

PHYSICAL EDUCATION (PE)

ZHENGHUA PRIMARY



THE TEAM



DESIRED OUTCOMES OF PE

Develop

Physically Competent

students who

enjoy a lifetime of active and

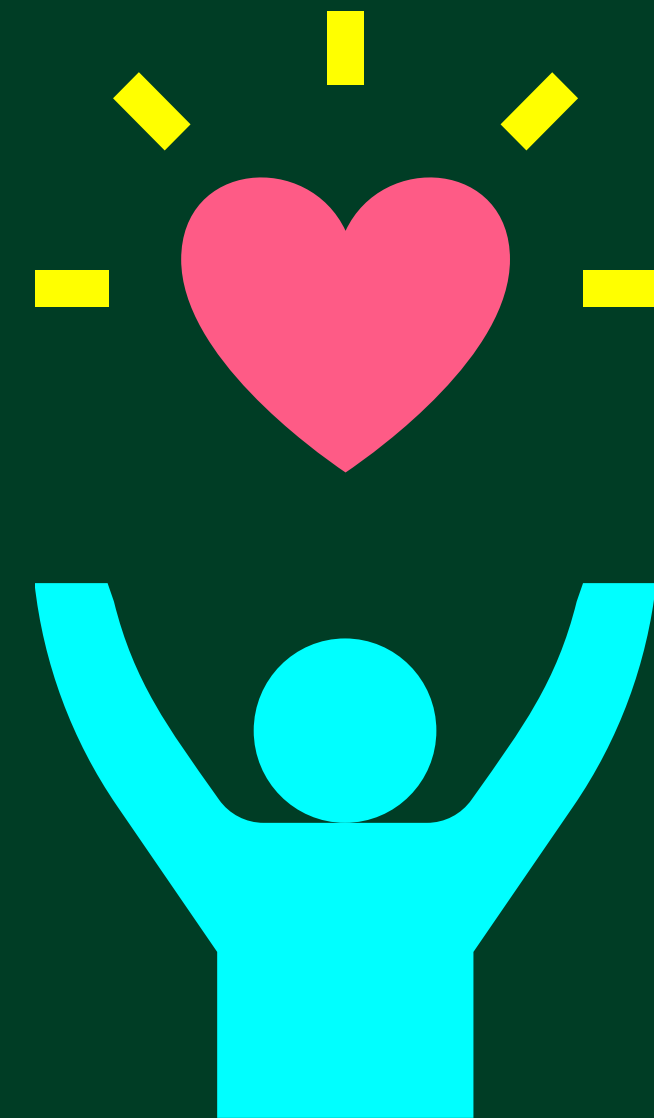
healthy living,

safely and responsibly



DESIRED OUTCOMES OF PE

- MOVEMENT COMPETENCE
- HEALTHY LIFESTYLE PRACTICES
 - SAFETY MINDSET
 - CORE VALUES
 - ENJOYMENT



CURRICULUM LEARNING AREAS

Outdoor
Education



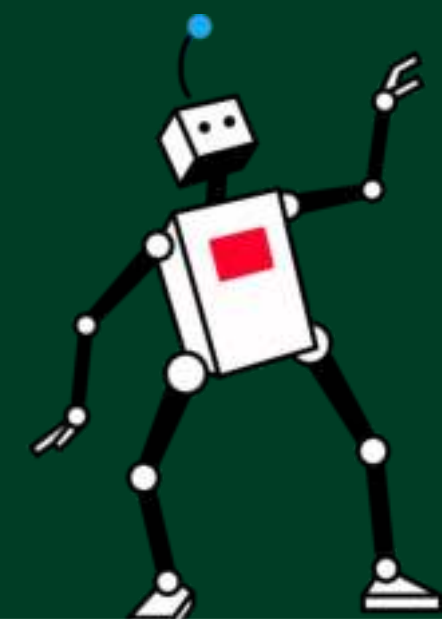
Gymnastics



Sports & Games



Dance



Physical
Health &
Safety



Swimming
Primary 3



Primary 4
onwards: Athletics



CURRICULUM OVERVIEW

DURATION

PRIMARY 1 & 2 : 4 PERIODS* PER WEEK

PRIMARY 3 TO 6: 5 PERIODS* PER WEEK

*** (1 PERIOD – 30MIN)**





Assessment Practices

SUBJECT	2nd Combined		OVERALL
	Mark	Grade	Mark
English Language	76	2	80
Mathematics	89	1	82
Science	79	2	80
Chinese Language	79	2	A
Social Studies	-	-	A
Art	-	-	B
Music	-	-	-
Physical Education	-	-	4 IN

Summative Assessment

Semestral PE grades based on modular performances and student's learning attitude during PE (P3 –P6)



Peer Assessment

Peer Assessments and Coaching e.g via video recording and assessment checklists



Fitness Assessment Through P4 & 6 NAPFA

Formative Assessments

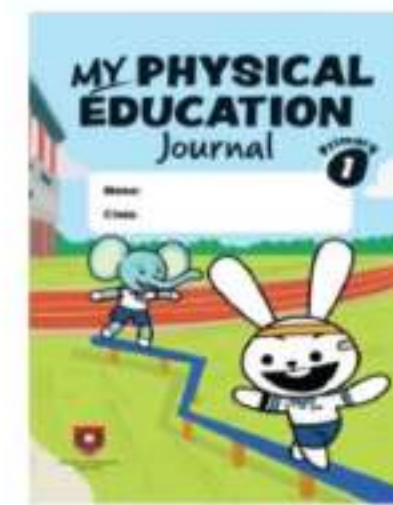
Termly & Semestral formative assessment based on modular performances and students' attitudes during PE (P1 – P2)

Activity	Attitude	Performance	Participation	Effort
...



Teacher's Assessment

Assessment of student's learning by teachers



Cognitive Assessment

Through written and online assignments such as the PE Journals and customized SLS learning packages

SCHOOL-WIDE PROGRAMMES

HEALTH & WELLNESS PROGRAMMES

- Fruttie Veggie Bites/Healthy snacking
- Eye Care Week
- Dental Talks
- Assembly Talks on Healthy & Active Living



SCHOOL-WIDE & SIGNATURE PROGRAMMES

HEALTH & WELLNESS PROGRAMMES

- **HEALTHY KIDS BINGO CHALLENGE**

To **inculcate healthy habits** and an **active lifestyle** outside of curriculum time in a **self-directed** manner (via SLS) through a fun Bingo Game



SCHOOL-WIDE PROGRAMMES

SPORTS PROGRAMMES

- **PLAY @ RECESS**

- **Unstructured outdoor play during recess**
- **Cultivate an active lifestyle outside PE curriculum**



SCHOOL-WIDE & SIGNATURE PROGRAMMES

SPORTS PROGRAMMES

- **AMAZHENGHUA RACE**

- P1- P6 **Annual Sports Carnival**
- Enjoy a day of play through physical activities
- Opportunities to **exercise** school **values** through sports



SCHOOL-WIDE & SIGNATURE PROGRAMMES

SPORTS PROGRAMMES

- **ENHANCING TSR THROUGH SPORTS**

Promoting **good rapport** among class teachers and students through sports



LEVEL PROGRAMMES

P3 SWIMSAFER PROGRAMME

-Develop students' confidence to maneuver their bodies with control in the water



LEVEL PROGRAMMES

P4 DAY TRIP TO PARK

- **Authentic learning experiences** for students to **apply their learning**
- **Develop values, 21CC:** resilience, collaboration, sense of adventure
- **Discover nature**



LEVEL PROGRAMMES

P5 OUTDOOR ADVENTURE CAMP

3 DAYS, 2 NIGHTS

- **Authentic learning experiences** for students to **apply their learning**
- **Develop values, 21CC:** resilience, collaboration, sense of adventure, problem-solving, decision-making
- To appreciate and **care** for the **environment**



LEVEL PROGRAMMES

SPORTS PROGRAMMES

- **SPORTS EDUCATION PROGRAMME (SEP)**
 - PRIMARY 4, 5 & 6
 - Experience a wider range of sports not covered in the PE syllabus



LEVEL PROGRAMMES

P4 & P6 NAPFA TEST

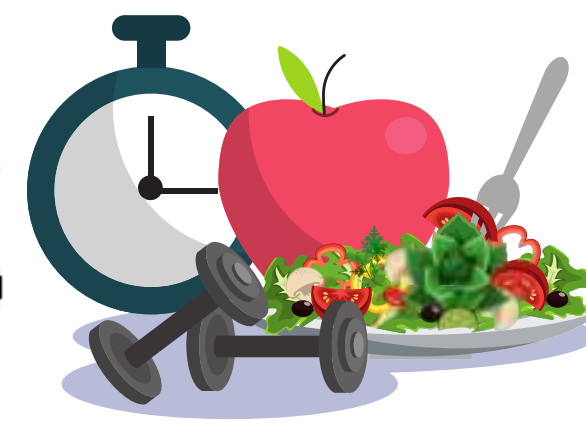
- Annual Physical Fitness Test
- Enable students to **gain an insight into their personal fitness level** and how to improve their fitness



Reminders



HEALTHY LIFESTYLE TIPS



HANDBOOK

1 Stay Active

Exercise for **at least 1 hour everyday!** Exercise helps keep your body and your mind healthy.



2 Eat Healthy

Eat according to **My Healthy Plate**. My Healthy Plate helps ensure you eat a nutritious, balanced and healthy diet. Refer to healthhub.sg for more information.



3 Drink water

Drink at least 8 glasses/4 bottles of 500ml, of plain water everyday (2 litres).



4 Reduce Junk Food/Snacks

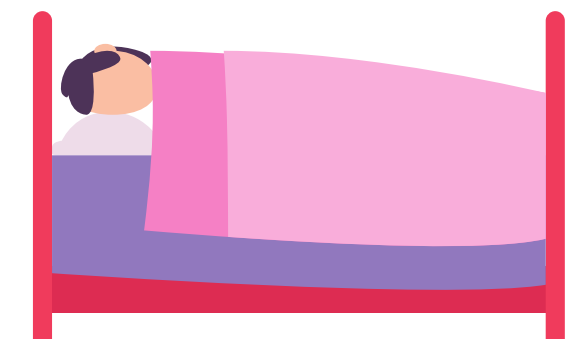
Eat lesser junk food such as deep fried, oily, salty and sweet food and drinks. Eating too much can cause obesity and health problems. It is fine to eat them once in a while (e.g. once in a month), but not everyday!

5 Eye Care

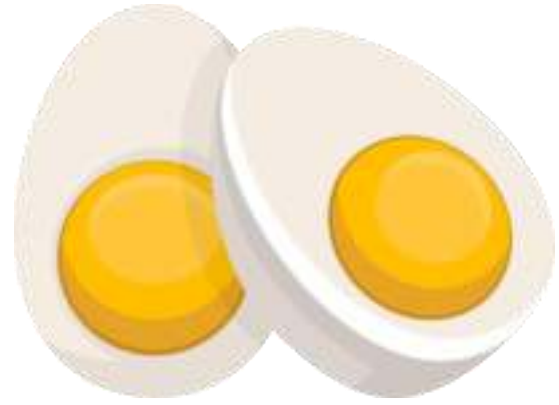
Have no more than 2 hours of screen time a day. After **20 minutes** of near work, take a **20 second** eye break and look afar for **20 feet** away (20-20-20).

6 Sleep Well

Have at least 9 to 12 hours of sleep everyday! Sleep helps keep your brain and body healthy.



HEALTHY SNACKS



PACKED SNACK

Light
(not
rice/noodles)



Small
in portion.
Does not affect
main meal



Avoid
Dairy
Products



Item from
'*My Healthy Plate*'



MORE INFORMATION

VISIT HEALTHHUB.SG



The screenshot displays the HealthHub website interface. At the top, there is a search bar labeled 'Search Nutrition Hub' and a navigation menu with options: Home, Eat More (highlighted), Eat Less, Recipes, Eat, Drink, Shop Healthy Challenge, Resources, and Nutri-Grade. Below the navigation is a hero banner with a background image of fresh produce (blueberries, raspberries, spinach, and salmon) and the text: 'Eat more nutritious foods in the right proportions. It's easy to have a healthy diet when you know how.'

The main content area features a sidebar on the left with a red background and white text. The sidebar has a dropdown menu titled 'My Healthy Plate' with the following options: 'Quarter plate of Wholegrains', 'Quarter plate of Protein', 'Half plate of Fruit and Vegetables', 'Who is it for', 'How to maximise it', and 'Frequently Asked Questions (FAQs)'. Below these are expandable sections for 'Wholegrains' and 'Protein', and the start of a section for 'Fruit and Vegetables'.

The main content area on the right is titled 'My Healthy Plate' in red. It contains the following text: 'We need to eat a wide variety of foods in the right amounts to meet our daily nutritional needs. Eating healthier, balanced meals does not have to be complicated.' This is followed by a paragraph: 'My Healthy Plate is an easy-to-understand visual guide, designed by the Health Promotion Board. It helps you adopt healthier eating habits, which in turn can help you better manage your weight and ward off chronic diseases.' Below this is another paragraph: 'Quarter, Quarter, Half is an easy way to remember the right proportions of each food group in a well-balanced meal. Here's how:'

A bulleted list follows: '• Fill Quarter plate with wholegrains', '• Fill Quarter plate with good sources of protein', and '• Fill Half plate with fruit and vegetables'.

The final paragraph states: 'If you are unable to find a meal that fits the Quarter, Quarter, Half proportions, you can make up the missing food groups in your next meal.'

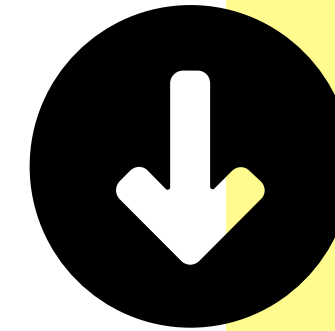
On the right side of the main content area, there is a circular infographic titled 'MY HEALTHY PLATE'. The infographic is divided into four quadrants: 'WHOLEGRAINS & WHOLEGRAIN PRODUCTS' (top-left, yellow), 'MEAT & OTHERS' (bottom-left, blue), 'FRUIT & VEGETABLES' (top-right, green), and 'USE HEALTHIER OILS' (bottom-right, orange). The infographic also includes icons for 'DRINK WATER' and 'BE ACTIVE'.

HEALTHY LIVING

1 hour of
Exercise Daily
(or in parts)



Eat a
Healthy Diet
according to
My Healthy Plate

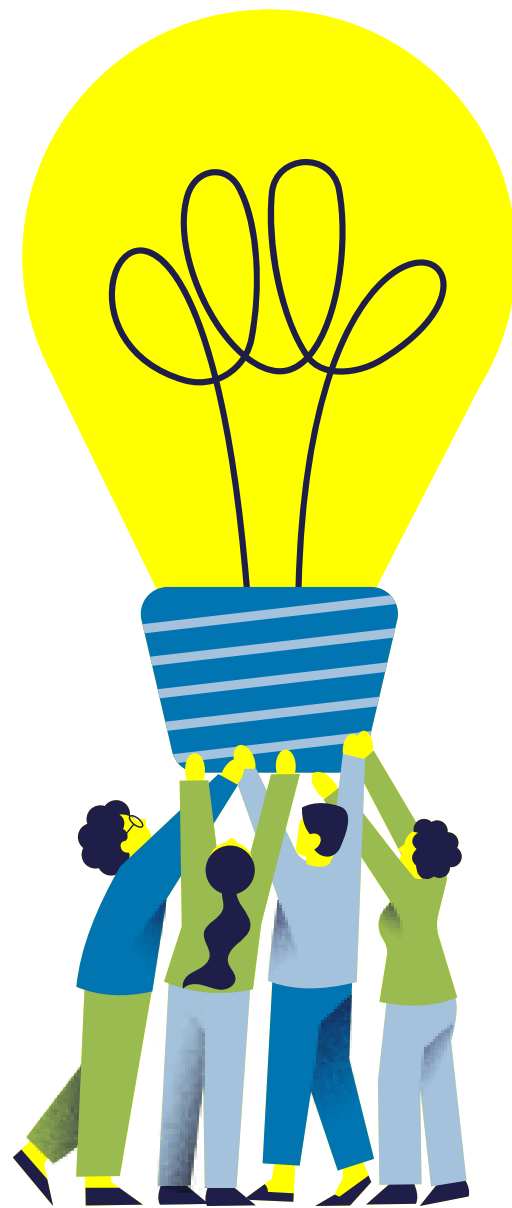


Reduce junk
food, sweet
food/drinks,
salt, oil intake



PARTNERSHIP

Your support is key to
your child's growth



CREATE
Healthy
HABITS!



The greatest
wealth is health.

Virgil

quotezancy

THANK
YOU!