



# PE @ Yuhua Primary School

## PHYSICAL EDUCATION

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Yuhua Primary School

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*Growing our Hearts and Minds*



# PE@Yuhua Primary

## 4 PE periods per week



**Boys -**  
**PE T-shirt**  
**PE shorts**



**Girls -**  
**PE T-shirt**  
**School skirt over PE shorts**



## ROUTINES

- Students in proper school PE attire
- Must bring along water bottle
- Allowed to bring handkerchief
- To have a mask pouch / case to store mask
- Remove watch, hard objects, valuables and keep in school bag







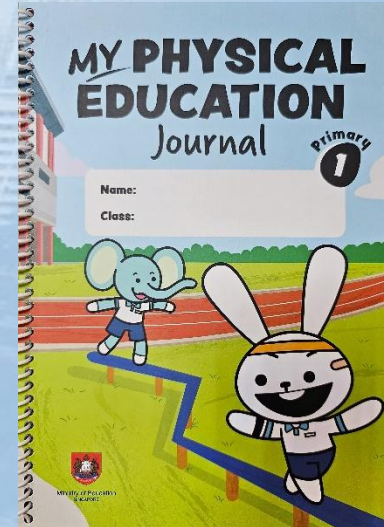
## ROUTINES

- If unwell, inform the PE teacher with letter from parent / MC from doctor
- Please update Form Teachers and PE teacher if there are any new medical conditions



## P1 PE LESSONS

- FUNDAMENTAL MOTOR SKILLS
  - INDIVIDUAL DRILLS
  - PAIR ACTIVITIES
  - RELAY GAMES
  - TAG GAMES



## PE HOLISTIC ASSESSMENT

*EMERGING / APPROACHING EXPECTATIONS / MEETING EXPECTATIONS / EXCEEDING EXPECTATIONS*

- **GAMES & SPORTS**

- Demonstrate a range of motor skills in rolling, catching and throwing, a variety of objects

- **GYMNASTICS**

- Perform a gymnastic sequence of two different movements with smooth transition

- **DANCE**

- Perform a movement experience to a stimulus, that includes timing

- **OUTDOOR EDUCATION**

- Discover through sensory cues different places within the school compound safely

- **PHYSICAL HEALTH & FITNESS**

- Demonstrate an understanding of healthy eating practices in the consumption of:  
i) fruit and vegetables, ii) snacks



## HEIGHT AND WEIGHT CHECK

Severely  
Underweight

Underweight

Acceptable

Overweight

Severely  
Overweight

HPB



HPB

# PE@Yuhua Primary

## UNSTRUCTURED PLAY





# PAL @ Yuhua Primary School

## Programme for Active Learning



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# PAL@Yuhua Primary

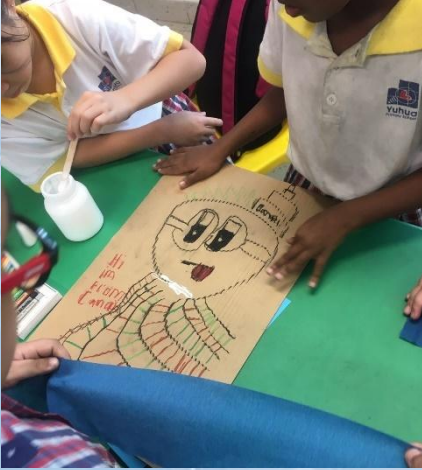
- Encourage learning beyond the classroom to discover new interests, learn new skills and develop character
- Balancing Knowledge with Soft Skills and Values
  - Emphasise non-academic programmes within curriculum
  - Aligned to Holistic Education approach
  - Developing students' Social-Emotional Competencies





P2- PAL Music

P1- PAL Visual Arts



P1- PAL Dance



# PAL @ YUHUA PRIMARY



P2- PAL Sports & Games

P2- PAL Drama

P1 & 2- PAL Outdoor  
Education



# PAL Modules @ Yuhua Primary School



Ministry of Education  
SINGAPORE

## Programme for Active Learning



### PAL Objectives

- Provides pupils broad exposure to the 4 PAL domains ★
- Nurtures pupils in the 3Cs and social-emotional competencies ★

### PAL Learning Outcomes

- Nurturing the 3Cs:  
Confidence, Curiosity and Cooperation Skills in pupils

#### 5 PAL Learning Characteristics

- 1 Experiential in nature
- 2 Encompasses learning in a creative way
- 3 Provides opportunities for children to create
- 4 Incorporates values and social-emotional learning
- 5 Fun and enjoyable

#### PERFORMING ARTS

#### OUTDOOR EDUCATION

#### 5 Key Practices of the PAL Teacher

- 1 Models curiosity and expresses joy in learning
- 2 Uses varied and engaging pedagogies to facilitate creative and hands-on learning
- 3 Allows pupils' inquiry and interest to drive the direction of learning during lessons
- 4 Facilitates pupils' learning with open-ended questions that prompt sharing and reflection
- 5 Creates a learning environment that welcomes play, exploration and teamwork

#### SPORTS AND GAMES

#### VISUAL ARTS

# Aesthetics @ Yuhua Primary School

## ART & MUSIC



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# ART Curriculum

Level	Focus
P1	Mark Making using Lines and Shapes, Origami and Fruit Houses
P2	Artist and their techniques: Vincent van Gogh and Drawing: Life in Yuhua
P3	Cubism and Artist: Romero Britto and Diorama Making
P4	Museum Based Learning and Paper Mache
P5	Drawing and Painting Modules
P6	Final Year Project: Using what students learn throughout their 6 years and apply to create a final artwork





# Primary 1

Our P1 programme focuses on mark making and introducing students to new medium- oil pastels.

We also provide the foundation for students to understand art as a way of learning about themselves and the world around them.



# Primary 1



Origami and Fruit House



# Primary 2



Vincent van Gogh



# Primary 3



Romero Britto and Diorama Making

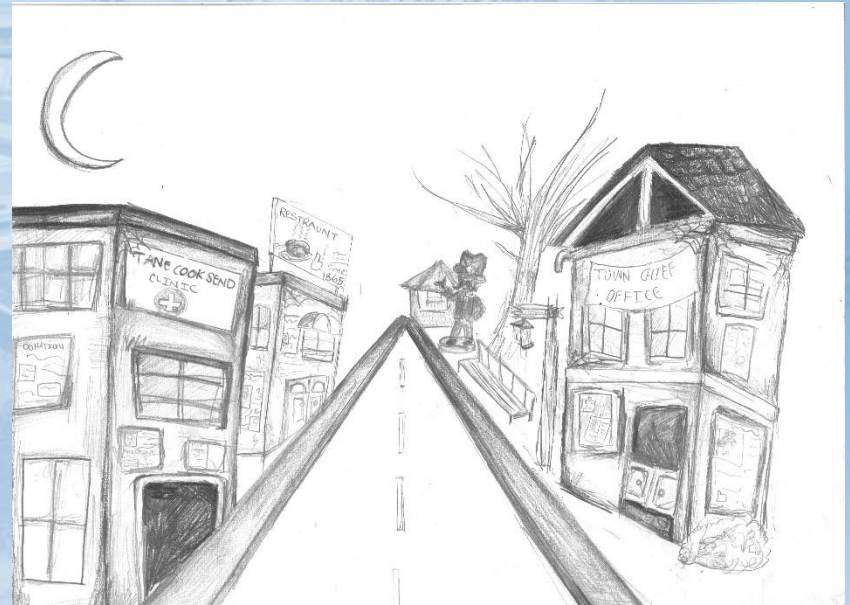
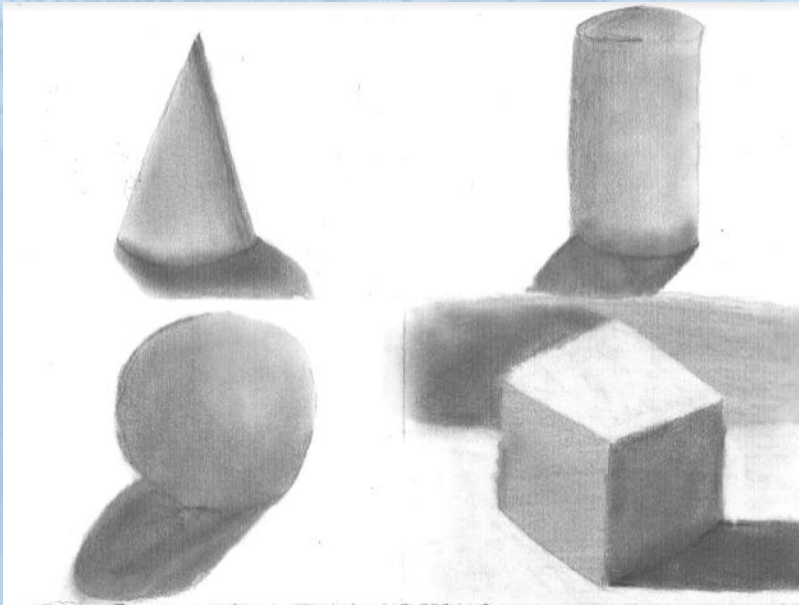
# Primary 4



Paper Mache



# Primary 5



Drawing Modules



# Primary 6



Final Year Project

# Museum Based Learning





# Arts Festival



# MUSIC Curriculum

Level	Focus
P1	Orff instruments (xylophones, claves, castanets etc.)
P2	
P3	Recorder and keyboard
P4	Recorder, keyboard and ukulele
P5	Song arrangements and Ensemble playing (with the instruments learnt)
P6	GarageBand (music composition on IT)





# Primary 1

Our P1 programme focuses on a lot of singing, movement, simple orff instruments like xylophones, tone bars etc. Many would think that P1s will not be able to compose but with proper scaffolding and guidance it is achievable.









# Music Garden Lessons

The music garden is an outdoor experiential learning space. Pupils are able to enhance the learning of music through self-exploration. The unique instruments provide opportunities for pupils to create their own music composition.



# THANK YOU!

