



Programme for Active Learning (CCE)

Curriculum Briefing



Rootedness and Growth through Play & Share



Introduction

PAL in RGPS

Our Curriculum and unique activities to bring out Social Emotional Competencies and CCE Values



PAL Characteristics



Experiential in nature

- Hands-on and meaningful
- Reaction time to express thoughts and feelings

PAL CHARACTERISTICS

Encompasses learning in a creative way

- Space to explore and apply skills and concepts
- Deepen learning
- Make connections

Provides opportunities for children to create

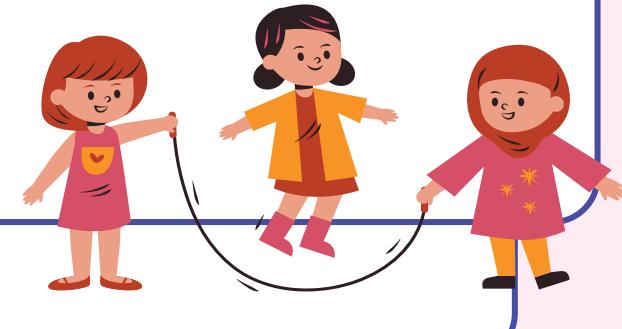
- Allows for active participation
- Time and space provided

Incorporates values education and social-emotional learning

- Inculcate values
- Develop SEC

Fun and enjoyable

- Age-appropriate
- Captivate interest
- Process of learning, thinking and doing





Ignite the joy of learning in students ✨

- enrich students' experiences
- ◆ • meaningful play and learning
- **3C**- confidence, cooperation, creativity
- deepen sense of rootedness through the deliberate planning of activities tied in to the NE theme



PAL Modules



01

Visual Arts

P1: You, Me and Our Little Red Dot

Learn about the unique places in SG and use them as inspiration for their work

02

Performing Arts

P1: Our Music Journey
P2: Music Across Cultures

Learn about the music and dance from different cultures in SG

03

Sports & Games

P1: Lost in Time – Past to Future

P2: Back from Future

Learn about the journey of SG and use games to practice the values

04

Outdoor Ed.

P2: Loving Our Outdoors

Learn about the environment and community in school

All modules take on a **Discovery Journey** as a context of play and having fun,

- Platform to explore and engage their 5 senses
- Opportunities to strengthen SE competencies & RGPS Girl dispositions through
 - a) Active Learning;
 - b) Inquiry-based Learning;
 - c) Experiential Learning; and
 - d) Experiential-Inquiry Learning





Every lesson encompasses -

1. Problem-based situational activities.
- ◆ 2. Facilitation Questions after each activity
3. Reflections & discussions



*It is NOT about teaching a skill nor completing a product,
but exposing students to different social experiences/
settings*



The Flow of each Module – SEC Strand



- Knowing Myself –Self Awareness & Management theme
- Knowing Others – Social Awareness Themes
- How we Live together -Relationship Management & Decision Making Themes



Project Positivity through PAL lessons



RGPS has created a ‘Growth Mindset for the Family’ programme to

- Help children learn about well-being skills (with a focus on Growth Mindset) with the support of their parents/guardians
- Develop more positive and nurturing relationships between parents and their children at home



Project Positivity through PAL



Overview of Growth Mindset Topics for P1 & P2

1. Identifying Feelings
2. Talking about Negative Feelings
3. Understanding our Thoughts and Feelings
4. Growth Mindset: We can Improve with Effort
5. Growth Mindset: We can Grow from Challenges
6. Growth Mindset: We can Learn from Others



Support from Parents ✨



- ensure your child comes in PE attire on PAL days
 - Water bottle, wet wipes
 - PAL Journal will be given to your child in class.
- ◆
- Project Positivity :
[Practice Growth Mindset](#) with your child/ward by completing the [Parent-Child activities](#) assigned during PAL lessons

