



Primary 3 Physical Education Curriculum Information

2022



1

Objectives of PE

2

Overview of Syllabus

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Pedagogical Approaches

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Assessment Modes

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Level-Specific Programme Highlights

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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.

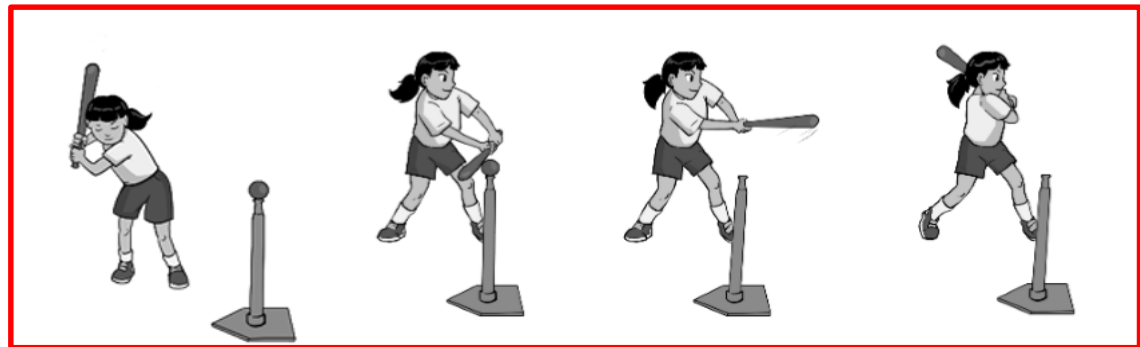


- Assessment provides information for making informed judgement about what students know and are able to do in order to help them progress towards and attain the physical education goals.
- It helps teachers to recognise students' strengths and difficulties in learning and achieving the different learning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



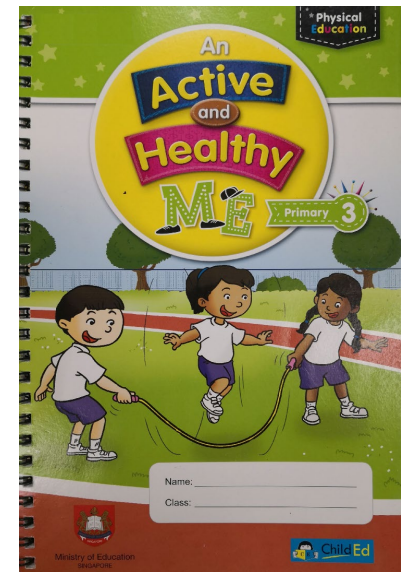
Dribble with long-handled implement



2-handed sidearm strike

Assessment is conducted at the end of each learning area. For Primary 3, the following learning areas will be assessed:

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



1. Sports Carnival
2. Wushu PE Programme
3. SwimSafer Programme
4. Learning for Life (LLP)
 - Basketball
 - Badminton
5. Active Recess
6. Holistic Health Festival



Holistic Health Festival 2021

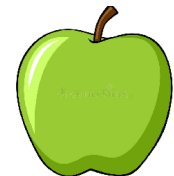
Help your child/ward develop good habits:

- 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!

