



RAFFLES GIRLS' PRIMARY SCHOOL

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Our Ref: RGPS/N24/P5/024

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Dear Parents/Guardian,

P5 Term 2 PE, Art & Music updates

Physical Education

We have come to the end of Term 2 and here are some updates on the lessons conducted in P5 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. Balance

- Balancing on hands with straightened arms in the inverted position, with the body and at least one leg raised to near vertical (eg. Wall-supported handstand) and coming out of the balance with control.
- Balance with a partner using counterbalances and counter-tension to form a variety of symmetrical and asymmetrical shapes.
- Balance with a partner in base and top positions, with the top in various body shapes while retaining at least one limb in contact with the floor, and with the base in various seated, lying, kneeling, hands-knees and hands-feet positions.

2. Mounting and Dismounting

- Run up approximately 10 meters to rebound on springboard, to form gymnastics shapes of stretch, tuck, and straddle during flight, to land in a controlled finished position.
- Rebound on springboard to vault over medium height apparatus (e.g. vaulting box), in forward (e.g. forward straddle, forward tuck) and lateral (e.g. side flank) directions, to land on feet in a controlled finished position.

3. Sequencing

To perform with a partner a sequence of eight different movements each, which includes pair balances and traveling actions, demonstrating a variety of position and timing relationship with the partner.

Games & Sports (Striking-Fielding)

1. In offence, as a hitter,

- students were able to send the ball into open space, away from the bases that the runners are approaching.
- Move when the ball is away from the base that the runner is approaching.
- Move to 1st base and subsequent bases if ball is away from the base that the runner is approaching.

2. In defence, as the fielders,

- Before ball is sent, students were able to maximise coverage of the space as a team.

- After ball is sent, fielder closest to the ball fields the ball and throws towards the base the runner is approaching.
- Fielder closer to base to be in position to be ready to receive a fielded ball.
- Remaining fielders to support the fielding by being available to:
 - relay the pass when the ball is too far out in the outfield.
 - retrieve the ball in the event of a fielding error.

Resilience package (Positive inner voice)

P5 Resilience aims to create awareness for inner voice and the use of it to develop resilience in various situations. This resource package includes slides to discuss impacts of inner talk and getting students to pen a positive self-talk. Students set their targets before the activity and were given the opportunity to achieve their best scores for each challenge within the limited time. Most of them have shown great resilience to beat their personal best, while some reflected to share that they could have persevere and do better.

The lessons above were the basis of their recent assessments. Through various activities, students also embraced values such as sportsmanship, teamwork, and responsibility in handling and maintaining equipment. We are pleased to report that the students performed well in their assessments, demonstrating a solid understanding of both physical and health concepts.

During the June break, we encourage all students to stay active and continue maintaining their health.

Best regards,
Mr Ho Kai Huat & Ms Cindy Ang
Primary 5 PE Level Representative

Art

This term, our students are deeply immersed in exploring emotions and relationships through the medium of ceramics, guided by the inspiring works of artists Fyon Cheong and Kelly Limerick. They began by observing and analyzing how these artists express complex emotional and relational themes through ceramics and crochet art, focusing on the tactile and textural qualities that enhance the emotional depth of the artwork.

They have since applied these insights to create their own ceramic vessels, employing hand-building techniques to shape their thoughts into form. Each student has meticulously chosen textures and glazes that resonate with their personal interpretations of the themes, reflecting their emotional journey akin to the transformative effects observed in the works of Cheong and Limerick after firing.

Last but not least, the Singapore Mobility Gallery (SMG) is organizing an art competition. The theme is "Transit Spaces, Our Vibrant Places!" If your child/ward is interested in taking part, she can refer to more information on the competition and submission details on their website: <http://www.go.gov.sg/artcompkit2024>

Best regards,
Ms Haryana Dom
Primary 5 Art Level Representative

Music

This term, students learnt all the notes of the upper register of the recorder and were taught what musical form is. In groups of 4 or 5, they composed their own song with staff notation, using the 5 notes they have learnt on the recorder with a discernible music form like AB or ABA. Following that, they revised the rhythmic pattern of dotted crotchet and quaver notes and started learning the first few notes comprising the lower register of the recorder.

RGPS Instrumental Recital is an annual performance for students to showcase their musical talents on an instrument. Over the years, we have had students performing on a variety of instruments, such as the piano, violin, cello and gu zheng. The application process would be conducted online and the performance will be held in Term 3, 10 July. All interested students are to submit recorded videos of themselves playing an instrument via email to rgpsrecital@gmail.com. The deadline for the online submission is 10 June. Your child can log in to SLS for more information. 10 entries would be selected to perform in our Performing Arts Theatre in Term 3 on 10 July.

Best regards,
Ms Serene Chan
Primary 5 Music Level Representative