

**Physical Education,
Aesthetics &
Programme for Active
Learning (PAL)**

Our Focus

We aim to

- equip our students with the **knowledge and skills** through quality **Physical Education, Aesthetics Education and Programme for Active Learning**.
- instil the **HEART values** and **develop the character** of our students.

Developing our child through...

Physical Education:

- Fundamental motor skills in Sports & Games, Dance, Outdoor Education, Gymnastics
- Teamwork and sportsmanship eg., respect self and others
- Safe practices at school, on the road and at home
- Adopt a healthy lifestyle eg., participate in outdoor activities, eat fruits and vegetables

Developing our child through...

Physical Education:

- **Sports Enrichment Programmes:**

 - Primary 1 - Wushu/Silat (During PAL in Term 4)

 - Primary 2 - Inline Skating

 - Primary 3 -Swimsafer (Compulsory)

- Students list their preferred CCA from Primary 3 onwards

Developing our child through...

Art Education

Young Artists Programme

SEE

Observe & make sense of surroundings and respond through the creation of artworks.

THINK

Explore ways to communicate their ideas, feelings and experiences through various art forms.

WONDER

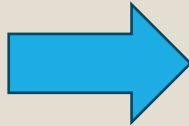
Develop skills in interpreting and articulating feelings about artworks

Developing our child through...

Music Education

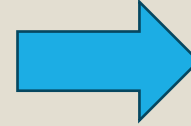
LISTEN

e.g. Hand
chimes,
Angklung



CREATE

e.g. Using
percussion
instruments



PERFORM

e.g. Music Class
Aesthetics Fortnite,
Assembly, Busking @
recess

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Developing our child through...

Programme for Active Learning (PAL)

- This programme targets at **Holistic Education** with wider access to the Arts, Sports & Games, and Outdoor Education.
- Activities in PAL are planned to help **develop values and social-emotional skills** from a young age.
- For Primary 1, students will cover Music, Performing Arts (Dance) & Outdoor Education.

Thank you.