



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 6

PHYSICAL EDUCATION / HEALTH EDUCATION

S/N	Topic(s)/ Skill(s)	Learning Outcomes
1	Outdoor Education	Plan and undertake a route with checkpoints using pictorial charts.
		Create a pictorial chart of an area in school indicating relative sizes and positions of key landmarks.
		Apply key principles and considerations of planning meals appropriate to different types of outdoor activities
		Access and evaluate information to manage the safety of self and others for different types of outdoor activities, e.g. checking the weather forecast and location of shelters.
		Recognise the importance of minimising environmental impact when engaging in outdoor activities.
		Identify and participate in outdoor activities that promote growth and health.
		Identify and participate in outdoor activities for personal enjoyment.



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2	Games & Sports	Shoot on goal and receive a rebound
		Move into position for a rebound
		Dribble towards goal, shoot and receive a rebound
		Move away from defender and shoot
		Move into position for a shot/rebound
		Throw/Kick/Push to a stationary or moving teammate who is defended and remain or move to a new position



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HOLISTIC DEVELOPMENT PROFILE (HDP)

TERM 4

The Holistic Development Profile provides information on levels of skills acquired by pupils for the various subjects. The focus for each semester will vary as pupils progress and develop age appropriateness. 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
Games & Sports: Territorial-Invasion <i>Attack the opponent's defending area and score a goal while protecting their own goal at the same time.</i>	Needs a lot of guidance to understand the concept of attacking an opponent's defending area and scoring a goal while protecting own goal at the same time.	Needs some guidance to understand the concept of attacking the opponent's defending area and scoring a goal while protecting own goal at the same time.	Needs little guidance to understand the concept of attacking the opponent's defending area and scoring a goal while protecting own goal at the same time.	Able to understand clearly the concept of attacking the opponent's defending area and scoring a goal while protecting own goal at the same time.



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Gymnastics: Sequencing <i>Able to perform in a small group of 3 to 6, a sequence of ten different movements involving travelling, jumping, rotating and balancing.</i>	Needs a lot of guidance to perform a structured dance to the following music, and repeat with modifications to movement phases	Needs some guidance to perform a structured dance to the following music, and repeat with modifications to movement phases	Needs a lot of guidance performing a structured dance to the following music, and repeat with modifications to movement phases	Able to perform a structured dance to the following music, and repeat with modifications to movement phases
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<p>Outdoor Education: Enhancing physical health and well-being</p> <p>Navigation Skills <i>Plan and undertake a route with checkpoints using pictorial charts. Create a pictorial chart of an area in school indicating relative sizes and positions of key landmarks.</i></p> <p>Outdoor Living Skills <i>Apply key principles and considerations of planning meals appropriate to different types of outdoor activities.</i></p>		<p>Needs some guidance to plan, create and undertake a route with checkpoints using pictorial charts of an area in school indicating relative sizes and positions of key landmarks and also apply key principles and considerations of planning meals appropriate to different types of outdoor activities.</p>	<p>Needs little guidance to plan, create and undertake a route with checkpoints using pictorial charts of an area in school indicating relative sizes and positions of key landmarks and also apply key principles and considerations of planning meals appropriate to different types of outdoor activities.</p>	<p>Able to plan, create and undertake a route with checkpoints using pictorial charts of an area in school indicating relative sizes and positions of key landmarks and also apply key principles and considerations of planning meals appropriate to different types of outdoor activities.</p>
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Physical Health & Fitness: Good Health Habits and Practices <i>Identify ways to prevent fire. Able to be aware of the proper procedures to keep safe when escaping from a fire</i>		Needs some guidance to identify ways to prevent fire and demonstrate awareness in proper procedures to keep safe when escaping from a fire	Needs little guidance to identify ways to prevent fire and demonstrate awareness in proper procedures to keep safe when escaping from a fire	Able to identify accurately ways to prevent fire and confidently demonstrate awareness in proper procedures to keep safe when escaping from a fire
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