



RAFFLES GIRLS' PRIMARY SCHOOL

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Our Ref: RGPS/N22/P6/012

Date: 11 March 2022

Dear Parents/Guardians,

P6 Term 1 PE, Art & Music updates

Physical Education

We have come to the end of Term 1 and here are some updates on P6 PHE. The students have been taught of the following components.

Gymnastics

- Fundamental movements – Locomotor and Non locomotor
- Gymnastics skills of travelling, jump, rotation and balance
- Partner balance and Pair Sequence

Through the basic movement patterns, students were taught the concept of planning for their pair sequence. Generally, the students have shown good understanding on the module of Gymnastics

Athletics

- Running
 - Sustaining a pace over a long run.
 - Baton passing for Relay.
 - Running while jumping over obstacles.
- Jumping
 - A 7 steps approach into a 1 foot take off jump for distance.
 - A 7 steps approach into a 1 foot take off jump for height.
- Throwing
 - Throw a foam javelin using a short, fast approach run, demonstrating good throw form.
 - Project a rubberised shot demonstrating good push-throw form.
 - Throw a discus-like object using the sidearm pattern.

As the Athletics module will continue in Term 2, some of the abovementioned components might be covered only in Term 2.

An Active and Healthy Me

- Understanding the importance of having a balanced diet and engaging in physical activities.
- Maintaining proper eating habits and the implications of eating disorder.
- Health-related Fitness and Skill-related Fitness.
 - The various components of the different type of fitness.
 - How they perform in each of the Skill-related Fitness Component.
 - How to train for each component.

During the term break, students are encouraged to be physically active and adopt an active and healthy lifestyle.

We hope that the students will continue to do their best and always strive to better themselves as they venture out in the other modules planned for them in the next term.

Best regards,
Mr Yeo Eng Wee
P6 PHE Level Rep

Art

In Term 1, the students embarked on their 6-week ceramics project to create a vessel. The focus was on creating a unique form of the vessel. Students drafted their designs on paper as they worked on the clay. The students were introduced to new techniques and some basic rules in ceramics making. Built upon their experience, skills and knowledge gained in primary four and five, they created their own unique vessel by adding attachments and designs on the vessels. The students also learnt a new glazing technique which is dipping the vessels in glaze.

The students enjoyed the hands-on sessions and saw the transformation of their designs into 3-dimensional vessels.

Due to the scheduling of lessons, some classes started with the abstract art module instead of ceramics lessons. They will start their ceramics module in term 2 while the other classes learn about abstract art.

Best regards,
Miss Elena Ker
Primary 6 Art Level Representative

Music

Students are in the midst of a semester long song writing programme. Students were introduced to the various parts of a song structure. They also tried to write lyrics with an AABB or ABAB rhyming format with a theme in mind. They were taught how they could come up with a freestyle rap with an accompaniment backing track and learnt about different combinations of chord progressions that they could make use of in their song. Students were briefed on the Youth Station Project, a song writing competition organized by the Singapore Youth Festival, and were encouraged to write their lyrics according to the given themes. This will continue in Term 2, and students will work on the melody using a variety of instruments and online tools.

Talentine, our annual singing and dancing competition, opened for auditions this term to all P3-6 students. This competition was pre-recorded on 15th February and will be shown in class in term 2. This competition allows students to showcase their talents and win attractive prizes. We would like to thank all those who have submitted their audition videos. Congratulations to all finalists and winners as well!

RGPS Got Talent was open for auditions in week 6. A total of 10 videos were selected, including a special segment on RGPS Staff Got Talent. The video will be made available on SLS at the end of week 10 for your viewing pleasure during the school holidays. We would like to thank all students who have submitted their videos.

Best regards,
Ms Serene Chan
Primary 6 Music Level Representative