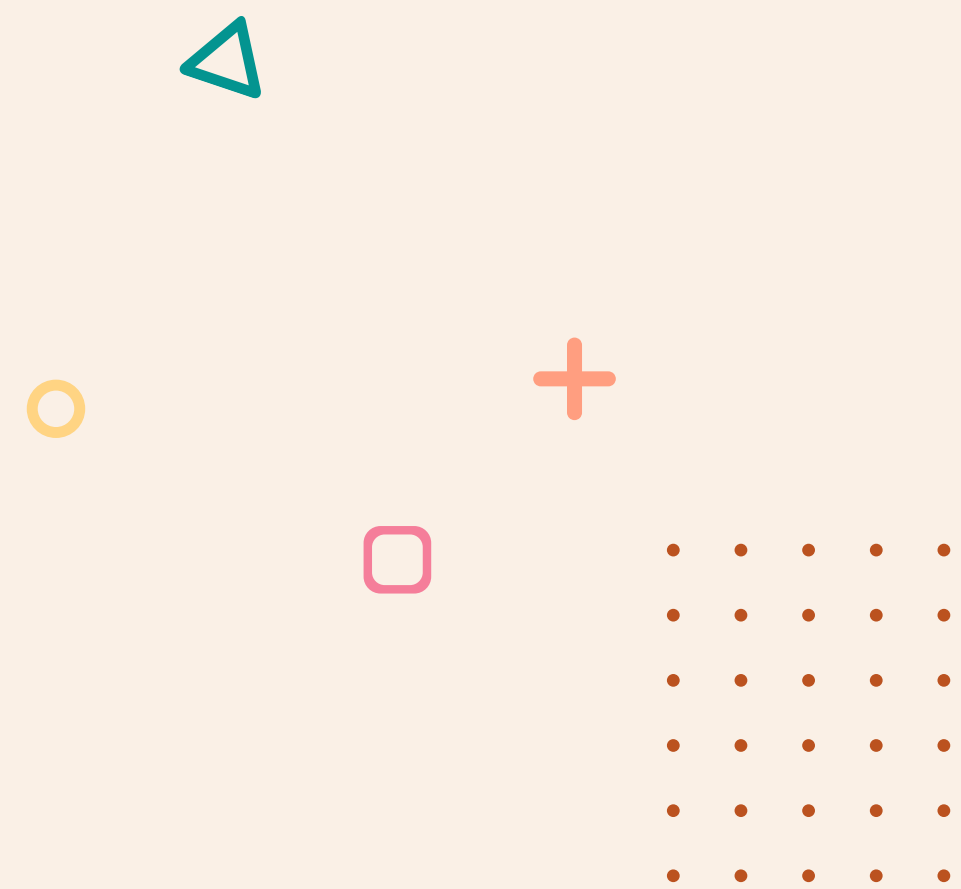
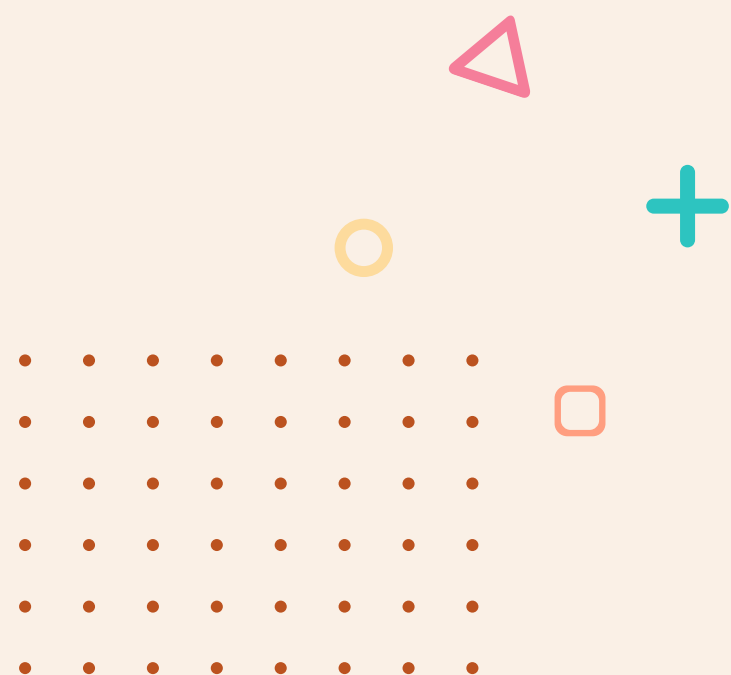


# Physical Education

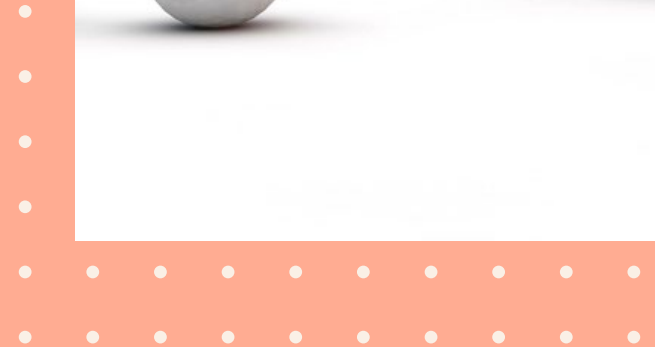
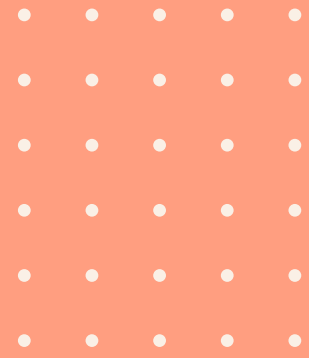
P1 Curriculum Briefing 2025



# AGENDA



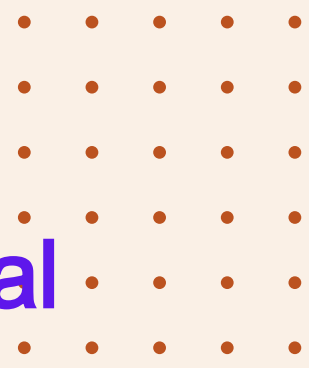
- Purpose & Philosophy
- Syllabus Approach
- Events & Programme



# The Guiding Philosophy of RGPS PE Dept



- ✔ To inculcate **love for sports & physical activities** at a young age.
  
- ✔ Physically fit with **skills, aptitude and attitude** to maintain **healthy lifestyles**

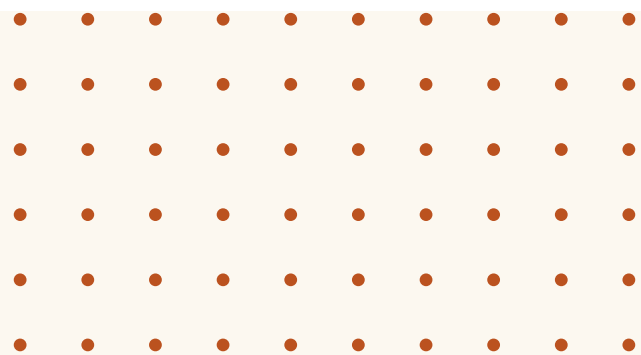


# The RGPS Girl

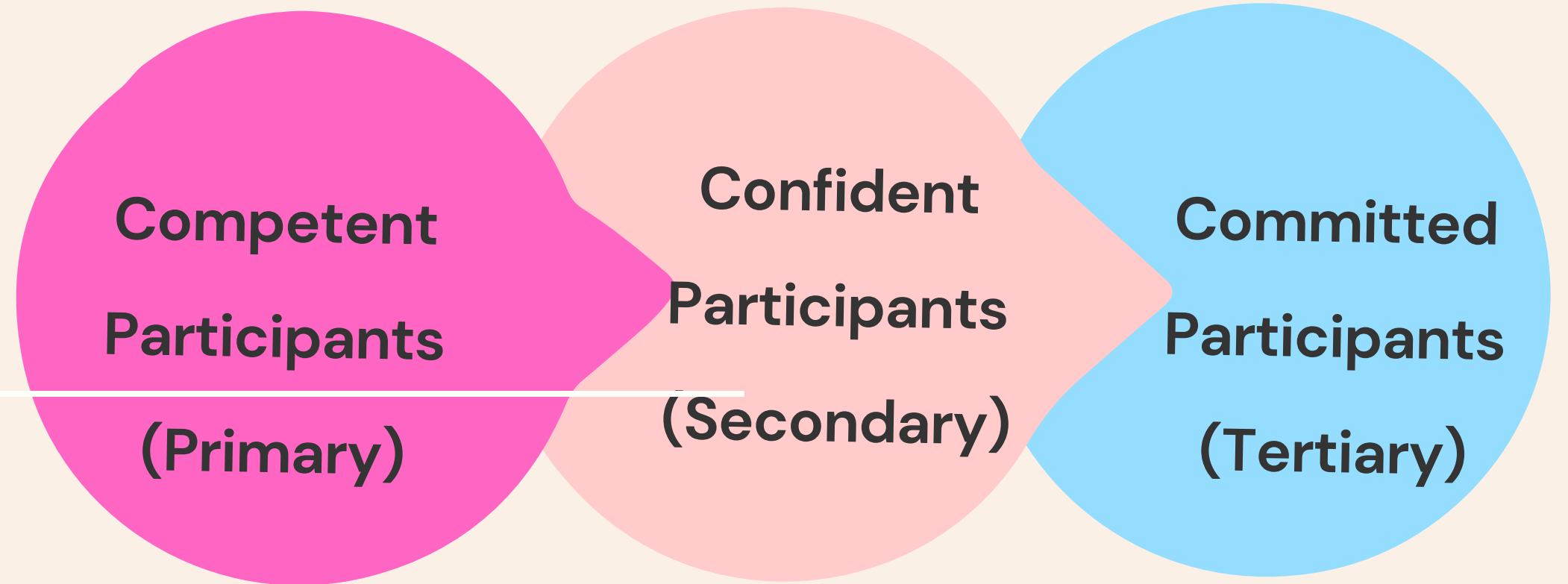
Creative Thinker

Life-long Learner

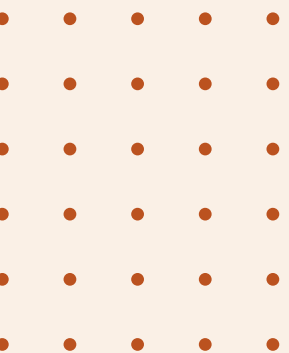
Value-based Leader



# Syllabus Outcomes



- **Efficiency** -- learning & mastery
- **Effectiveness** -- performance & success
- **Versatility** -- ability to demonstrate wide variety of skills and application in different context





# Desired Student Outcomes

## Healthy Lifestyle Practices

Students have a personal commitment to healthy lifestyle practices in physical activity, nutrition, sleep, outdoor time and hygiene.

## Enjoyment

Students enjoy and value physical activities and healthy living in a sustainable way.



## Movement Competence

Students are competent and confident to participate in a range of physical and outdoor activities.

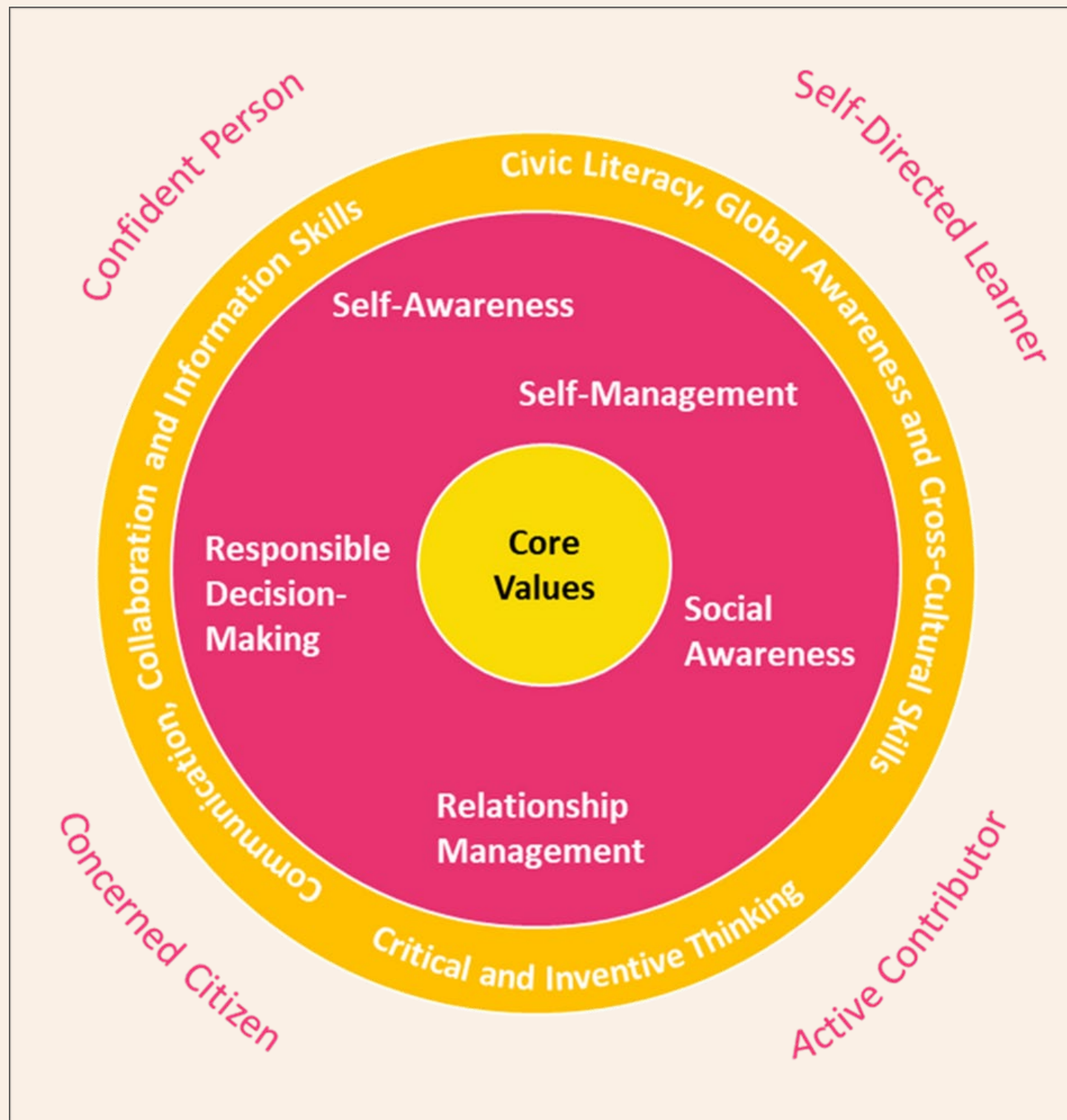
## Safety Mindset

Students apply risk assessment to manage daily and physical activities with respect to self, others and the environment.

## Core Values

Students make informed and responsible decisions with regard to personal behaviour and social interactions based on sound values-based judgements.

# Developing 21CC through PE



PE anchors students learning in the affective domain on the six **CORE VALUES** of Respect, Resilience Responsibility, Integrity, Care & Harmony.

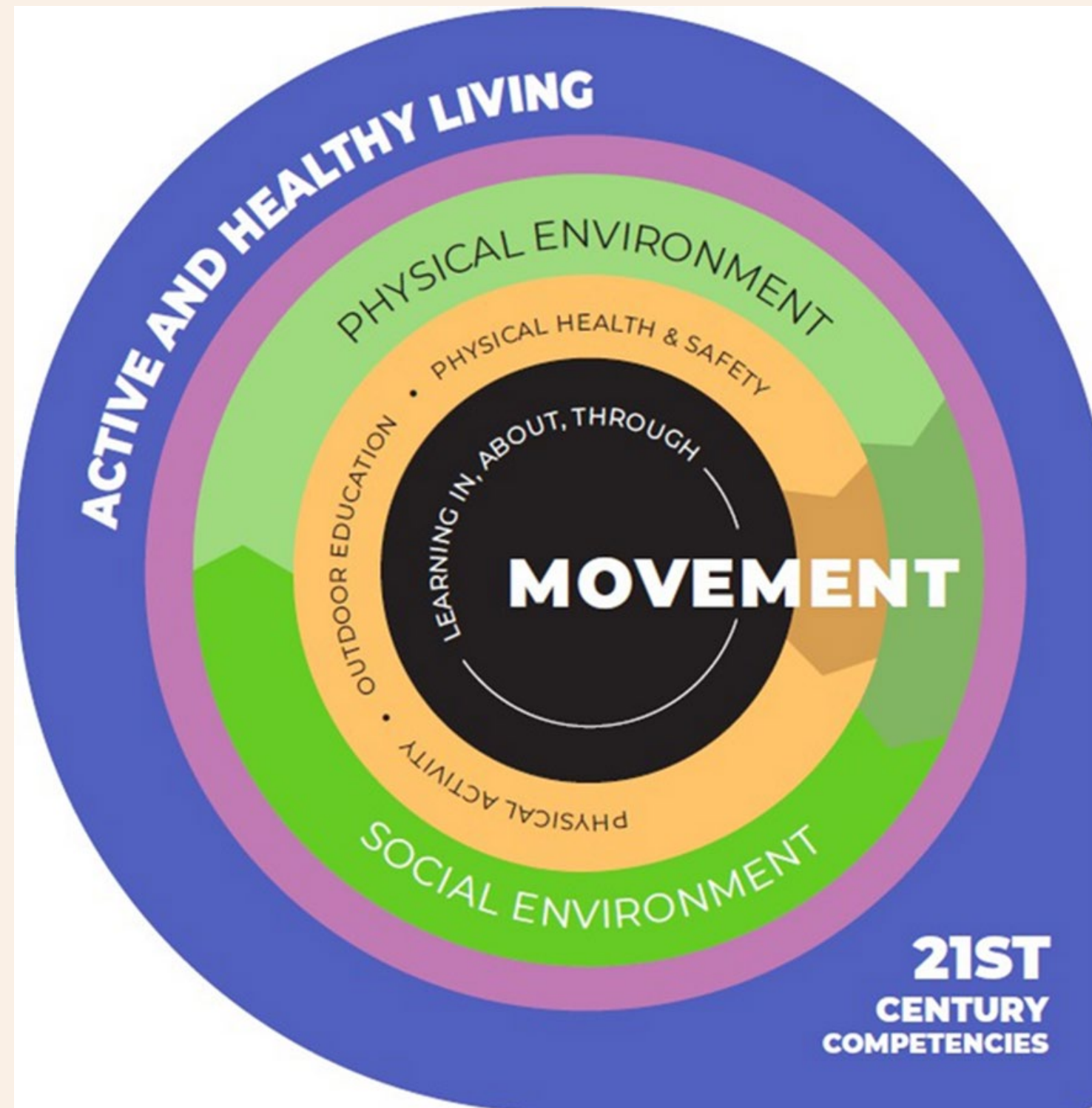
The shaping of these values are then linked to the **social - emotional competencies** aligned to the CCE Framework

The development of **emerging 21 CC** (Communication, Collaboration & information, **Critical & inventive Thinking** ) is pervasive in students' learning & experience in PE.



# KEY CONCEPTS

Enactment of healthy lifestyle behaviours while retaining focus on movement concepts



**Movement** as the primary mode to reach and teach the whole child through the following three dimensions:

- Learning in Movement
- Learning about Movement
- Learning through Movement

**[New] Interaction with the Environment** (physical and social) to strengthen students' learning and experiences in authentic contexts.

# Learning Areas & Strands

Learning Area	Content Area	Strand
Physical Activity	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Games &amp; Sports</li> <li>• Gymnastic</li> </ul>	<ul style="list-style-type: none"> <li>• Movement Skills and Concepts</li> <li>• Safety Practices</li> </ul>
Outdoor Education (Discovery my School)	<ul style="list-style-type: none"> <li>• Outdoor Living</li> <li>• Sense of Place</li> <li>• Risk Assessment &amp; Management- moving safely and aware of surroundings</li> </ul>	
Physical Health And Safety	<ul style="list-style-type: none"> <li>• Safety and Risk Management – personal &amp; general safety in sch, during activities, on the road</li> <li>• Nutrition – healthier food/ drink/ snack choices</li> <li>• Personal Hygiene &amp; Self-Care</li> </ul>	
RGPS Girl Qualities	<p>Fair Play, Sportsmanship, Safe Practices, Teamwork                      Responsibility (Self &amp; others)                      Resilience, Graciousness, Leadership</p>	





# Events & Programmes

Games Carnival

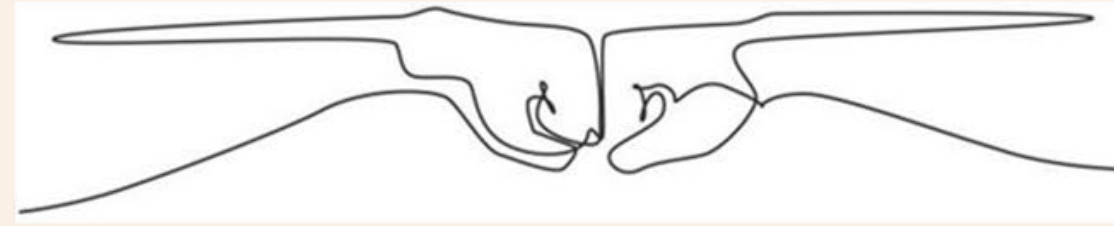
Games  
Creation  
competition

Recess Play

Health Fair &  
Parent-Child  
Activity

termly  
newsletter

# Parents - Teachers Partnership



## Family Activities in My PE Journal

- **[New ]** Encourage parents to celebrate milestones in child's journey

## **[New ] Curriculum -aligned Messages**

- for schools to post on Parent Gateway
- for MOE to post on MOE social media

# Parents - Teachers Partnership

- ensure your child comes in PE attire on PE days
- Good shoes (not worn - out soles, good support for running)
- Water bottle, wet wipes/ small towel
- Provide letter/ note/ email if your child is unwell/ injured and cannot participate in PE
- Bring ' My PE Journal' book - assist your child when work is given to be completed at home
- Reiterate about safety and being aware of her surroundings





