



RAFFLES GIRLS' PRIMARY SCHOOL

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Our Ref: RGPS/N24/P2/007

Date: 8 March 2024

Dear Parents/Guardian,

P2 Term 1 PE, Art & Music updates

Physical Education

We have come to the end of Term 1 and here are some updates on the lessons conducted in P2 PE. The students have been taught the following skills. They have also learnt some health-related topics based on the My Physical Education Journal.

Gymnastics

1. Move in space (e.g. over/under, besides, on/off, alongside) with low apparatus (e.g. bench).
2. Skipping on a self-turned rope.
3. Balance on different body surfaces with hand(s) and leg(s), balance on the back and arms in a shoulder stand and coming out of the balance with control.
4. Forward roll.
5. Spin for at least half a circle in different body shapes.
6. Jump and turn for at least half a circle while in flight and jump off a low apparatus, forming different shapes during flight, and land two feet with control.
7. Perform a two-movement sequence with smooth transition.

For the Gymnastics module, the students demonstrated that they were competent in performing most of the Gymnastics skills. Some needed more practice in the skipping and forward roll skills. During lessons, the students showed creativity and effort in planning for their two-movement sequence.

Outdoor Education

1. Undertake different routes and move towards landmarks using maps or personal stories.
2. Know the people in the school and roles they play.
3. Tell stories of a place in the school that one has a personal connection with.
4. Demonstrating environmentally sustainable practices when exploring the school.
5. Identify potential weather hazards and risks associated with the weather hazards.
6. Suggest suitable approaches to manage the risk associated with weather hazards.

For the Outdoor Education module, the students showed that they were able to exhibit the skills indicated and know the school very well. Most were able to read a simple map, navigate around the school and create a simple map to their favourite place in the school with their partners.

My Physical Education Journal

This term, students learnt more about taking care of their well-being and making healthier food choices. For the topic on taking care of their well-being, they are encouraged to engage themselves in 60 minutes of physical activities, sleep at least nine hours, drink six to eight glasses of water and take at most ten teaspoons of sugar every day. On making healthier food choices, students are encouraged to reflect on their current practices and work on including food from the 'brown rice and wholemeal bread' group in their meals, eat five to six servings of food from the group for their meals, choose food with whole grains and choose healthier snacks.

All these components formed the basis of their assessment. Through the activities carried out, the students also learnt values like sportsmanship, teamwork and responsibility in using and keeping the equipment. Generally, students have performed well in their assessment and are able to show their understanding in both physical and health components.

Health Fair Week

During the Health Fair week this year, the students created and taught a game to be played by their classmates in a carnival style. They were also introduced to various healthier snack and meal options from external vendors and the canteen stall vendors. The parent volunteers supported the programme by mending two booths selling fruits, vegetables and the Trail Mix healthy snack. To culminate the experience, some students also attended the parent-child Skateboarding workshop to pick up a new skill.

During the March break, we greatly encourage the students to continue to stay active as much as possible. We also hope to have them track their sleep and water intake during the break in their PE Journal.

Best regards,
Ms Farhani
Primary 2 PE Level Representative

Art

The Primary Two students started art lessons this year by learning about the famous artist, Vincent Van Gogh, and his art, particularly "The Starry Night". They discovered interesting lines and colours in the paintings that magically exude the effects of movement and created textures. The students tried their hands on emulating the lines, swirls and patterns seen in the painting. They further learnt about the impasto technique adopted by Van Gogh. Although the students did not have thick impasto paints with them, they were able to use oil pastels to create short visible strokes in an artwork. They then painted over with watercolours to create the oil resist technique. Following that, the students observed a few kinds of rhythm seen in artworks. Rhythm is one of the principles of design in art.

The students, inspired by "The Starry Night", were challenged to share their imagination, thoughts and feelings by creating an imaginary composition entitled "A View from my Window", applying the the oil pastel technique that they had learnt, as their elegant task.

As a conclusion to this module, students wrote about their final artwork, "A View from my Window". It served as an artist statement and a reflection of their artwork.

Best regards,
Miss Ho Soo Peng
Primary 2 Art Level Representative

Music

In term 1, the primary 2 students developed their rhythmical and improvisation skills through the Singapore Delights module. In this module, students were engaged in interactive and experiential activities to scaffold the improvisation of rhythms. At the end of the module, students were able to perform their group's improvised rhythms as an ensemble using non-pitched classroom instruments. Students also gained a deeper understanding on local food and culture through this experience.

During music lessons, students worked in groups to compose a Singapore Delights poem, an activity that fosters creativity and teamwork. Through this collaborative process, students learnt to listen actively to their peers, communicate effectively and celebrate the unique contributions of every member. Composing a group music poem not only enhanced students' musical skills but also promoted cooperation and mutual respect among classmates. The students thoroughly enjoyed performing their group composition as well as appreciating the performances by their peers.

Do also keep a lookout for our annual RGPS Got Talent showcase, which is a platform for students to showcase their talents. Students who are interested to participate in RGPS Got Talent can refer to the March consolidated PG for more details regarding the submission. The submission will open on 6 March 2024. We look forward to your child's/ward's entry.

Best regards,
Mrs Angelin Chee
Primary 2 Music Level Representative