

CURRICULUM BRIEFING

**PHYSICAL
EDUCATION**

**2024
NEW SYLLABUS**

AGENDA

- Purpose and Philosophy
- Syllabus Approach & Assessment
- Events & Programmes

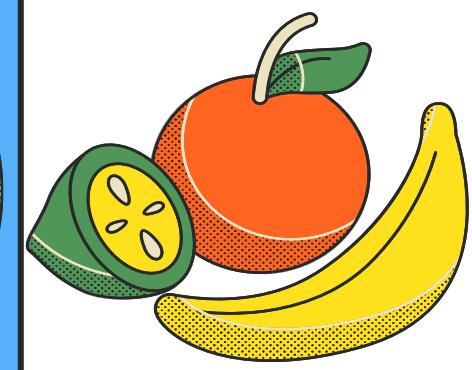
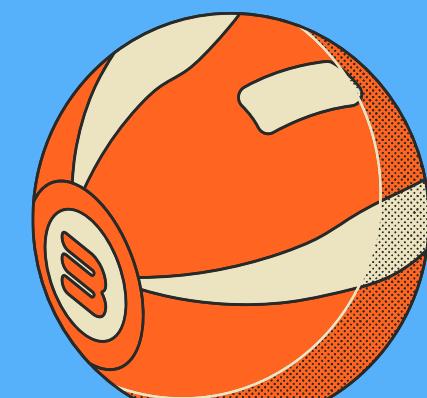
Will Singaporeans be able to enjoy quality of life as they age?

Minister Ong Ye Kung
at Committee of Supply Debate 2022
on HealthierSG strategy

Defining success
beyond the first 15 years in school, to the next 50
years beyond schools

Minister Chan Chun Sing at the Institute of
Policy Studies in 2022 on the 5 key shifts to
prepare our Education System for the Future

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 a **healthy lifestyle**

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

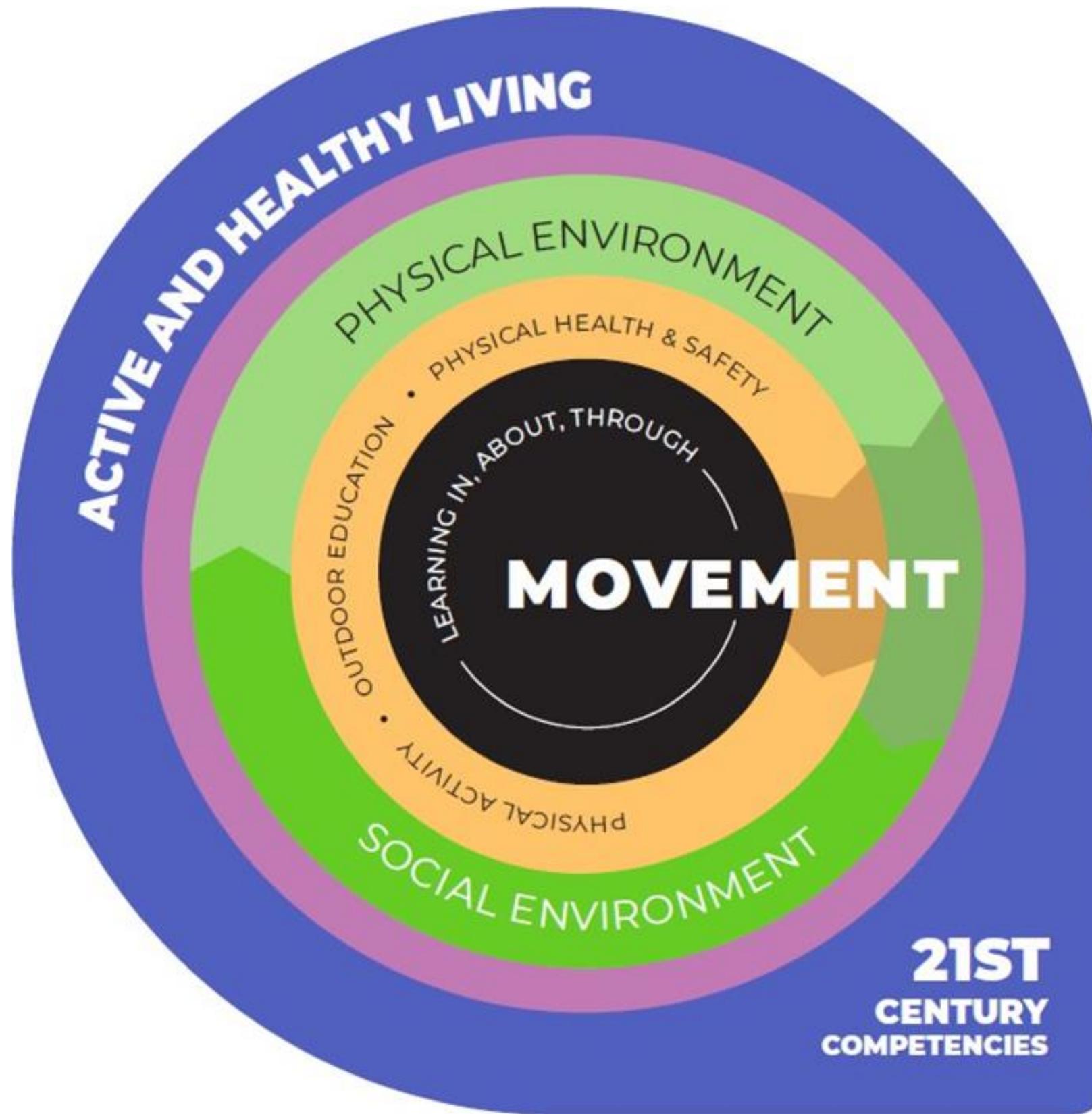
Students apply risk assessment to manage daily and physical activities with respect to self, others and the environment.

Core Values

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

KEY CONCEPTS

Enactment of healthy lifestyle behaviours while retaining focus on movement competence.

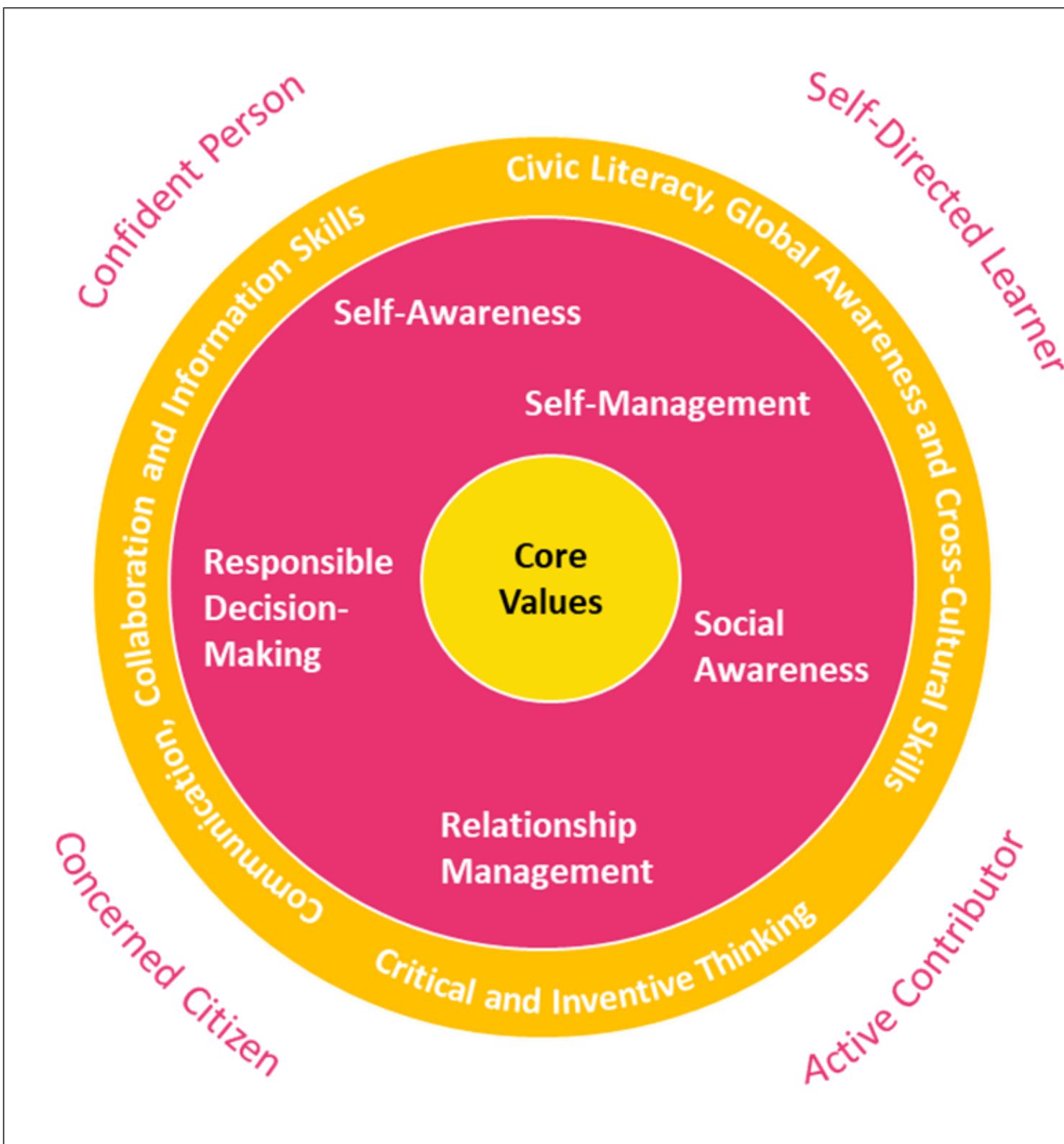


Movement as the primary mode to reach and teach the whole child through the following three dimensions:

- 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.

DEVELOPING 21ST CC THROUGH PE



PE anchors students learning in the affective domain on the six **Core Values** of Respect, Resilience, Responsibility, Integrity, Care and Harmony.

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

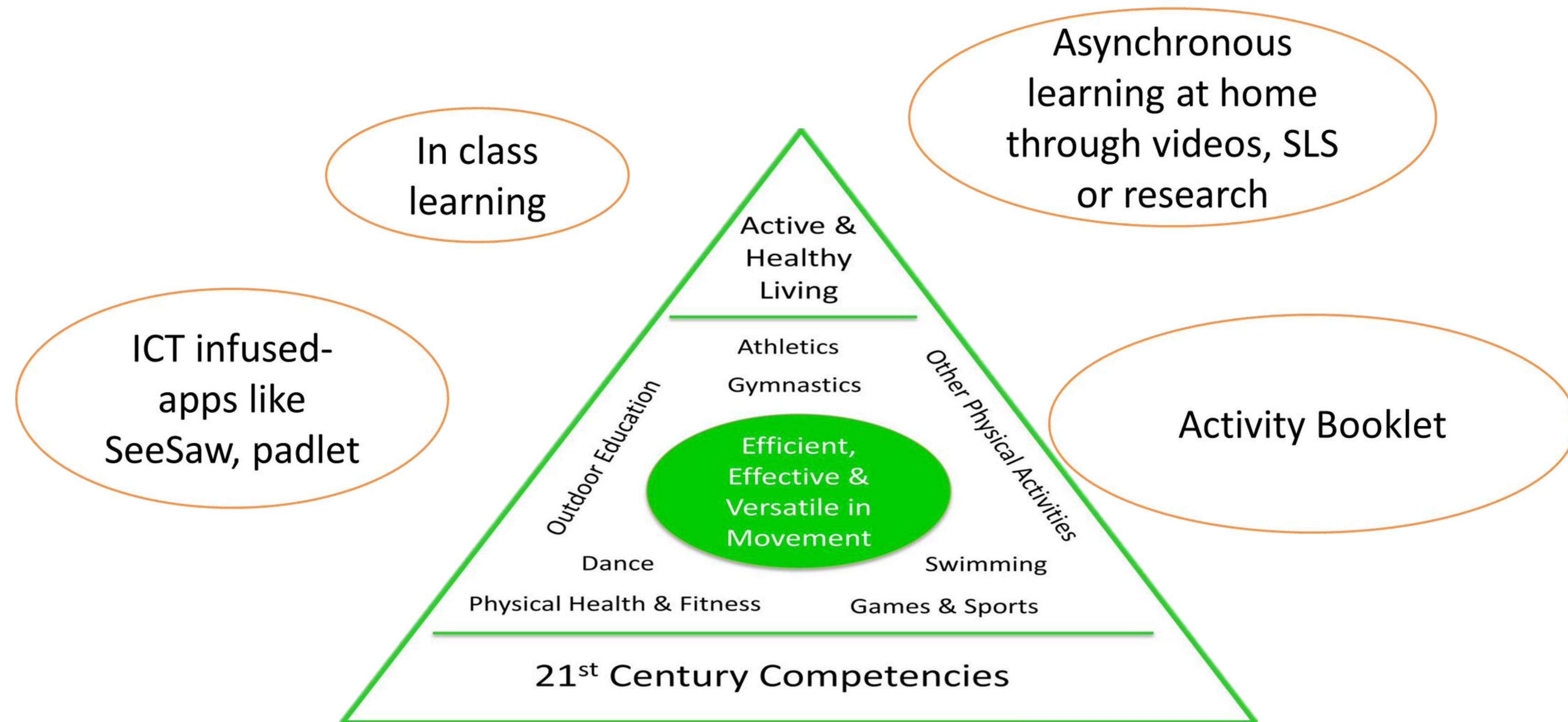
The development of **emerging 21CC** (Communication, Collaboration & Information, Critical & Inventive Thinking) is pervasive in students' learning experiences in PE.

LEARNING AREAS

| Learning Areas | Skills | Values |
|---------------------------|--|--|
| Athletic | walking, running, jumping, and throwing | To develop the RGPS Girl Qualities : |
| Dance | express and communicate ideas through the exploration, creation , performance and appreciation of movement— creation & modification of dance steps | Fair Play Sportsmanship Teamwork |
| Games & Sports | Games Skills & Play | Safe Practices Responsible over Self & Others Resilience |
| Gymnastics | overall body management and control through creative interpretation of movement – perform a sequence – students | Graciousness Leadership |
| Physical Health & Fitness | connections between health concepts and practical applications | |
| Outdoor Ed | adventure through the exploration of environments (natural & urban) | |



LEARNING AREAS



EVENTS & PROGRAMMES

GAMES CARNIVAL

HEALTH FAIR

P5 OUTDOOR
ADVENTURE CAMP

P6 INTER-CLASS
CAPTAIN'S BALL

ATHLETE CAMP

P3 NEIGHBOURHOOD
ADVENTURE

PIONEERING
CHAMPIONSHIP

P4 SPORTS CAMP

P3 TO P6
RESILIENCE PROG

NAPFA

RECESS PLAY

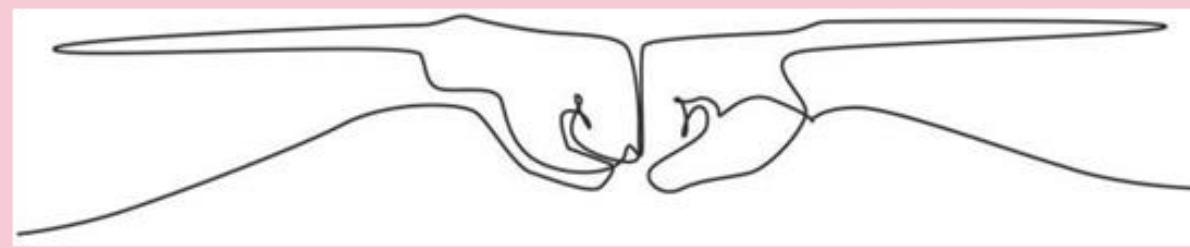
TERMLY
NEWSLETTER

GAMES CREATION
COMPETITION

P3 SWIMSAFER

P4 INTER-CLASS

PARENTS-TEACHERS PARTNERSHIP



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**



GAMES CREATION

