLES GIRLS' PRIMARY SCHOOL**

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Our Ref: RGPS/N21/P3/007

Date: 12 March 2021

Dear Parents/Guardians,

## **P3 Term 1 PE, Art & Music updates**

We have come to the end of Term 1 and here are some updates on P3 PE. The pupils have been taught the following components.

### **Athletics**

1. Sprint from a standing start with sustained effort over a distance of 30 to 40 meters, with finishing technique (i.e. running through)
2. Run in a pair relay to pass a baton using the visual pass
3. Run a distance of 40 meters over evenly spaced obstacles of approximately 30 cm high (e.g. hurdles, boxes) using both left leg and right leg as lead leg
4. Jump for distance using the single-foot take-off with a short approach (i.e. taking 3 to 4 steps)
5. Throw using the overhand throw from a standing position, appropriate projectile like objects (foam javelin), aiming for height and distance

### **Gymnastics**

1. Types of balances (points and patches)
2. Balance on head and hand in the inverted position (tripod stand)
3. Roll in a forward direction
4. Perform a sequence of four different movements (eg: travelling action, balance, roll) with smooth transition and different starting and ending position

### **Games and Sports**

1. Throw using the 2-handed push pattern (chest pass and bounce pass)
2. Throw using the 2-handed overhead movement pattern (overhead pass)

In term 1, the pupils took their height and weight. The importance of healthy eating and the importance of consuming a variety of food was reiterated. This was done in line with the Healthy eating in their "An Active and Healthy Me" booklet. Teachers were tremendously impressed by the pupils' demonstration of resilience as they do the tripod stand during the assessment. Because athletics is a sport that is not as common, teachers used blended learning (videos) to help pupils see the various events in a track and field meet. For games and sports, the pupils learnt the various throws normally used in team sports. Term 1 has been full of activities for the P3s, but they have demonstrated resilience and creativity in the various aspects of the PE syllabus they partook in.

Regards

Ms Victoria Chua

P3 PHE level rep

Raffles Girls' Primary School

Learning • Creativity • Graciousness • Responsibility • Integrity

## **Art**

In this term, pupils were exposed to two of the elements of art- lines and colours. The activities which they did allowed them to explore lines and colours. They used lines and colours to express emotions. For example, they used lines to draw out the emotion associated with scoring 100 marks for their exams. Another example is that they expressed the emotion associated with being lonely.

For colours, they expressed the emotion associated with touching sand by drawing it out with colour pencils. The pupils shared with the class why they drew in a certain way and their choice of colours. After discussion, the pupils designed their final artwork. They were to draw and use colours on the emotion they wanted to focus on. They drew lines which represented their emotions and thereafter used poster colours to paint their emotions.

The pupils enjoyed the discussion thoroughly as it allowed them to express what they think about emotions. They also discussed candidly about the colours associated with their emotions.

Best Regards  
Ms Lim Siew Hoon  
Primary 3 Art Level Representative

## **Music**

In term 1, the primary 3 students were introduced to the culture and music from Japan. They were engaged in a clapping game, Omochio Tsukimasho, which developed their sense of rhythm and steady beat. The students were also introduced to various traditional Japanese instruments and played simple Taiko rhythms to accompany a Japanese story, The Story of Noto Hanto. For their assessment, the students engaged in collaborative learning as they composed and arranged their own Taiko drumming ensemble using a variety of drums. At the end of the module, students gained a deeper understanding of Japanese music and culture.

Talentime, a singing and dancing competition, opened for auditions this term. This competition will be pre-recorded and shown during assembly on the 29<sup>th</sup> March and allows students to showcase their talents and win attractive prizes. We would like to thank all those who have submitted their audition videos.

Best Regards  
Ms Serene Chan  
Primary 3 Music Level Representative