

# PE and CCA Parents' Briefing



# THE ROSYTHIAN PE CURRICULUM

# PE SYLLABUS

## THREE LEARNING AREAS IN PE

1. Physical Activity

(Dance, Games & Sports, Gymnastics, Swimming (P2) and Athletics (P4 to P6))

2. Outdoor Education

3. Physical Health and Safety

# PE SYLLABUS

## PEDAGOGICAL APPROACHES

Mosston's Spectrum of Teaching Styles

Movement Education

Place-Responsive Pedagogy

Game-Based Approach

# SIGNATURE PROGRAMMES

PRIMARY 3

- CCA
- IDARE (TITAN)
- ROSYTH FITNESS WARRIOR (SLS)
- SPORTS CARNIVAL (\*NEW)

PRIMARY 1

- PROGRAMME FOR ACTIVE LEARNING
- LOWER PRIMARY SPORTS CARNIVAL

PRIMARY 2

- PROGRAMME FOR ACTIVE LEARNING
- LOWER PRIMARY SPORTS CARNIVAL

PRIMARY 4

- CCA
- IDARE (OUTDOOR & SCIENCE)
- ROSYTH ALL-ROUNDER CHALLENGE (SLS)
- SPORTS CARNIVAL (\*NEW)

PRIMARY 5

- CCA
- IDARE (P5 CAMP)
- ROSYTH ADVENTURER CHALLENGE (SLS)
- SPORTS CARNIVAL (\*NEW)

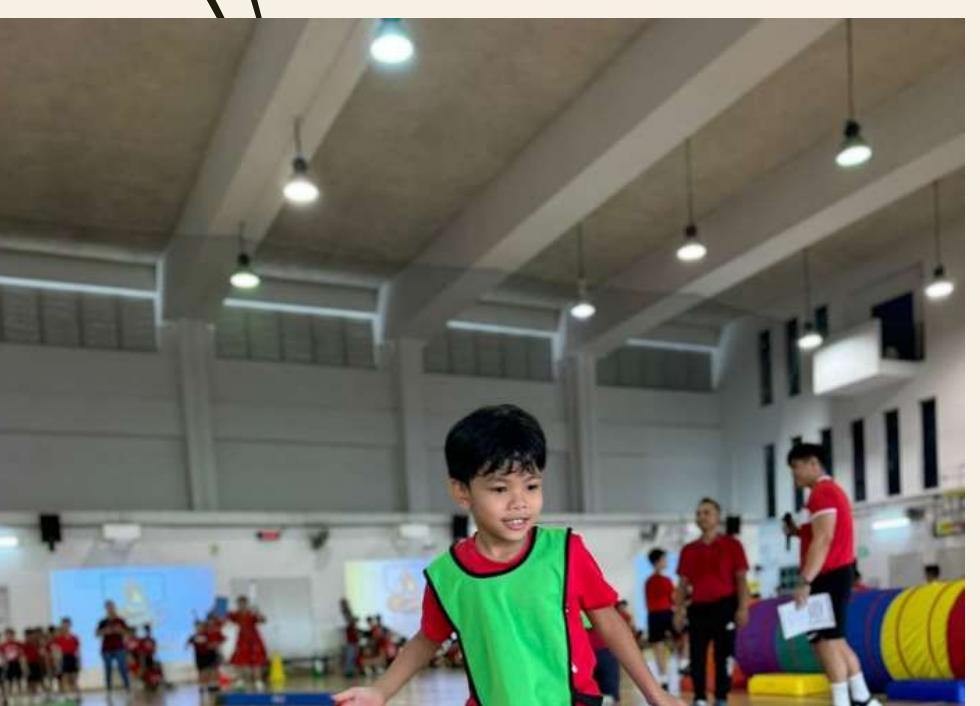
PRIMARY 6

- CCA
- IDARE (HIKE)
- SPORTS CARNIVAL (\*NEW)

# SIGNATURE

## PROGRAMME 2

### LOWER PRIMARY SPORTS DAY



# SIGNATURE PROGRAMME 6

## IDARE SERIES



# BENEFITS OF A HEALTHY LIFESTYLE



# BENEFITS

- Keep fit and be healthy
- Less chance of falling sick
- More alert. Able to focus and study better
- Make friends & have fun
- Develop lifelong skills and self-discipline



# PHYSICAL ACTIVITY

- At least 60 minutes a day of physical activity
- Limit the use of devices and screen time



# EAT HEALTHILY

- My Healthy Plate
- Snack Break: Healthy snacks / healthier choice snacks are preferred
- Have breakfast before going to school and hydrate regularly, before, during and after PE lessons (8 glasses a day)



# CO-CURRICULAR ACTIVITY (CCA)

# CCA

- Every Tuesday and/or Thursday for P3 to P6 students from 2.15 p.m. Competitive teams may have additional training on other days
- CCA may be on virtual mode (eCCA) depending on prevailing measures
- Direct School Admission
- Attire: PE attire

# CCA

- Active participation during CCA sessions
- Do your best to learn and apply new skills and knowledge even though it may be challenging.
- Display good values and sportsmanship (eg. during PE and cca) by shaking hands with team mates and opponents
- Cheers for opponents in victory or defeat. Be gracious.
- No jeering.

# CCA

- To encourage display of school values and help deepen knowledge and skills in CCA, pupils are to remain in the CCA for the whole year.
- P6 students CCA sessions will end in Sem 1.



# Thank You