



## 2024 Curriculum Briefing Physical Education

*Lower Primary*

*SH (PE & CCA)*



# PE Teachers for Lower Primary



**Mr Su Haojing**  
Subject Head (PE & CCA)



**Mr Leonard Ang**



**Mr Jasper Chua**  
HOD ICT



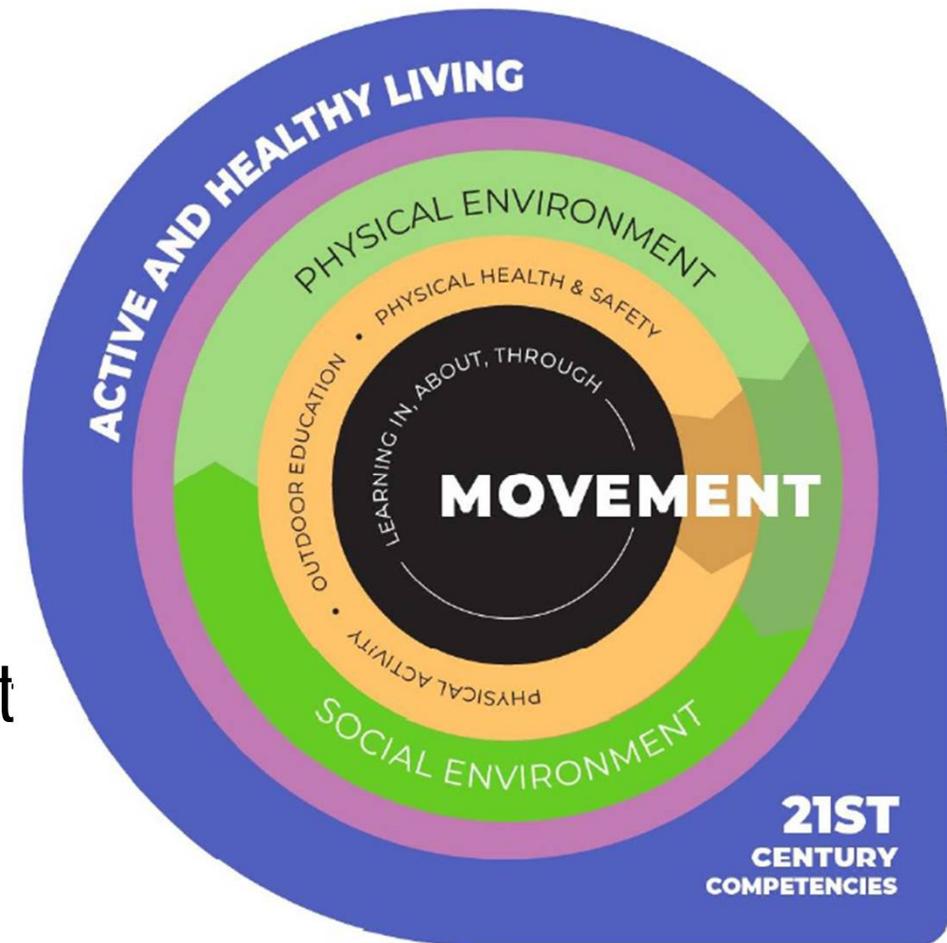
**Mr Rolan**



**Mr Wong Ah Seng**

# PE Curriculum Framework

- Physical Education uses movement and the environment to develop the whole child.
- Movement
  - Learning in Movement
  - Learning about Movement
  - Learning through Movement
- Interaction with Environment
  - Physical Environment
  - Social Environment.



# *Purpose of PE*

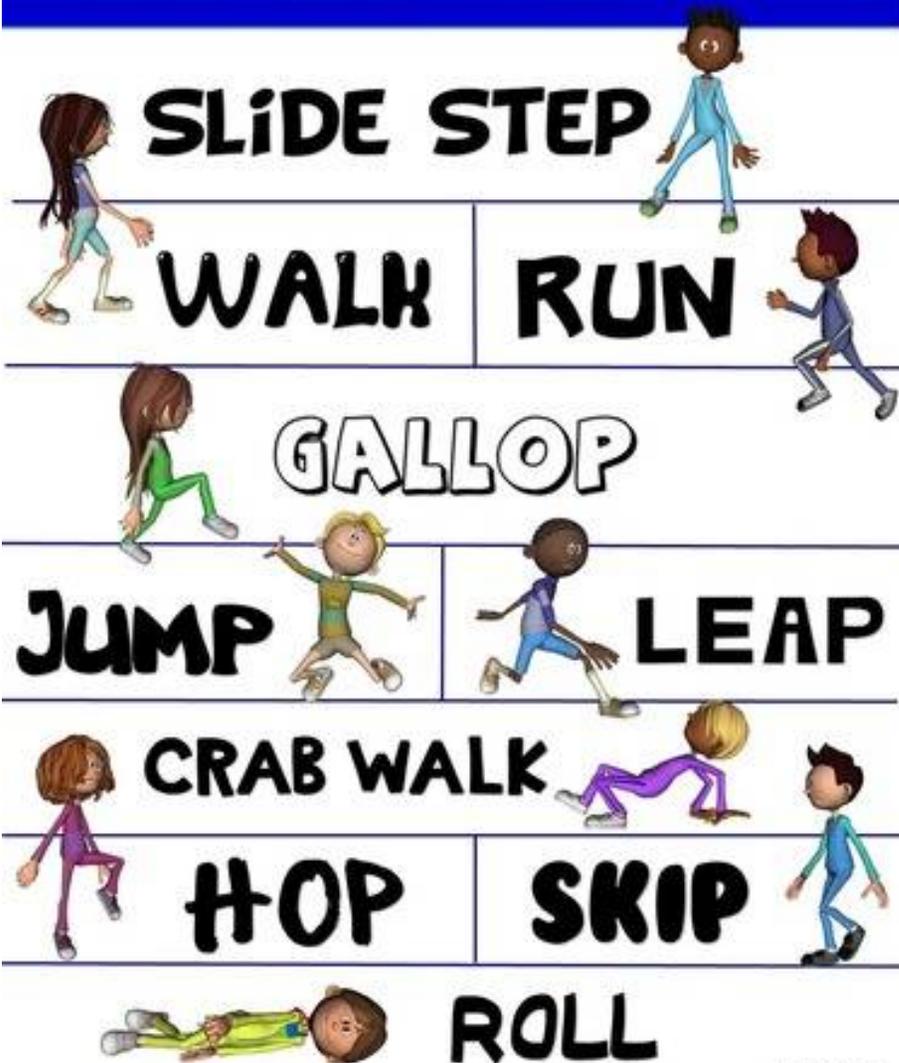
The purpose of Physical Education is to develop physically competent and confident individuals who enjoy a lifetime of active and healthy living safely and responsibly.

# 5 Goals of PE

Movement Competence	Healthy Lifestyle Practices	Safety Mindset	Core Values	Enjoyment
Students are competent and confident to participate in a range of physical and outdoor activities.	Students have a personal commitment to healthy lifestyle practices in physical activity, nutrition, sleep, outdoor time and hygiene.	Students apply risk assessment to manage daily and physical activities with respect to self, others and the environment.	Students make informed and responsible decisions with regard to personal behaviour and social interactions based on sound values-based judgements.	Students enjoy and value physical activities and healthy living in a sustainable way.

# PE Curriculum for Lower Primary

## Locomotor Movement



## HOP



### CUES:

- Balance on one foot
- Keep other foot off the ground
- Have arms to sides to help balance
- Bend knees when hopping off ground and when landing
- Keep eyes up and forward

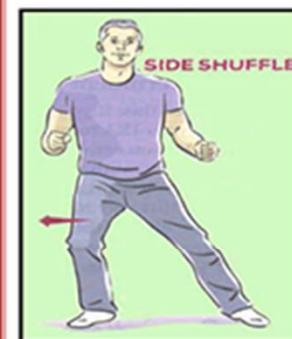
## SKIP



### CUES:

- Stand with feet shoulder width apart
- Step forward with your lead foot and hop
- Repeat pattern on opposite foot
- Keep eyes up and forward

## SLIDE



### CUES:

- Stand with feet shoulder width apart
- Bend knees slightly
- Step to the side with lead foot
- Back foot chase to catch lead foot

# PE Curriculum for Lower Primary



## NON-LOCOMOTOR MOVEMENT



**STRETCH**



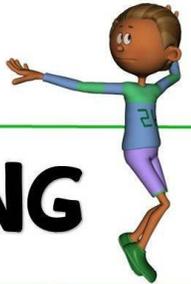
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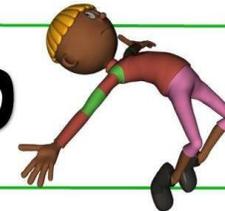
**PULL**



**BALANCE**



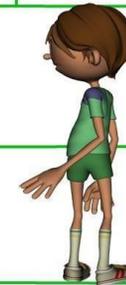
**BEND**



**SWING**



**TURN**



**PUSH**

**SWAY**

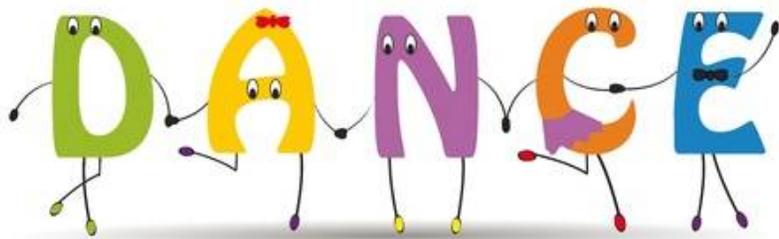


**TWIST**



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# PE Curriculum for Lower Primary



## 21 Basic Moves

DANCE  
n Beats

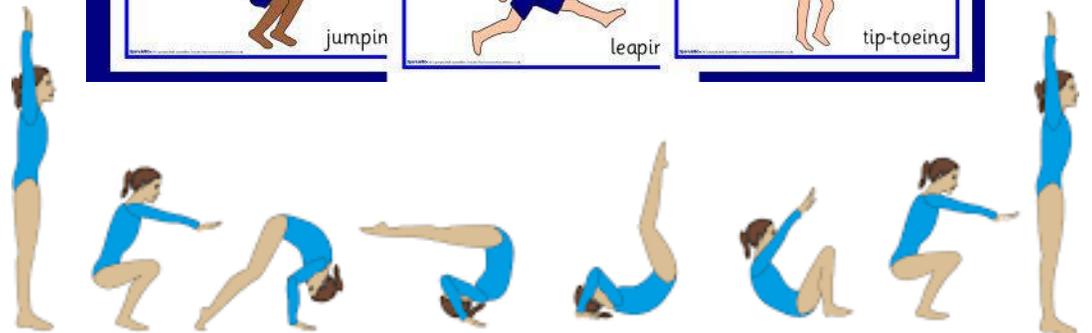
UPPER BODY	LOWER BODY	CORE
 clap	 squat	 PUMP pump
 grab	 jump	 bend
 shake	 knee lift	 twist
 roll	 kick	 HEAD nod
 swing	 tap	 tilt
 reach	 tippy toes	 look
 shoulders	 slide	 bop

# PE Curriculum for Lower Primary



## GYMNASTICS

Raise and stretch the legs and arms that are not touching the mat.



# PE Curriculum for All Levels

- Outdoor Education

- Outdoor Living
- Sense of Place
- Risk Assessment and Management



- Physical Health and Safety

- Physical Fitness
- Safety and Risk Management
- Nutrition
- Personal Hygiene and Self-Care



# PE Assessment - Sample

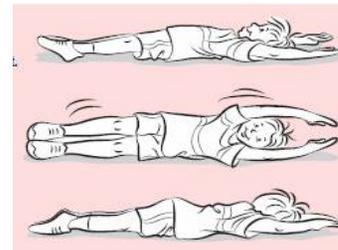
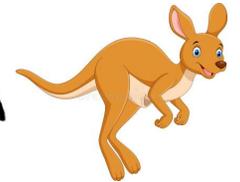
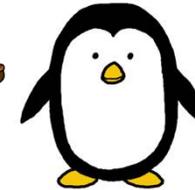


**ASSESSMENT IN  
MOVEMENT EDUCATION**

## My Gymnastic Sequence (P2)

Circle 1 for each group

**Animal  
Movement**

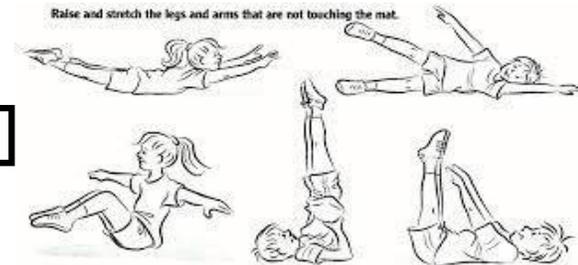


**Rolls**



Raise and stretch the legs and arms that are not touching the mat.

**Balances**



Name: \_\_\_\_\_ Class: \_\_\_\_\_

# Healthy Meals in School

25%

25%



50%



# Support Your Child in PE



**PE attire &  
water bottle**



**Eat healthy  
food daily**



**Be active daily**



# Thank You

*#teamMPS*

