



RAFFLES GIRLS' PRIMARY SCHOOL

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Our Ref: RGPS/N22/P4/007

Date: 11 March 2022

Dear Parents/Guardians,

P4 Term 1 PE, Art & Music updates

Physical Education

We have come to the end of Term 1 and here are some updates on P4 PHE. The students have been taught the following skills. They have also learnt health-related topics based on the An Active and Healthy Me book.

Games and Sports

1. Send (Throw) an object (ball) to a stationary and moving teammate, remain in position or move into a new position to receive a return pass, while either the sender or receiver is being defended
2. Receive a pass (with the hands) and send to a stationary and moving teammate, while either the receiver or sender is being defended

Athletics

1. Sprint from a crouch start with sustained effort over a distance
2. Run in a standard relay to pass a baton
3. Run over evenly spaced obstacles in a rhythmic manner

An Active and Healthy Me

1. Understand the importance of sleep for healthy growth and demonstrate good sleep habits
2. Understand the participation in physical activities helps to promote healthy development of bones, muscles, heart and lungs
3. Demonstrate an understanding of F.I.T.T principles for improving health

All these components formed the basis of their assessment. Through the activities carried out, the students also learnt values like sportsmanship, teamwork and responsibility in using and keeping the equipment. Generally, students have performed well in their assessment and are able to show their understanding in both physical and health components.

During the March break, we greatly encourage the students to stay active as much as possible while adhering to the Enhanced Safe Management Measures. They may use **the F.I.T.T principle task given to them to plan their own training during the March break.**

Best regards,
Mr Jonathan
Primary 4 PE Level Representative

Art

For term 1, students started on the museum based-learning module. However, due to the COVID-19 situation, the learning journeys to the National Gallery were postponed. Students were introduced to our pioneer artists, Liu Kang, Chen Wen His, Georgette Chen and Cheong Soo Pieng. They also had an in-depth discussions about the artwork, "Cannot Grow Vegetables Anymore" by local artist, Koeh Sia Yong. Through asking questions and gathering information to make meaning of what they see, students also learned a part of the history of Singapore and learned to appreciate the role that art has to play in keeping history alive.

Students continued to wonder and think about the lives of ordinary people living in Singapore and proceeded to bring a snap-shot of life in Singapore through their creation of a diorama. The dioramas incorporated elements of fore-ground, mid-ground and background to inform viewers about the life of a person in Singapore whom they had found interesting.

The students enjoyed creating their dioramas. The challenges that were posed to them made the activity even more interesting.

Best Regards,
Ms Cassandra Quek
Primary 4 Art Level Representative

Music

Students are in the midst of a 12 week ukulele programme. Students learnt proper techniques of holding and plucking the strings on the ukulele. They were also taught various strumming patterns. Students learnt to read chord diagrams and were exposed to a variety of chords. With knowledge of chords and strumming patterns, they were able to play simple songs. Every class will be recording a performance song which will culminate into a virtual peer showcase at the end of the programme in term 2.

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 has been shown in class during assembly. 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!

Best Regards,
Ms Serene Chan
Primary 4 Music Level Representative