



ESTABLISHED 1932

XINGNAN PRIMARY SCHOOL

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2022 TERM 4 LEARNING PLAN PRIMARY 3

PHYSICAL EDUCATION / HEALTH EDUCATION

S/N	Topic(s)/ Skill(s)	Learning Outcomes
1	Games & Sports	Strike using the 2-handed sidearm movement pattern, a long-handled implement and a ball thrown from a distance of at least 8m
		Trap using a long-handled implement a ball coming at different directions
		Push using a long-handled implement a ball to a stationary and moving partner who will trap with a long-handled implement
		Push using a long-handled implement a ball to a moving partner while either one is defended
		Push (Shoot) using a long-handled implement a ball at a target (goal).
		Dribble using a long-handled implement for sustained period through space while avoiding others (changing directions, stopping and starting with control), while preventing others from stealing the ball
2	Dance	Perform a pre-designed movement experience to the music 'In Appreciation', and repeat with modifications to group formation

A SELF-DIRECTED LEARNER, A GRACIOUS CITIZEN





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3	Gymnastics	Perform a sequence of four different movements with smooth transition, and different starting and ending positions
4	Physical Health & Fitness: Water Safety	Understand that accidents can occur during water-based activities
		Be aware of and undertake personal safety measures to prevent accidents in the water

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HOLISTIC DEVELOPMENT PROFILE (HDP) P3 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 are Dance and Games & Sports

QUALITATIVE DESCRIPTORS

Learning Outcomes	Beginning	Advancing	Deepening	Mastering
Dance: Creating & Performing <i>Demonstrate a sequence of movement phrases and perform in various positions, with and without contacting group members and also perform a structured dance to the music 'In Appreciation', and repeat with modifications to group formation</i>	Needs a lot of guidance to demonstrate a sequence of movement phrases and perform in various positions, with and without contacting group members and also perform a structured dance to assigned music, and repeat with modifications to group formation.	Needs some guidance to demonstrate a sequence of movement phrases and perform in various positions, with and without contacting group members and also perform a structured dance to assigned music, and repeat with modifications to group formation.	Needs little guidance to demonstrate a sequence of movement phrases and perform in various positions, with and without contacting group members and also perform a structured dance to assigned music, and repeat with modifications to group formation.	Able to confidently demonstrate a sequence of movement phrases and perform in various positions, with and without contacting group members and also perform a structured dance to assigned music, and repeat with modifications to group formation.

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Gymnastics: Balancing <i>Demonstrate balancing on hand(s) with in different combination using both feet</i>	Needs a lot of guidance to demonstrate balancing on hand(s) within different combinations using both feet.	Needs some guidance to demonstrate balancing on hand(s) within different combinations using both feet.	Needs little guidance to demonstrate balancing on hand(s) within different combinations using both feet.	Able to confidently demonstrate balancing on hand(s) within different combinations using both feet.
Outdoor Education: Building competency in assessing and managing risk <i>Identify ways to manage the safety of self and others during outdoor activities</i>		Needs some guidance to identify ways to manage the safety of self and others during outdoor activities.	Needs little guidance to identify ways to manage the safety of self and others during outdoor activities.	Able to identify accurately ways to manage the safety of self and others during outdoor activities.
Physical Health & Fitness: Water Safety <i>Has knowledge to undertake personal safety measures to prevent accidents in the water</i>		Have little knowledge to undertake personal safety measures to prevent accidents in the water.	Have some knowledge to undertake personal safety measures to prevent accidents in the water.	Fully aware to undertake personal safety measures to prevent accidents in the water.

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