



ESTABLISHED 1932

# XINGNAN PRIMARY SCHOOL

5 Jurong West Street 91, Singapore 649036

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## 2022 TERM 4 LEARNING PLAN PRIMARY 4

### PHYSICAL EDUCATION / HEALTH EDUCATION

S/N	Topic(s)/ Skill(s)	Learning Outcomes
1	<b>Gymnastics</b>	Perform a sequence of four different movements which includes joining a balancing action to a rotating action (in this order), demonstrating varied movement pathways, with smooth transition and different starting and ending positions.
2	<b>Outdoor Education</b>	Undertake a route with checkpoints using pictorial charts and other aids, e.g., photographs, written and verbal instructions.
		Respond appropriately to minor injuries during outdoor activities.
		Identify and participate in outdoor activities that promote growth and health and for personal enjoyment.
3	<b>Games &amp; Sports</b>	(Revisit) Sending, receiving, striking and volleying an object (with and without implement) and moving to position in a 1 v 1 net-barrier game.
		(Revisit) Sending and receiving an object (with and without implement) and moving to position in a 2 v 1 invasion game.

A SELF-DIRECTED LEARNER, A GRACIOUS CITIZEN





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S/N	Topic(s)/ Skill(s)	Learning Outcomes
4	<b>Physical Health &amp; Fitness: Knowing Your BMI</b>	Document weight & height to calculate BMI for Semester 2 to track and summarise one's growth throughout the year.
5	<b>Reflection of Learning</b>	Document skills and knowledge learned in P4 PE (Dance, Gymnastics, Games & Sports and Outdoor Education).

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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 Gymnastics & Outdoor Education.

### QUALITATIVE DESCRIPTORS

Learning Outcomes	Beginning	Advancing	Deepening	Mastering
<b>Gymnastics: Mounting &amp; Dismounting</b>  <i>Able to mount and dismount from apparatus and land in a controlled finished position</i>	Needs a lot of guidance to demonstrate the ability to mount and dismount from apparatus and land in a controlled finished position.	Needs some guidance to demonstrate the ability to mount and dismount from apparatus and land in a controlled finished position.	Needs little guidance to demonstrate the ability to mount and dismount from apparatus and land in a controlled finished position.	Able to confidently demonstrate the ability to mount and dismount from apparatus and land in a controlled finished position.
<b>Outdoor Education: Enhancing physical health and well-being</b>  <b>Navigation Skills</b> <i>Undertake a route with checkpoints using pictorial charts and other</i>		Needs some guidance to undertake a route with checkpoints using pictorial charts and apply key principles and considerations of healthy eating and hygiene when	Needs little guidance to undertake a route with checkpoints using pictorial charts and apply key principles and considerations of healthy eating and hygiene when	Able to confidently undertake a route with checkpoints using pictorial charts and apply key principles and considerations of healthy eating and hygiene when

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Learning Outcomes	Beginning	Advancing	Deepening	Mastering
<p><i>aids, e.g., photographs, written and verbal instructions</i></p> <p><b>Outdoor Living Skills</b>  <i>Apply key principles and considerations of healthy eating and hygiene when preparing a meal for a day trip, e.g., a trip to the neighbourhood park</i></p>		<p>Preparing a meal for a day trip.</p>	<p>Preparing a meal for a day trip.</p>	<p>Preparing a meal for a day trip.</p>
<p><b>Physical Health &amp; Fitness: Good Health Habits and Practices</b></p> <p><i>Able to understand the process of mosquito breeding and associated diseases as well as to take precautionary measures to prevent and protect oneself from mosquito bites.</i></p>		<p>Needs some guidance to understand the process of mosquito breeding and associated diseases as well as to take precautionary measures to prevent and protect oneself from mosquito bites.</p>	<p>Needs little guidance to understand the process of mosquito breeding and associated diseases as well as to take precautionary measures to prevent and protect oneself from mosquito bites.</p>	<p>Understand fully the process of mosquito breeding and associated diseases as well as to take precautionary measures to prevent and protect oneself from mosquito bites.</p>

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