



PE @ Yuhua Primary School

PHYSICAL EDUCATION

Yuhua Primary School

Growing our Hearts and Minds



PE@Yuhua Primary

4 PE periods per week



Boys -
PE T-shirt
PE shorts



Girls -
PE T-shirt
School skirt over PE shorts



ROUTINES

- Students in proper school PE attire
- Must bring along water bottle
- Allowed to bring handkerchief
- To have a mask pouch / case to store mask
- Remove watch, hard objects, valuables and keep in school bag





ROUTINES

- If unwell, inform the PE teacher with letter from parent / MC from doctor
- Please update Form Teachers and PE teacher if there are any new medical conditions

P1 PE LESSONS

- FUNDAMENTAL MOTOR SKILLS
 - INDIVIDUAL DRILLS
 - PAIR ACTIVITIES
 - RELAY GAMES
 - TAG GAMES



PE HOLISTIC ASSESSMENT

EMERGING / APPROACHING EXPECTATIONS / MEETING EXPECTATIONS / EXCEEDING EXPECTATIONS

- **GAMES & SPORTS**

- Demonstrate a range of motor skills in rolling, catching and throwing, a variety of objects

- **GYMNASTICS**

- Perform a gymnastic sequence of two different movements with smooth transition

- **DANCE**

- Perform a structured dance to the music of Chan Mali Chan

- **OUTDOOR EDUCATION**

- Move across a variety of ground surfaces in a familiar environment safely and confidently

- **PHYSICAL HEALTH & FITNESS**

- Acquire a range of personal safety practices in school, at home and when using the road

PE@Yuhua Primary

HEIGHT AND WEIGHT CHECK

Severely Underweight

Underweight

Acceptable

Overweight

Severely Overweight

HPB



HPB

Active Kids Programme

PE@Yuhua Primary

UNSTRUCTURED PLAY





PAL @ Yuhua Primary School

Programme for Active Learning

Yuhua Primary School

Growing our Hearts and Minds



PAL@Yuhua Primary

- Encourage learning beyond the classroom to discover new interests, learn new skills and develop character
- Balancing Knowledge with Soft Skills and Values
 - Emphasise non-academic programmes within curriculum
 - Aligned to Holistic Education approach



Objectives of PAL

- Give students broad exposure to the domains of Sports & Games, Outdoor Education, Performing and Visual Arts
- Nurturing Confidence, Curiosity and Cooperation Skills (the 3 Cs)
- Developing students' Social-Emotional Competencies



PAL Modules @ Yuhua Primary School

Primary 1	Primary 2
Dance (Performing Arts) 8 sessions	Music (Performing Arts) 7 sessions
Art (Visual Arts) 8 sessions	Drama (Performing Arts) 4 sessions
Outdoor Education 8 sessions	Outdoor Education 7 sessions
Each session = 3 periods : 90min	Sports & Games 7 sessions

PAL Music

PAL Visual Arts



PAL Dance



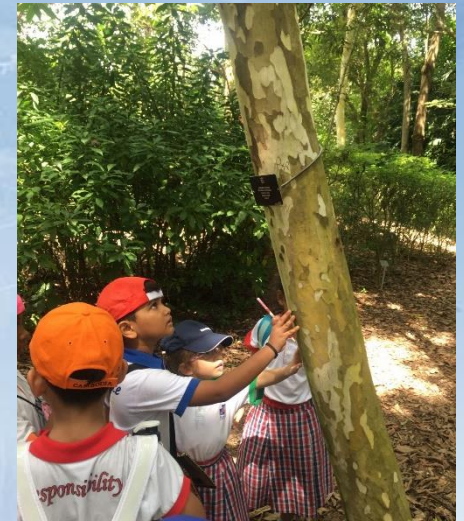
PAL @ YUHUA PRIMARY



PAL Sports & Games



PAL Drama



PAL Outdoor Education

Yuhua Primary School

Growing our Hearts and Minds



PAL Modules @ Yuhua Primary School



Ministry of Education
SINGAPORE

Programme for Active Learning



PAL Objectives

- Provides pupils broad exposure to the 4 PAL domains ★
- Nurtures pupils in the 3Cs and social-emotional competencies ★

PAL Learning Outcomes

- Nurturing the 3Cs:
Confidence, Curiosity and Cooperation Skills in pupils

5 PAL Learning Characteristics

1 Experiential in nature

2 Encompasses learning in a creative way

3 Provides opportunities for children to create

4 Incorporates values and social-emotional learning

5 Fun and enjoyable

5 Key Practices of the PAL Teacher

1 Models curiosity and expresses joy in learning

2 Uses varied and engaging pedagogies to facilitate creative and hands-on learning

3 Allows pupils' inquiry and interest to drive the direction of learning during lessons

4 Facilitates pupils' learning with open-ended questions that prompt sharing and reflection

5 Creates a learning environment that welcomes play, exploration and teamwork

PERFORMING ARTS

OUTDOOR EDUCATION

SPORTS AND GAMES

VISUAL ARTS