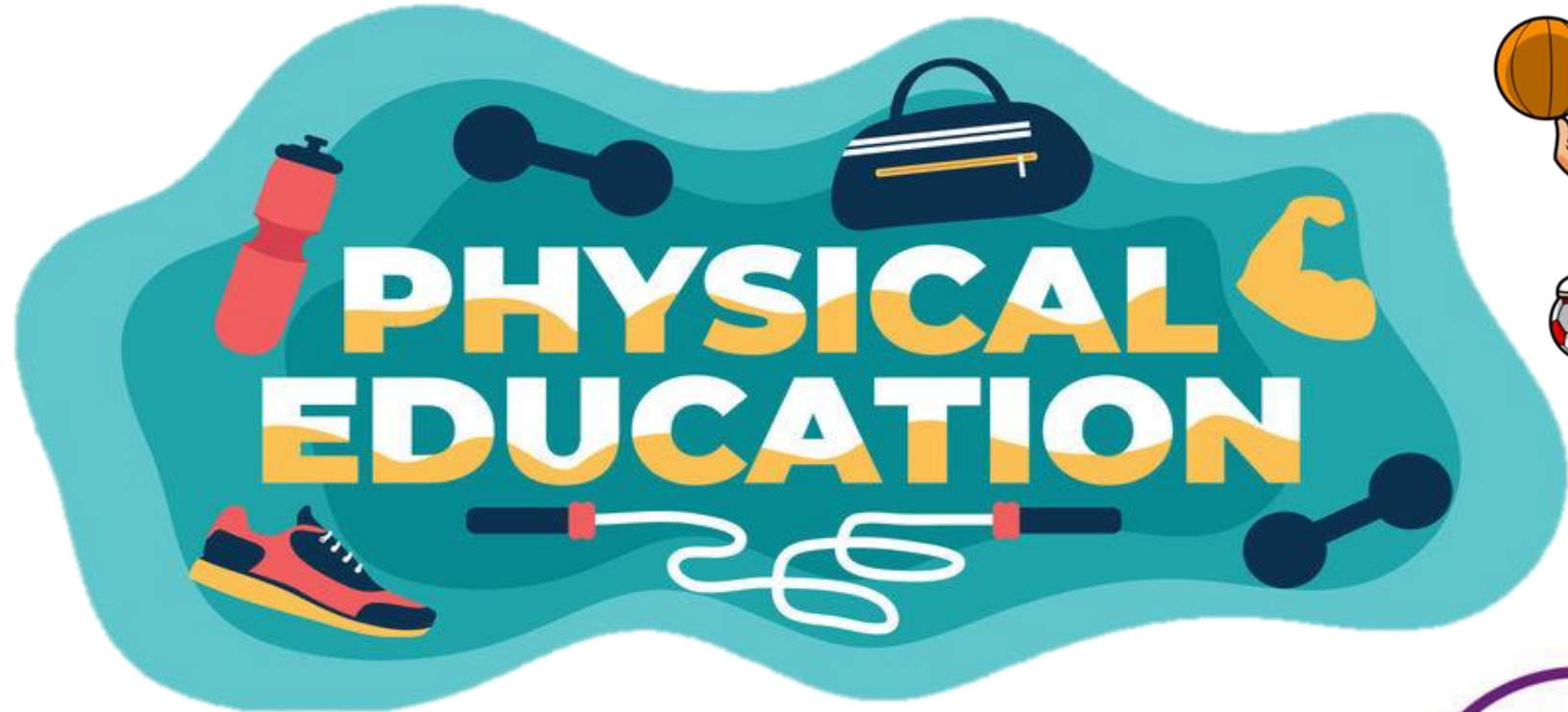


# Curriculum Briefing 2024

Primary 3  
and  
Primary 4



Learners driven by Passion . Leaders guided by Values

*Respect . Responsibility . Resilience . Integrity . Care . Harmony*



# NEW PHYSICAL EDUCATION SYLLABUS 2024

The Physical Education (PE) syllabus has undergone a revision this year.

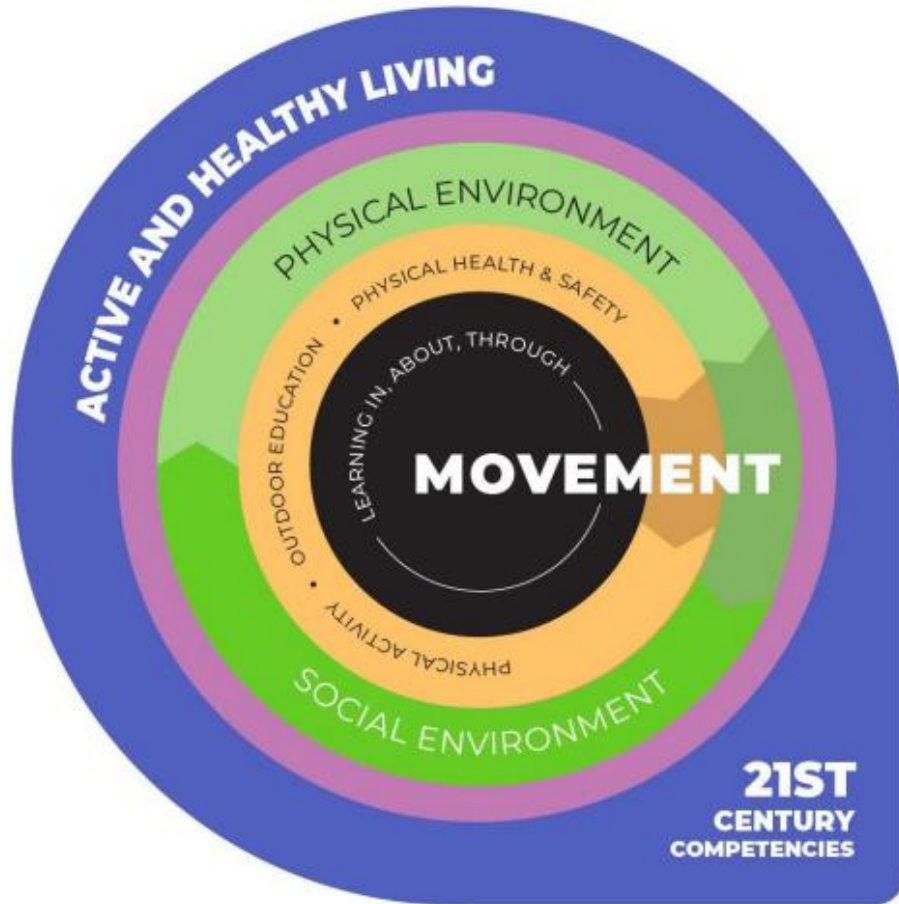


Figure 2. Physical Education Curriculum Framework

For Primary 3 and Primary 4, the focus is on **widening their repertoire** of movement skills and concepts in the learning areas of:

- PHYSICAL ACTIVITY
- OUTDOOR EDUCATION
- PHYSICAL HEALTH & SAFETY



# PURPOSE OF PHYSICAL EDUCATION

The purpose of Physical Education (PE) is to develop the whole child to bring about a nation of physically competent and confident individuals who enjoy a lifetime of active and healthy living safely and responsibly.



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# GOALS OF PHYSICAL EDUCATION



## **Movement Competence**

Students are competent and confident to participate in a range of physical and outdoor activities.



## **Healthy Lifestyle Practices**

Students have a personal commitment to healthy lifestyle practices in physical activity, nutrition, sleep, outdoor time and hygiene.



## **Safety Mindset**

Students apply risk assessment to manage daily and physical activities with respect to self, others and the environment.



## **Core Values**

Students make informed and responsible decisions with regard to personal behaviour and social interactions based on sound values-based judgements.



## **Enjoyment**

Students enjoy and value physical activities and healthy living in a sustainable way.

# PHYSICAL EDUCATION (PE) CURRICULUM

## Learning Areas and Strands at Primary 3 and Primary 4

The learning experiences leading to the goals of Physical Education are organized according to the three learning areas and content areas/strands below.

| Learning Area                 | Content Area   | Strand   |
|-------------------------------|--|--|
| 1. Physical Activity          | <ul style="list-style-type: none"><li>• Dance</li><li>• Games and Sports</li><li>• Gymnastic</li><li>• Athletics is introduced at Primary 4</li><li>• Swimming</li></ul> | <ul style="list-style-type: none"><li>• Movement Skills and Concepts</li><li>• Safety Practices</li></ul>  |
| 2. Outdoor Education          |  | <ul style="list-style-type: none"><li>• Outdoor Living</li><li>• Sense of Place</li><li>• Risk Assessment and Management</li></ul>                                   |
| 3. Physical Health and Safety |  | <ul style="list-style-type: none"><li>• Physical Fitness</li><li>• Safety and Risk Management</li><li>• Nutrition</li><li>• Personal Hygiene and Self-Care</li></ul> |



# PHYSICAL EDUCATION (PE) CURRICULUM



Water play activities emphasising enjoyment during initial learning enhance students' water movement competence, without losing focus on water safety. Learning moves progressively from managing personal mobility confidently and safely with and without floating aids, to emphasis on using specified swim form, and managing water safety for water-based activities.

| Cohort in 2024                | Year in which SwimSafer Programme is conducted | Remarks   |
|-------------------------------|--|---|
| Primary 4<br>and<br>Primary 6 | 2024   | <ul style="list-style-type: none"><li>• For whole cohort</li><li>• Conducted across Term 2 to Term 4</li><li>• Primary 6 will be after PSLE</li></ul> |
| Primary 3<br>and<br>Primary 5 | 2025<br>(tentative)                            | <ul style="list-style-type: none"><li>• For whole cohort</li><li>• Students will be in Primary 4 and Primary 6 respectively in 2025</li></ul>         |
| Primary 2                     | 2026<br>(tentative)                            | <ul style="list-style-type: none"><li>• For whole cohort</li><li>• Students will be in Primary 4 in 2026</li></ul>                                    |

# PERFORMANCE REPORTING IN PHYSICAL EDUCATION (PE)

Students' attainment at Primary 3 and 4 are shared by reflecting the PE Grade at the end of every Semester. Data obtained through the different assessment platforms:

- Students will execute specific performance tasks to demonstrate their movement skills and concept in daily lessons.
- Written quiz each semester on topics covered in "My PE Journal".

Height and Weight Measurement will only reflect the BMI category of the student such as "Underweight", "Acceptable", "Obese" or "Severely Obese".

Primary 4 NAPFA result will only reflect the award attained by the student such as "Bronze", "Silver", "Gold" or "NIL". No retest will be conducted and students will repeat same assessment in Primary 6.

# LEARNING DISPOSITION



In daily PE lesson observations, PE teachers identify students during physical activities who consistently display

- fair play, inclusivity and respect for one another
- cooperation with their team members
- positive attitude towards learning and participation



# HOW CAN PARENTS SUPPORT AND HELP?

Teacher-Parent Partnership engagement to support, encourage and reinforce students' learning in PE lessons through the following:



[Primary]

## Family Activities in My PE Journal

- [New] Encourage parents to celebrate milestones in child's journey



[All Levels]

## [New] Curriculum-aligned Messages

- for schools to post on Parent Gateway

# HOW CAN PARENTS SUPPORT AND HELP?

In pursuing a lifetime of active and healthy living, role-model with your child/ward to demonstrate the following:

- engage in physical activities of interest regularly and limit sedentary time
- spend time outdoors and enjoy nature responsibly
- have a balanced diet and often choose healthier options
- rest and sleep sufficiently
- practise personal hygiene

## PERFECTION VS. CONSISTENCY

@GRANTGIRSKY



An All-Or-Nothing Approach  
Is NOT Your Answer...

Aim For *Consistency*, Not *Perfection*!

# HOW CAN PARENTS SUPPORT AND HELP?



with your child's / ward's PE teacher!

# BETTER TOGETHER



*Thank You...*