



ESTABLISHED 1932

# XINGNAN PRIMARY SCHOOL

5 Jurong West Street 91, Singapore 649036

Tel: 67913679

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Website: www.xingnanpri.moe.edu.sg

## 2022 TERM 4 LEARNING PLAN PRIMARY 1

### PHYSICAL EDUCATION / HEALTH EDUCATION

S/N	Topic(s)/ Skill(s)	Learning Outcomes
1.	Outdoor Education	Describe the distinctiveness of the school.
		Explain reasons for taking care of the school
2.	Dance	(Revisit) Perform a pre-designed movement experience to the music "Chan Mali Chan", and repeat with modifications to timing.
		(Revisit) Work in pairs to develop a movement phrase with locomotor and non-locomotor movements using a combination of shape, direction, level and time, and perform in various timing
3.	Games and Sports	Strike with 1 hand using the underhand movement pattern using a large lightweight ball upwards, allowing for one bounce before the next strike
		(Revisit) Self Toss using the 1 and 2 handed underhand movement pattern, a ball and catch with 1 and 2 hands, above the head and at waist level within two steps.
		(Revisit) Catch using 1 and 2 hands a self-bounced ball at different levels
		(Revisit) Catch using two hands a gently thrown ball from a distance of 3m away, at waist level.

A SELF-DIRECTED LEARNER, A GRACIOUS CITIZEN





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4.	Physical Health & Fitness: Road Safety	Be aware of the types of pedestrian crossing and practise road safety rules to keep safe.
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## HOLISTIC DEVELOPMENT PROFILE (HDP) TERM 4

The Holistic Development Profile provides information on levels of skills acquired by students for the various subjects. The focus for each semester will vary as pupils' progress and develop age appropriately. For Term 4, the focus for assessment for Physical Education and Health Education is on Outdoor Education and Games & Sports.

### QUALITATIVE DESCRIPTORS

Learning Outcomes	Beginning	Advancing	Deepening	Mastering
<b>Games &amp; Sports</b> 1. Demonstrate a range of motor skills in rolling, catching, and throwing a variety of objects	Need a lot of guidance to demonstrate the range of motor skills in rolling, catching and throwing a variety of objects.	Needs some guidance to demonstrate the range of motor skills in rolling, catching and throwing a variety of objects.	Needs little guidance to demonstrate the range of motor skills in rolling, catching and throwing a variety of objects.	Able to demonstrate confidently the range of motor skills in rolling, catching and throwing a variety of objects.
<b>Outdoor Education</b> 2. Move across a variety of ground surfaces in a familiar environment safely and confidently		Needs some guidance to move across a variety of ground surfaces in a familiar environment safely and confidently.	Needs little guidance to move across a variety of ground surfaces in a familiar environment safely and confidently.	Able to move across a variety of ground surfaces in a familiar environment safely and confidently.

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Learning Outcomes	Beginning	Advancing	Deepening	Mastering
<b>Physical Health &amp; Fitness</b> 3. Demonstrate good health practices (drinking water, food choices and physical activities) and habits in personal care (eye care and UV-protection) and hygiene		Needs some guidance to demonstrate good health practices (drinking water, food choices and physical activities) and habits in personal care (eye care and UV-protection) and hygiene.	Needs little guidance to demonstrate good health practices (drinking water, food choices and physical activities) and habits in personal care (eye care and UV-protection) and hygiene.	Able to confidently demonstrate good health practices (drinking water, food choices and physical activities) and habits in personal care (eye care and UV-protection) and hygiene.

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