



West Grove Primary School
Wisdom & Grace



PROGRAMME FOR ACTIVE LEARNING (PAL)



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PURPOSE OF PAL

PAL curriculum offers learning experiences to support students in the development of:

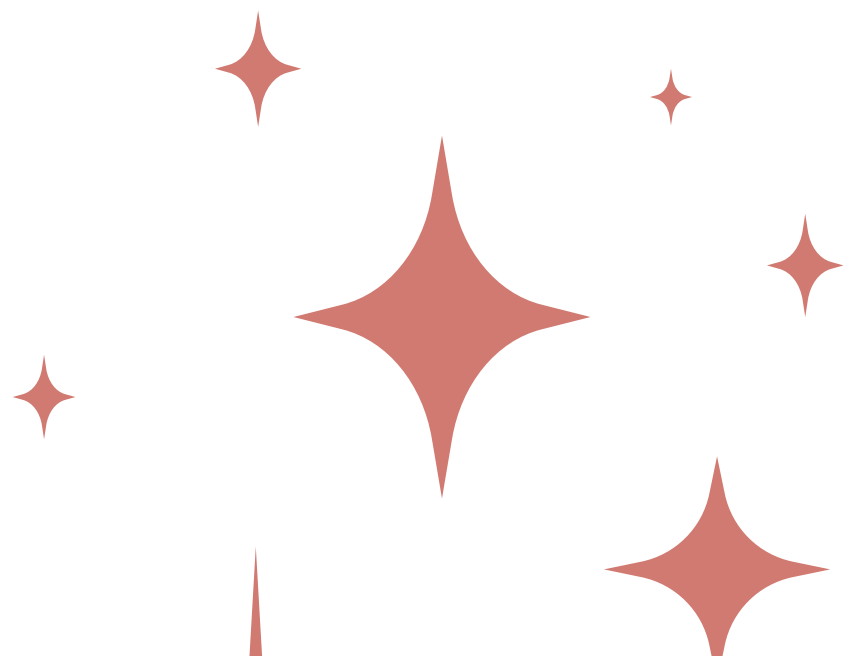
- **Confidence, Curiosity and Collaborative learning (3Cs)**
- **Social Emotional Competencies (SEL)**
- **Values**



Examples of SE skills/knowledge

Social Emotional Skills

ListenAttentively
GetAlongWithOthers
SpeakRespectfully
BeAGoodListener
MakeFriends SeekHelp
Give&Take KnowMyEmotions
ManageMyEmotions
HandleDisagreement
TakeTurns
BeConsiderate



CHARACTERISTICS OF PAL ✨

- *Experiential in nature
- *Learning in a creative way



CHARACTERISTICS OF PAL

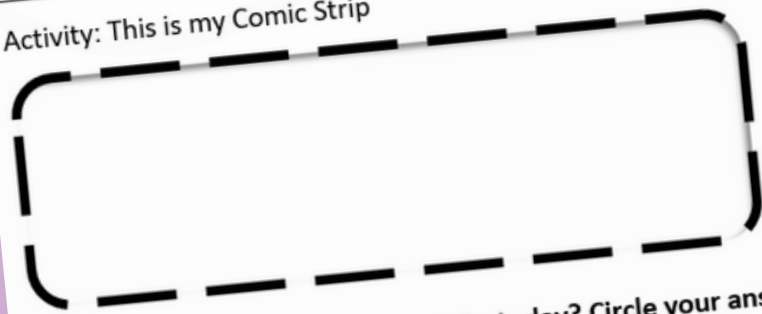
- *Provides opportunities for students to create
- *Incorporates values education
- *Fun and enjoyable



Reflections are an integral part of every PAL lesson to facilitate social emotional learning.

Lesson 3 – My School Environment

Activity: This is my Comic Strip



1. How do you feel about the activity today? Circle your answer.



Happy



Proud



Sad



Angry



Disappointed



Afraid

2. What did you do during the activities? You may tick more than 1 box.



I respected others by taking turns.

I respect my teachers and friends by paying attention in class.

I respect my friends' works.

I respect others by listening to them.





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PAL @ WGPS

PAL is offered to P1 and P2 students in the following modules:



Sports and
Games



Outdoor
Education



Visual Arts



Performing
Arts



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PAL Learning Journey for P1 and P2 for different modules



P1 - River Wonders

P2 - Jurong Lake
Garden





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ATTIRE FOR PAI LESSONS

PE Attire





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THANK
YOU

