

# Physical Education

Curriculum Briefing 2026

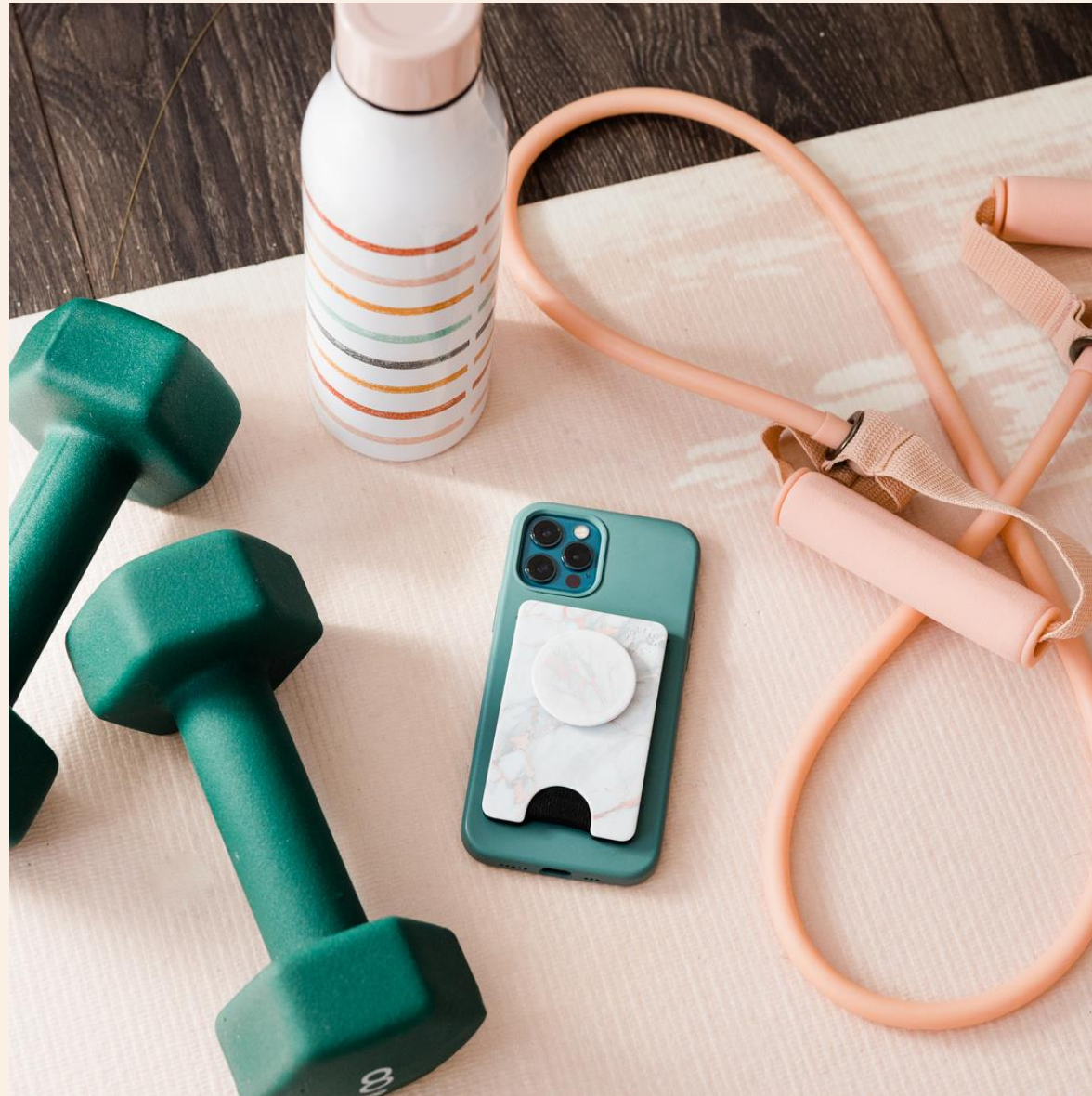


# AGENDA



- Purpose & Philosophy
- Syllabus Approach
- 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 RGPS Girl

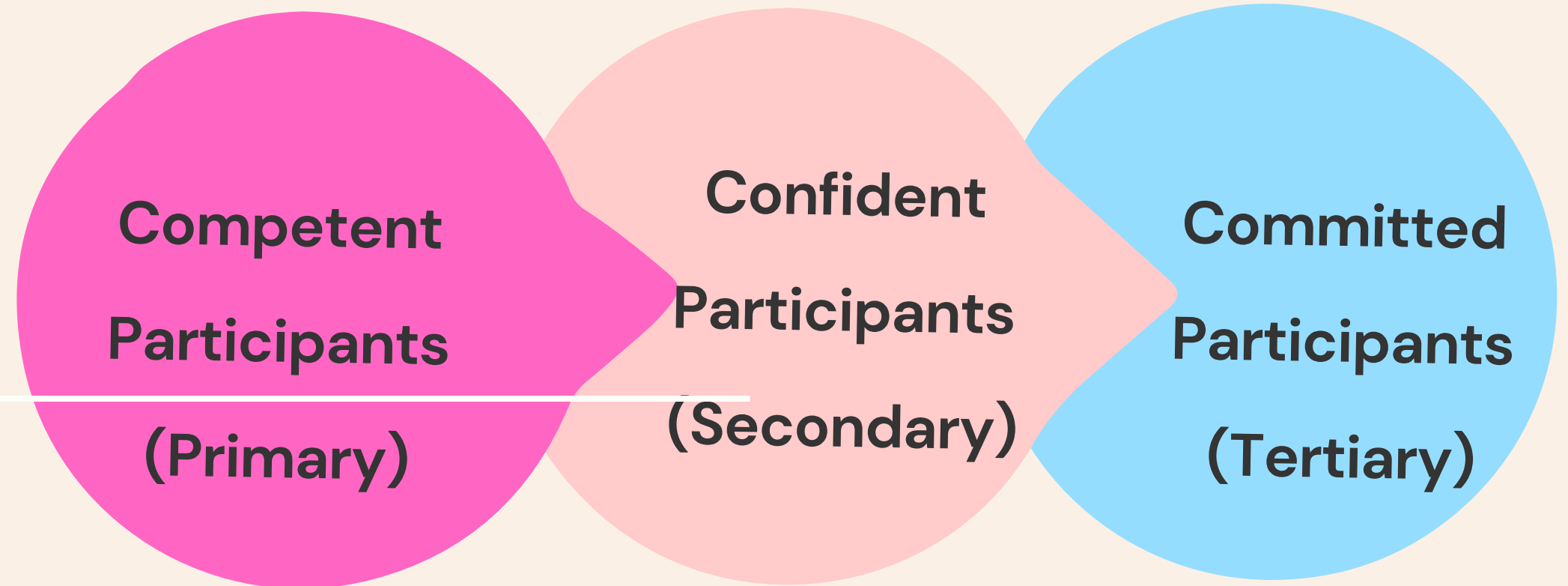
Creative Thinker

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.

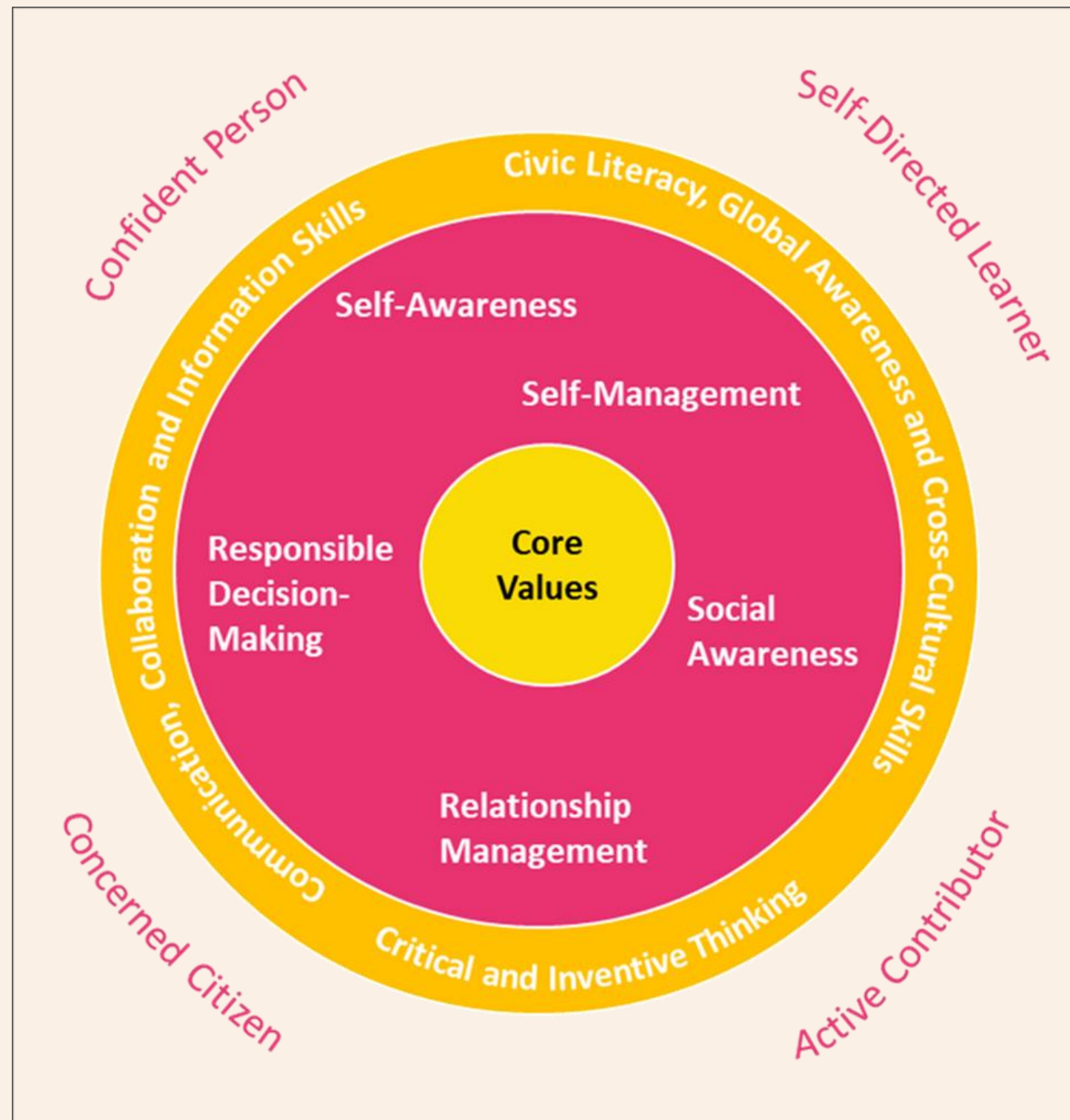
## Safety Mindset

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



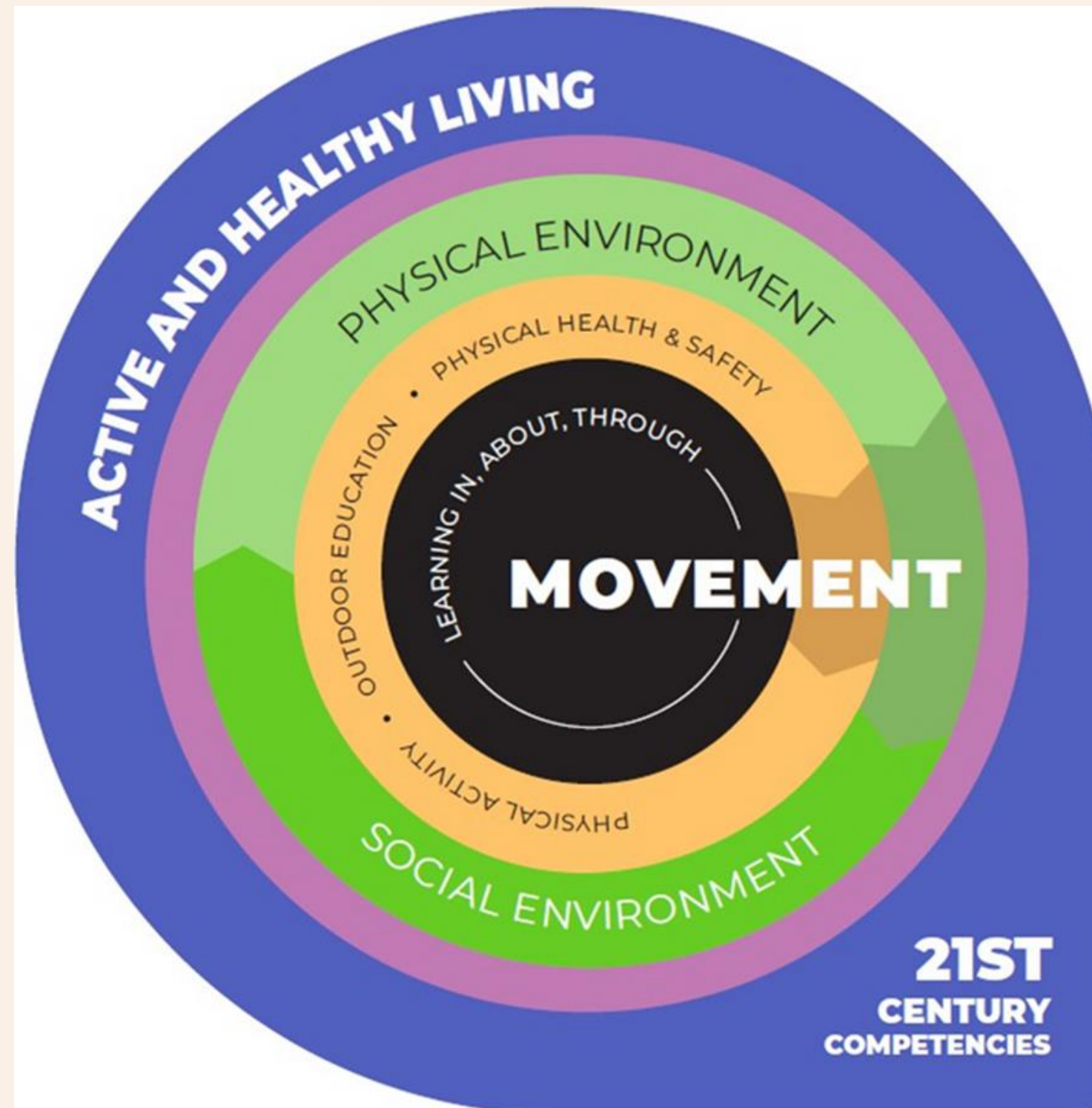
PE anchors students learning in the affective domain on the six **CORE VALUES** of **Respect, Resilience Responsibility, Integrity, Care & Harmony**.

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

Learning Area	Content Area	Strand
Physical Activity	<ul style="list-style-type: none"> <li>Athletics (<i>P4 onwards</i>)</li> <li>Dance</li> <li>Games &amp; Sports</li> <li>Gymnastic</li> <li>NAPFA</li> </ul>	<ul style="list-style-type: none"> <li>Movement Skills and Concepts</li> <li>Safety Practices</li> </ul>
Outdoor Education ( <b>Understanding My School and its Neighbourhood</b> )	<ul style="list-style-type: none"> <li>Outdoor Living Sense of Place</li> <li>Risk Assessment &amp; Management</li> </ul>	
Physical Health And Safety	<ul style="list-style-type: none"> <li>Safety and Risk Management – <i>sports safety (warm up/ cool down)</i></li> <li>Nutrition- <i>healthier cooking methods.</i></li> <li>Personal Hygiene &amp; Self-Care – <i>eg food borne disease</i></li> </ul>	
RGPS Girl Qualities	<p><b>Fair Play, Sportsmanship, Safe Practices, Teamwork</b>  <b>Responsibility (Self &amp; others)</b>  <b>Resilience, Graciousness, Leadership</b></p>	

# Events & Programmes

RGPS

Games Carnival

Health Fair

P3 to P6

Resilience Prog

Recess Play

P4 Sports camp

Termly Newsletter  
*-look out in PG*

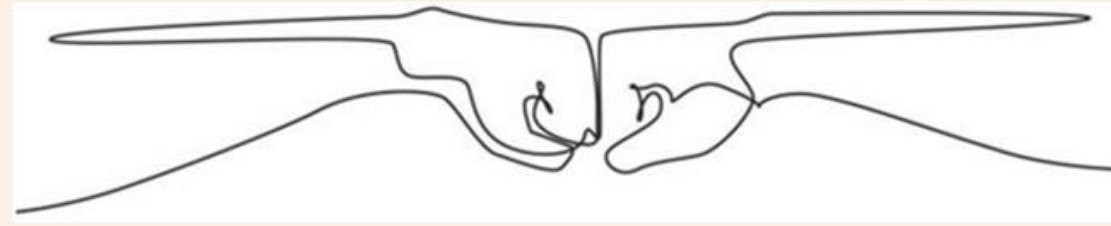
Games Creation  
competition

P4 Inter-class Competition

NAPFA (P4 & P6)



# 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
- Reiterate about safety and being aware of her surroundings

