

*Sharing by
Head of Department
Physical Education &
Co-Curricular Activities
(CCA)*

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

Mr Jasni(HOD PE/CCA)

Our Focus

We aim to

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

Developing our child through...

Physical Education:

- Fundamental Motor Skills(FMS) in Sports & Games, Dance, Outdoor Education, Gymnastics
- Teamwork and sportsmanship e.g. respect self and others
- Safe practices e.g identify ways of protecting themselves, play according to rules
- Adopt a healthy lifestyle e.g. participate in outdoor activities, eat fruits and vegetables (bring healthy snacks to school)



Dance



Gymnastics



**Games &
Sports**



Physical Health

Developing our child through...



Sports Enrichment Programmes:

- Primary 1 – Wushu/Silat,
- 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,



CREATE
e.g. Using
percussion
instruments



PERFORM

e.g. Aesthetics Week,
Assembly, Busking
@ recess



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.

PAL DANCE



PAL OUTDOOR



Thank you.



**THANK
YOU!**