

# Physical Education

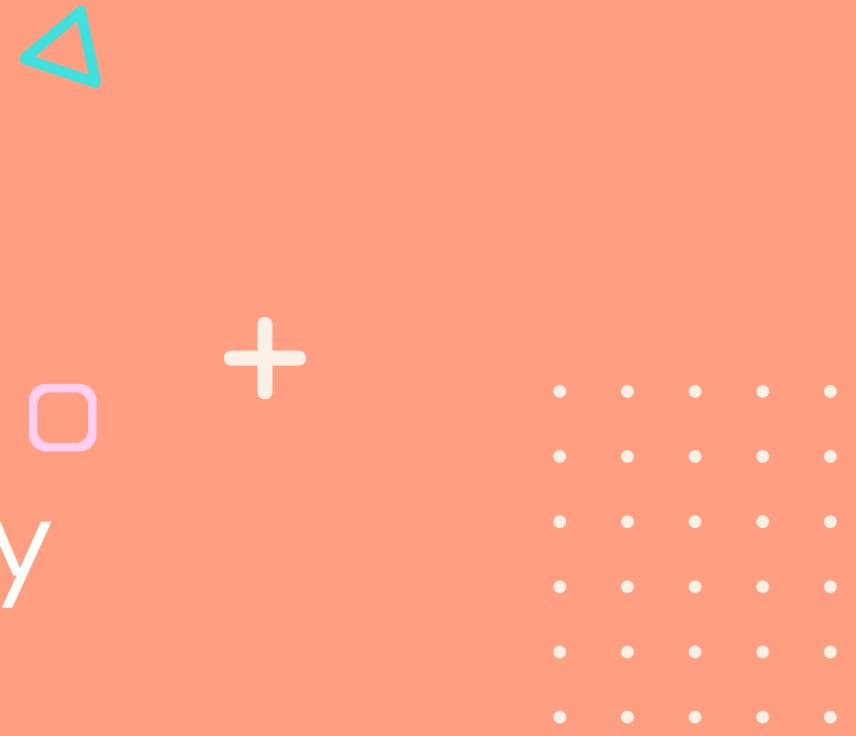
Curriculum Briefing 2026



# AGENDA



- ④ Purpose & Philosophy
- ④ Syllabus Approach
- ④ Events & Programme



# The 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 **healthy lifestyles**



## The RGP Girl

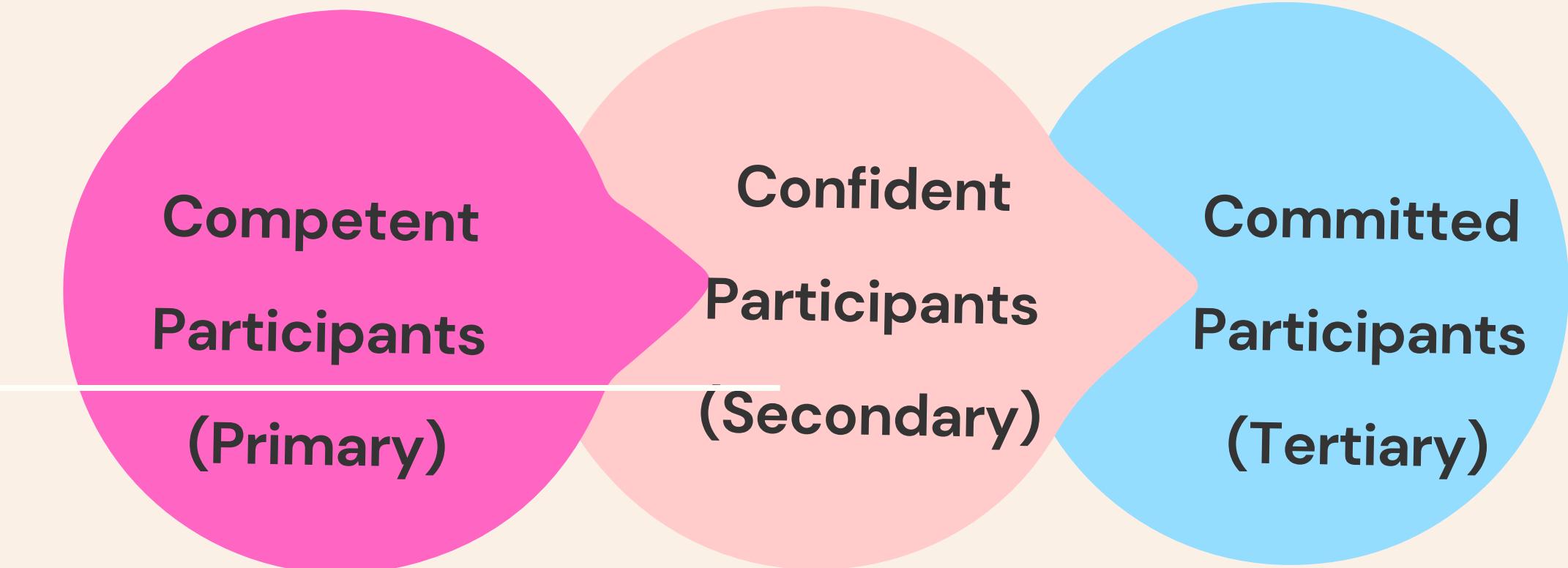
Creative Thinker

Life-long Learner

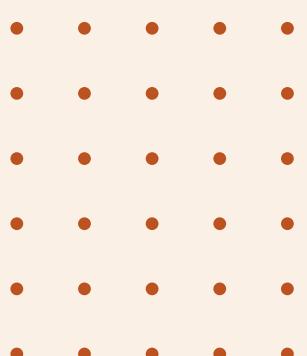
Value-based Leader



# Syllabus Outcomes



- **Efficiency** -- learning & mastery
- **Effectiveness** -- performance & success
- **Versatility** -- ability to demonstrate wide variety of skills and application in different context



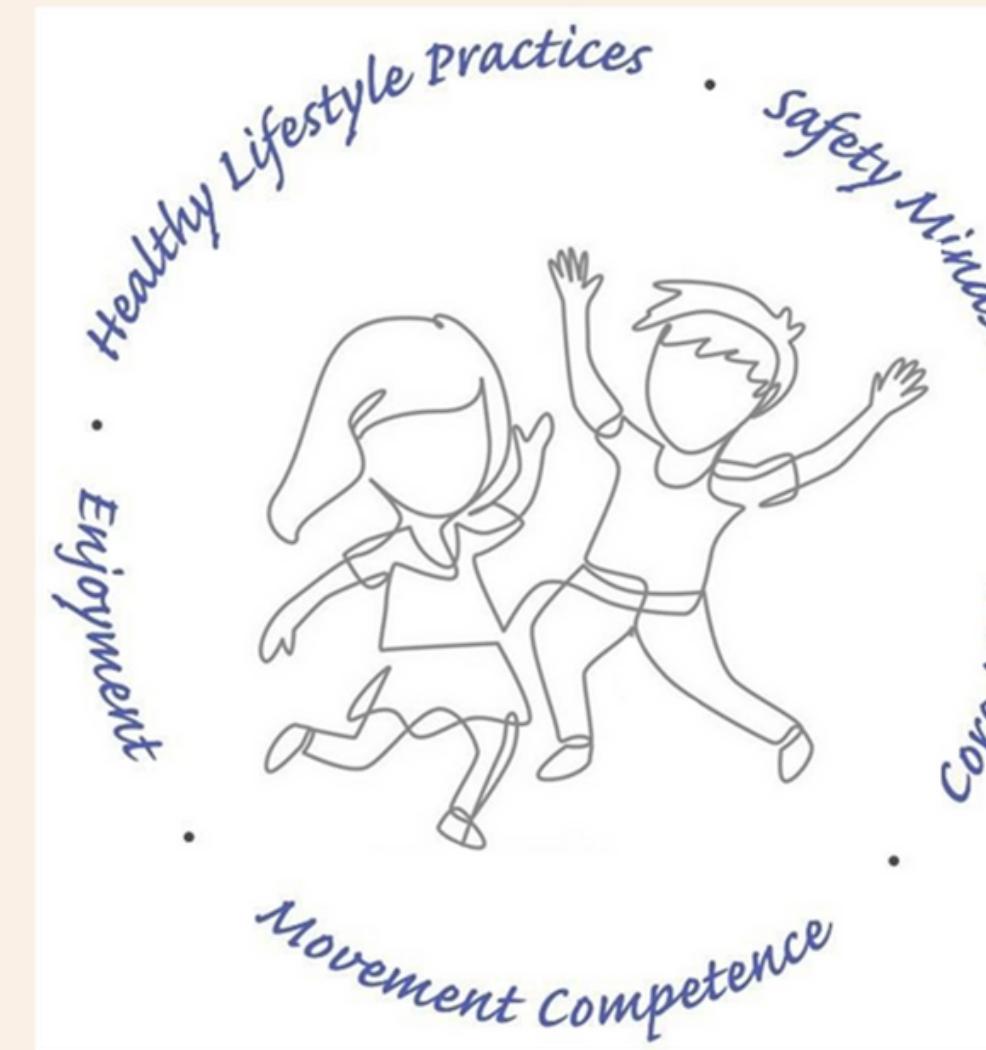
# Desired Student Outcomes

## 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

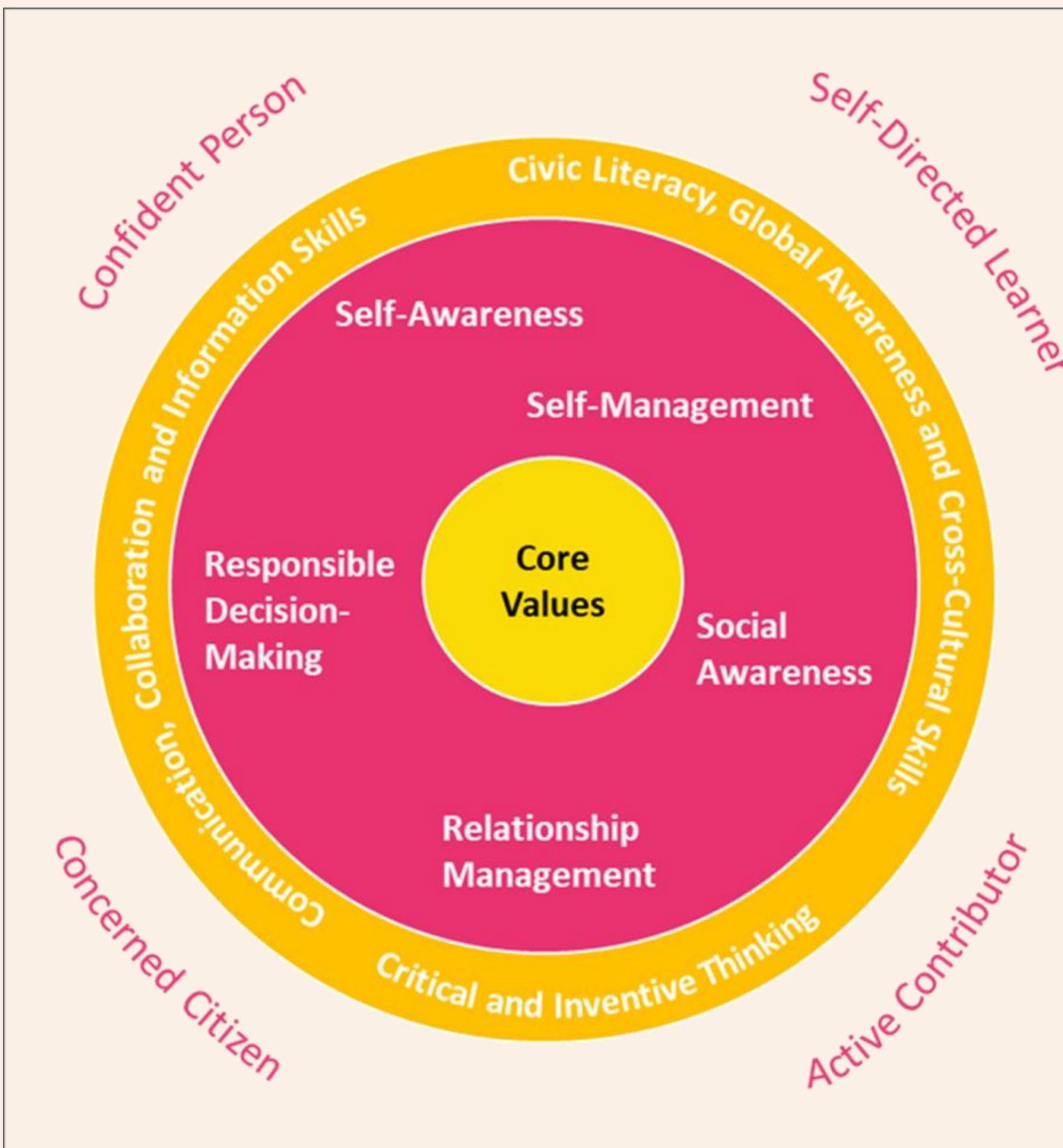
Students apply risk assessment to manage daily and physical activities with respect to self, others and the environment.

## Core Values

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

# Developing 21CC through PE

SGPS



PE anchors students learning in the affective domain on the six **CORE VALUES** of **Respect, Resilience, Responsibility, Integrity, Care & Harmony.**

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

The development of **emerging 21 CC** (**Communication, Collaboration & information, Critical & inventive Thinking**) is pervasive in students' learning & experience in PE.

# KEY CONCEPTS

Enactment of healthy lifestyle behaviours while retaining focus on movement concepts



**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.

# Learning Areas & Strands

RGPS

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| Learning Area   | Content Area  | Strand  |
|---|---|---|
| Physical Activity   | <ul style="list-style-type: none"><li>Dance</li><li>Games &amp; Sports</li><li>Gymnastic</li><li>Swimming (<i>P3 only – Semester 2 – need PVs to help out</i>)</li></ul>  | <ul style="list-style-type: none"><li>Movement Skills and Concepts</li><li>Safety Practices</li></ul> |
| Outdoor Education<br><b>(Understanding My School and its Neighbourhood)</b> | <ul style="list-style-type: none"><li>Outdoor Living – OE trip to Jacob Ballas</li><li>Sense of Place – Nature Journalling</li><li>Risk Assessment &amp; Management- aware of weather, danger in surroundings</li></ul> |   |
| Physical Health And Safety  | <ul style="list-style-type: none"><li>Safety and Risk Management – water, cycling safety</li><li>Nutrition – nutrients from food</li><li>Personal Hygiene &amp; Self-Care- Sleep, eye care</li></ul>                    |   |
| RGPS Girl Qualities   | <p><b>Fair Play, Sportsmanship, Safe Practices, Teamwork</b><br/><b>Responsibility (Self &amp; others)</b><br/><b>Resilience, Graciousness, Leadership</b></p>  |   |

# Events & Programmes

P3 to P6 Resilience Prog

Health Fair

P3 swimsafer

Games Carnival

Recess Play

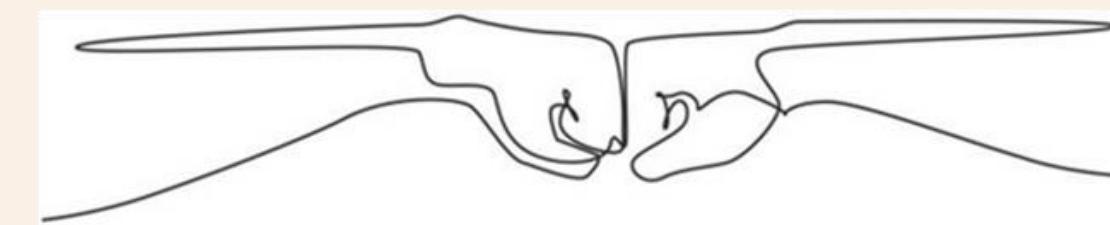
P3 Neighbourhood OE Trip

Games Creation  
competition

Termly Newsletter  
*-look out in PG*

# Parents- Teachers Partnership

RGPS



## 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
- Reiterate about safety and being aware of her surroundings

