



# **Primary 5 Physical Education Curriculum Information**

2022



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Objectives of PE

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School-Home Partnership

***The purpose of physical education is to enable students to demonstrate individually and with others, the physical skills, practices and values to enjoy a lifetime of active, healthy living.***



## Goals of Physical Education

- Goal 1: Acquire a range of movement skills to participate in a variety of physical activities.
- Goal 2: Understand and apply movement concepts, principles and strategies in a range of physical activities.
- Goal 3: Demonstrate safe practices during physical and daily activities with respect to themselves, others and the environment.
- Goal 4: Display positive personal and social behaviour across different experiences.
- Goal 5: Acquire and maintain health-enhancing fitness through regular participation in physical activities.
- Goal 6: Enjoy and value the benefits of living a physically active and healthy life.

## 7 Learning Areas:

1

Dance

5

Outdoor Education

2

Sports & Games

6

Athletics (from P3)

3

Gymnastics

7

Swimming (at P3)

4

Physical Health & Fitness

### Teaching strategies:

1. Interactive Teaching
2. Station Teaching
3. Peer Teaching
4. Cooperative Learning
5. Self-Instructional Strategies
6. Cognitive Strategies
7. Team Teaching

***Differentiated instruction will be infused into the lessons to address the different learning abilities of the students.***



- Assessment provides information for making informed judgement about what students know and are able to do in order to help them progress towards and attain the physical education goals
- It helps teachers to recognise students' strengths and difficulties in learning and achieving the different learning objectives (LOs) for each learning area.

- Assessment for PE will consist of a combination of formative and summative assessments to help students learn and grow holistically.



Assessment is conducted at the end of each learning area. For Primary 5, the following learning areas will be assessed:

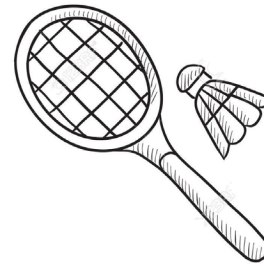
- Athletics
- Dance
- Games & Sports
- Physical Health & Fitness

## 1. Inter-Class Frisbee Competition

## 2. P5 Camp

## 3. Learning for Life (LLP)

- Basketball
- Badminton



## 4. Holistic Health Festival

## 5. Active Recess



Holistic Health Festival 2021



P5 Outdoor Adventure Camp

# Help your child/ward develop good habits:

- Ensure that your child/ward gets at least 8 hours of sleep daily.
- Practice eye care and limit their screen time.
- Encourage your child/ward to live a healthy, balanced life with time for play. Take him/her outdoors to play.



# Healthy Eating

- In line with the school's efforts to effectively equip students with the knowledge, skills and attitudes to be more self-directed in adopting a healthy lifestyle to promote their holistic health and well-being, students are reminded to adopt healthy eating habits such as cutting down on sugar, fat and salt.
- For snack breaks, students are strongly encouraged to bring healthy snack options such as wholegrain foods, fruit and vegetables, dairy or calcium-rich foods.



The table below provides some great snack ideas:

Food Type	Examples
Whole grains	Whole wheat crackers and biscuits, wholemeal bread, wholegrain corn tortilla chips
Meat and others	Cheese, lean chicken, hardboiled egg, low-fat milk, a handful of unsalted peanuts, cashews, almonds, walnuts, pistachios or pumpkin seeds
Fruits and vegetables	Apple, pear, banana, grapes, edamame (under-ripe green soybean), cherry tomatoes, baby carrots, celery sticks or cauliflower with white bean dip or hummus
Dairy and calcium-rich foods	Skimmed/low-fat milk, non/low-fat yogurt, smoothies



# Thank you!

