



# Primary 1 Physical Education Curriculum Information

2024



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Objectives of PE

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School-Home Partnership

**The purpose of Physical Education is to develop physically competent and confident individuals who enjoy a lifetime of active and healthy living safely and responsibly.**



# Goals of Physical Education

- 1** Movement Competence
- 2** Healthy Lifestyle Practices
- 3** Safety Mindset
- 4** Core Values
- 5** Enjoyment



## 3 Learning Areas:

**1**

### Physical Activity

- Athletics (from P4)
- Dance
- Games & Sports
- Gymnastics
- Swimming (by P6)

**2**

### Outdoor Education

**3**

### Physical Health & Safety



### Teaching strategies:

1. Interactive Teaching
2. Station Teaching
3. Peer Teaching
4. Cooperative Learning
5. Self-Instructional Strategies
6. Cognitive Strategies
7. Team Teaching

***Differentiated instruction will be infused into the lessons to address the different learning abilities of the students.***

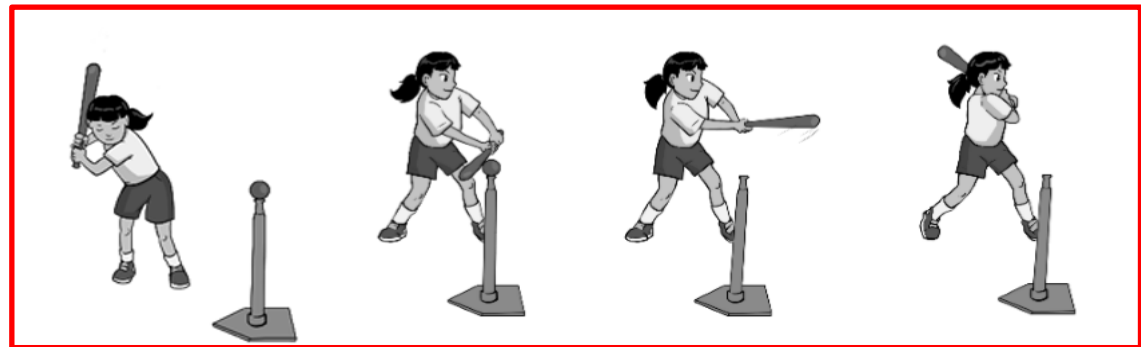


- Assessment provides information for making informed judgement about what students know and are able to do in order to help them progress towards and attain the physical education goals
- It helps teachers to recognise students' strengths and difficulties in learning and achieving the different learning objectives (LOs) for each learning area.

- Assessment for PE will consists of a combination of formative and summative assessments to help student learn and grow holistically.



Dribble with long-handled implement



2-handed sidearm strike



Assessment is conducted at the end of each semester. For Primary 1, the following learning or content areas will be assessed:

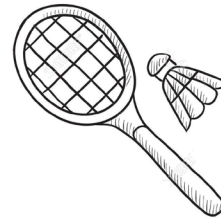
- Physical Activity
  - ✓ Dance
  - ✓ Games & Sports
  - ✓ Gymnastics
- Outdoor Education
- Physical Health & Safety



## 1. Sports Carnival

## 2. Learning for Life (LLP)

- Basketball



- Badminton

## 3. Holistic Health Festival

## 4. Active Recess



Holistic Health Festival

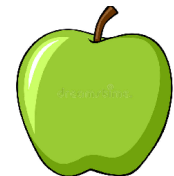
## Help your child/ward develop good habits:

- Ensure that your child/ward gets at least 8 hours of sleep daily.
- Practice eye care and limit their screen time.
- Encourage your child/ward to live a healthy, balanced life with time for play. Take him/her outdoors to play.



# Healthy Eating

- In line with the school's efforts to effectively equip students with the knowledge, skills and attitudes to be more self-directed in adopting a healthy lifestyle to promote their holistic health and well-being, students are reminded to adopt healthy eating habits such as cutting down on sugar, fat and salt.
- For snack breaks, students are strongly encouraged to bring healthy snack options such as wholegrain foods, fruit and vegetables, dairy or calcium-rich foods.



The table below provides some great snack ideas:

<b>Food Type</b>	<b>Examples</b>
Whole grains	Whole wheat crackers and biscuits, wholemeal bread, wholegrain corn tortilla chips
Meat and others	Cheese, lean chicken, hardboiled egg, low-fat milk, a handful of unsalted peanuts, cashews, almonds, walnuts, pistachios or pumpkin seeds
Fruits and vegetables	Apple, pear, banana, grapes, edamame (under-ripe green soybean), cherry tomatoes, baby carrots, celery sticks or cauliflower with white bean dip or hummus
Dairy and calcium-rich foods	Skimmed/low-fat milk, non/low-fat yogurt, smoothies





**Thank you!**

TAO NAN SCHOOL  
Established in 1904

