



ESTABLISHED 1932

# XINGNAN PRIMARY SCHOOL

5 Jurong West Street 91, Singapore 649036

Tel: 67913679

Fax: 67921493

Email: xingnan\_ps@moe.edu.sg

Website: www.xingnanpri.moe.edu.sg

## 2022 TERM 4 LEARNING PLAN PRIMARY 2

### PHYSICAL EDUCATION / HEALTH EDUCATION

S/N	Topic(s)/ Skill(s)	Learning Outcomes
1.	Outdoor Education	Recognise hazards arising from the weather that may cause harm to self and others, e.g., lightning risks and prolonged exposure to heat and UV.
		Identify aspects of the school that one has a personal connection with and give reasons.
2.	Gymnastics	Perform a spin for at least $\frac{1}{2}$ a circle on different body parts (e.g. 1 foot, bottom), in different body shapes.
		Perform a turn in longitudinal rotation for at least $\frac{1}{2}$ a circle while the body is in flight, in different body shapes.
		Jump off a low apparatus (e.g. bench, low-beam), forming different shapes during flight, and land on two feet in a controlled finish position.
		Perform a sequence of two different movements with smooth transition, and different starting and ending body positions.

A SELF-DIRECTED LEARNER, A GRACIOUS CITIZEN





ESTABLISHED 1932

# XINGNAN PRIMARY SCHOOL

5 Jurong West Street 91, Singapore 649036

Tel: 67913679

Fax: 67921493

Email: xingnan\_ps@moe.edu.sg

Website: www.xingnanpri.moe.edu.sg

S/N	Topic(s)/ Skill(s)	Learning Outcomes
3.	Games & Sports	Tap a ball using an implement along the ground.
		Dribble a ball using the inside of the foot of the dominant leg.
		Throw using the overhand movement pattern, a variety of small objects towards a stationary partner.
		Kick a stationary ball using a smooth running approach.
4.	Physical Health & Fitness: Safety in Public Places	Understand and be aware about unsafe situations in public places.
		Understand and be aware of what to do to keep themselves safe in public places.

A SELF-DIRECTED LEARNER, A GRACIOUS CITIZEN





# XINGNAN PRIMARY SCHOOL

5 Jurong West Street 91, Singapore 649036

Tel: 67913679

Fax: 67921493

Email: xingnan\_ps@moe.edu.sg

Website: www.xingnanpri.moe.edu.sg

## 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 Games & Sports and Outdoor Education

### QUALITATIVE DESCRIPTORS

Learning Outcomes	Beginning	Advancing	Deepening	Mastering
<b>Games &amp; Sports</b> 1. Demonstrate a range of motor skills in catching, dribbling, and striking a variety of objects	Needs a lot of guidance to demonstrate the stages of motor skills in catching, dribbling and striking a variety of objects	Needs some guidance to demonstrate the stages of motor skills in catching, dribbling and striking a variety of objects	Needs little guidance to demonstrate the stages of motor skills in catching, dribbling and striking a variety of objects	Able to demonstrate confidently the stages of motor skills in catching, dribbling and striking a variety of objects
<b>Outdoor Education</b> 2. Move to landmarks in school safely and confidently, and apply knowledge about weather conditions and their effects on oneself		Needs some guidance to move to landmarks in school safely and confidently, and apply knowledge about weather conditions and their effects on oneself.	Needs little guidance to move to landmarks in school safely and confidently, and apply knowledge about weather conditions and their effects on oneself.	Able to move to landmarks in school safely and confidently, and apply knowledge about weather conditions and their effects on oneself.

A SELF-DIRECTED LEARNER, A GRACIOUS CITIZEN





ESTABLISHED 1932

# XINGNAN PRIMARY SCHOOL

5 Jurong West Street 91, Singapore 649036

Tel: 67913679

Fax: 67921493

Email: xingnan\_ps@moe.edu.sg

Website: www.xingnanpri.moe.edu.sg

Learning Outcomes	Beginning	Advancing	Deepening	Mastering
<b>Physical Health &amp; Fitness</b> 3. Demonstrate good health practices (oral care and disease prevention) and habits (make healthier food choices), and participate in regular physical activities.		Needs some guidance to demonstrate good health practices (oral care and disease prevention) and habits (make healthier food choices), and participate in regular physical activities.	Needs little guidance to demonstrate good health practices (oral care and disease prevention) and habits (make healthier food choices), and participate in regular physical activities.	Able to demonstrate confidently good health practices (oral care and disease prevention) and habits (make healthier food choices), and participate in regular physical activities.

A SELF-DIRECTED LEARNER, A GRACIOUS CITIZEN

