

# PHYSICAL EDUCATION (PE)

ZHENGHUA PRIMARY



## Regular exercise changes the brain to improve memory, thinking skills



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By **Heidi Godman**, Executive Editor, *Harvard Health Letter*

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## Benefits of Exercise/ Physical Activity

- Boost brain development
  - Improves learning
- Improve alertness, attention and motivation
- Releases stress; Improves stress-coping
- More endorphins (Feel good, happy)
  - Better Sleep
- Improves mental health

# THE TEAM



# DESIRED OUTCOMES OF PE

Develop

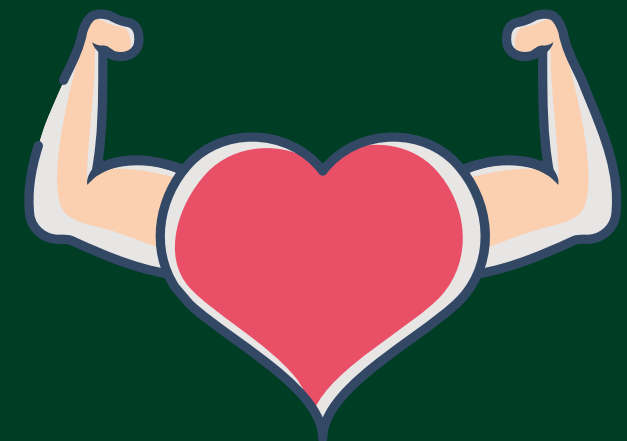
**Physically Competent**

students who

**enjoy a lifetime of active and**

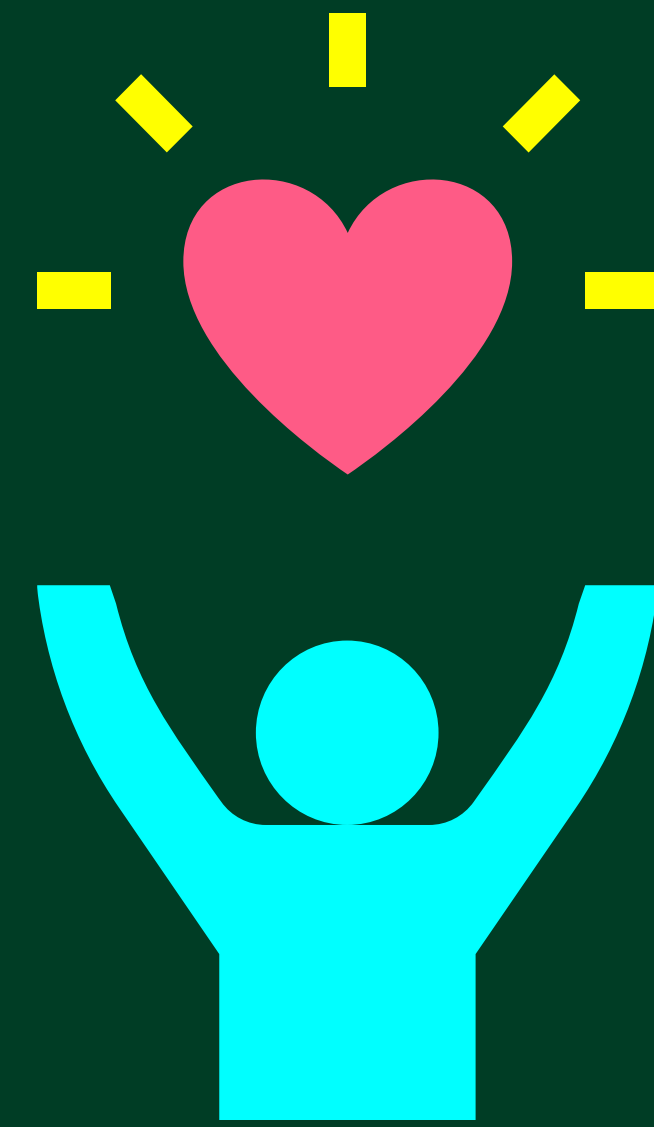
**healthy living,**

**safely and responsibly**



# DESIRED OUTCOMES OF PE

1. MOVEMENT COMPETENCE
2. HEALTHY LIFESTYLE PRACTICES
3. SAFETY MINDSET
4. CORE VALUES
5. ENJOYMENT



# CURRICULUM LEARNING AREAS

Outdoor  
Education



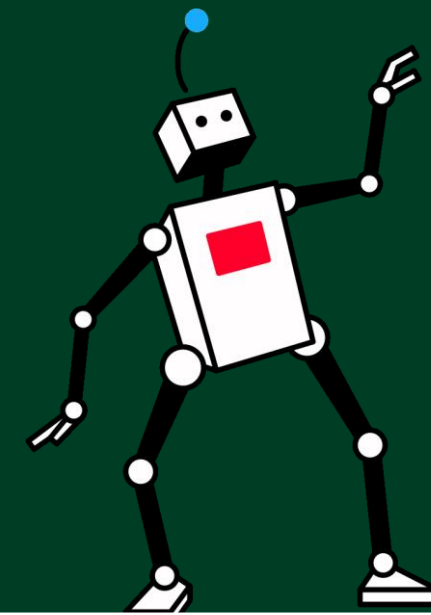
Gymnastics



Sports & Games



Dance



Physical  
Health &  
Safety



Swimming  
Primary 3



Primary 4  
onwards: Athletics



# CURRICULUM OVERVIEW

## DURATION

**PRIMARY 1 & 2 : 4 PERIODS\* PER WEEK**

**PRIMARY 3 TO 6: 5 PERIODS\* PER WEEK**

**\* (1 PERIOD – 30MIN)**





# Assessment Practices

Class	P3-INNOVATION		SIN : 28	Course	P3 Subject Comb	
Form Teacher	MISS TAY JIA LIN					
Co-Form Teacher	MADAM YEW CHOY LENG ANGELA					
SUBJECT	2nd Combined		OVERALL			
	Mark	Grade	Mark	Grade		
English Language	76	2	78	2		
Mathematics	89	1	90	1		
Science	79	2	82	2		
Chinese Language	79	2	80	2		
Social Studies	-	-		A		
Art	-	-		A		
Music	-	-		B		
Physical Education	-	-				
OVERALL					4 IN	
Attendance	181/186				Class for Next Year :	

## Summative Assessment

Semestral PE grades based on modular performances and student's learning attitude during PE (P3 –P6)



## Peer Assessment

Peer Assessments and Coaching e.g via video recording and assessment checklists



Name	Date of Birth	Age	Sex	Year
Sub-Ups				
Standing Broad Jump				
60s Reach				
Inclined Pull-Ups				
10m Shuttle				
1.61.2km No				
10m Shuttle				
Run				
1.61.2km No				
Run				
Walk				

## Fitness Assessment

Through P4 & 6 NAPFA

## Formative Assessments

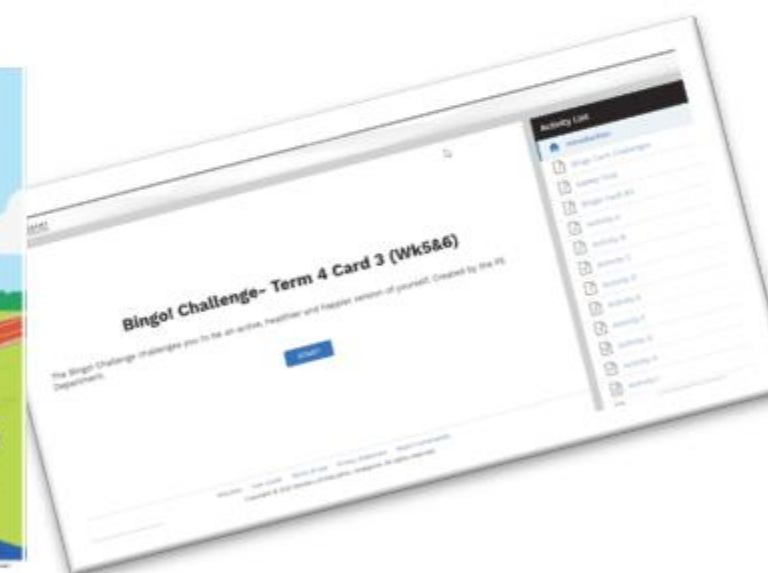
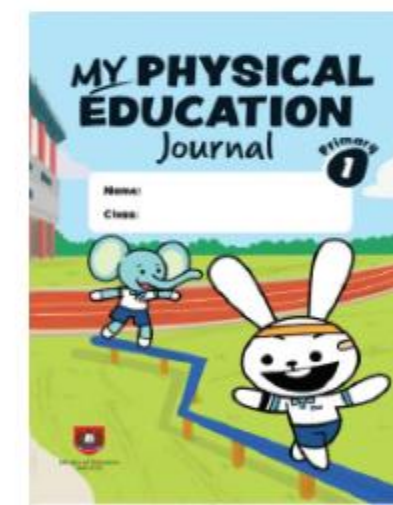
Termly & Semestral formative assessment based on modular performances and students' attitudes during PE (P1 – P2)

Project or Unit No.	Assessing Expectations	Meeting Expectations	Exceeding Expectations
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			



## Teacher's Assessment

Assessment of student's learning by teachers



## Cognitive Assessment

Through written and online assignments such as the PE Journals and customized SLS learning packages



# SCHOOL-WIDE PROGRAMMES

## HEALTH & WELLNESS PROGRAMMES

- Fruttie Veggie Bites/Healthy snacking
- Eye Care Week
- Dental Talks
- Assembly Talks on Healthy & Active Living

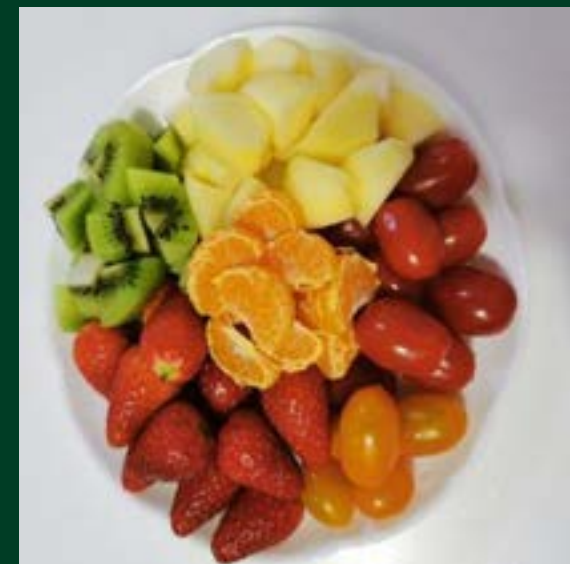


# SCHOOL-WIDE & SIGNATURE PROGRAMMES

## HEALTH & WELLNESS PROGRAMMES

- **HEALTHY KIDS BINGO CHALLENGE**

To **inculcate healthy habits** and an **active lifestyle** outside of curriculum time in a **self-directed** manner (via SLS) through a fun **Bingo Game**



# SCHOOL-WIDE PROGRAMMES

## SPORTS PROGRAMMES

- **PLAY @ RECESS**

- **Unstructured outdoor play during recess**
- **Cultivate an active lifestyle outside PE curriculum**



# SCHOOL-WIDE & SIGNATURE PROGRAMMES

## SPORTS PROGRAMMES

- **AMAZHENGHUA RACE**

- P1- P6 **Annual Sports Carnival**
- Enjoy a day of play through physical activities
- Opportunities to **exercise** school **values** through sports



# LEVEL PROGRAMMES

## P3 SWIMSAFER PROGRAMME

**-Develop students' confidence to maneuver their bodies with control in the water**



# LEVEL PROGRAMMES

## P4 DAY TRIP TO PARK

- **Authentic learning experiences** for students to **apply their learning**
- **Develop values, 21CC:** resilience, collaboration, sense of adventure
- **Discover nature**



# LEVEL PROGRAMMES

## P5 OUTDOOR ADVENTURE CAMP

**3 DAYS, 2 NIGHTS**

- **Authentic learning experiences** for students to **apply their learning**
- **Develop values, 21CC:** resilience, collaboration, sense of adventure, problem-solving, decision-making
- To appreciate and **care** for the **environment**



# LEVEL PROGRAMMES

## SPORTS PROGRAMMES

- **SPORTS EDUCATION PROGRAMME (SEP)**
  - PRIMARY 4, 5 & 6
  - Experience a wider range of sports not covered in the PE syllabus



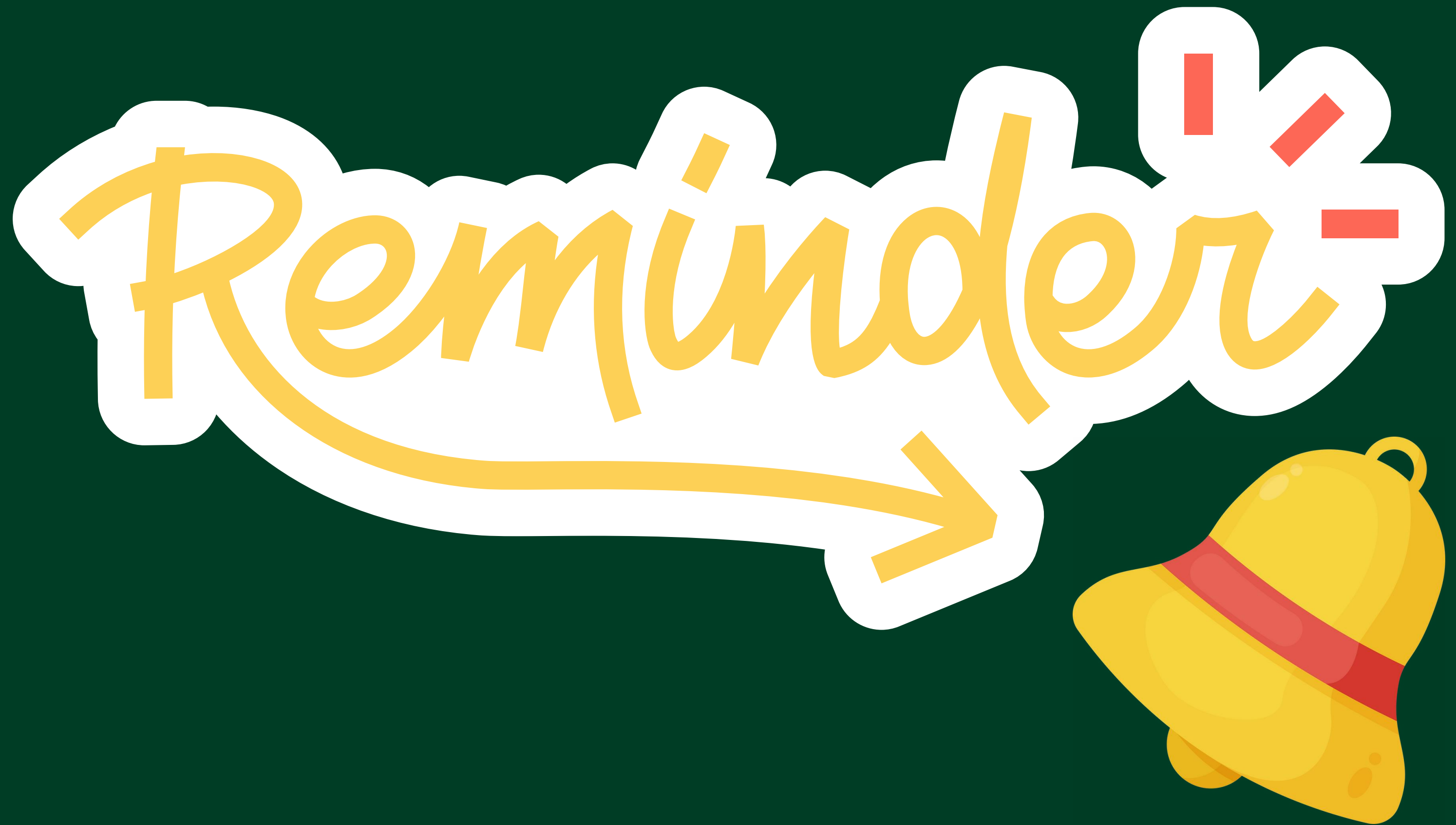


# LEVEL PROGRAMMES

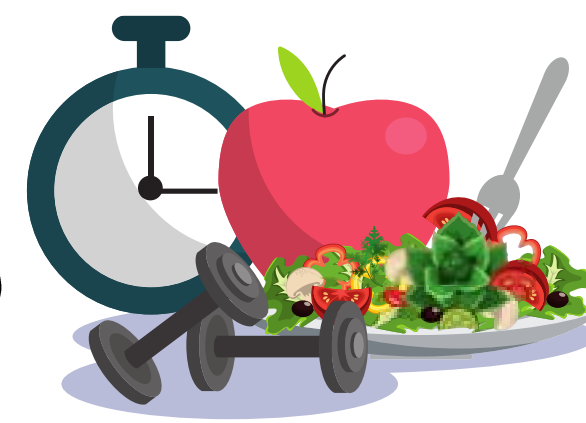
## P4 & P6 NAPFA TEST

- Annual Physical Fitness Test
- Enable students to **gain an insight into their personal fitness level** and how to improve their fitness





# HEALTHY LIFESTYLE TIPS



**HANDBOOK**

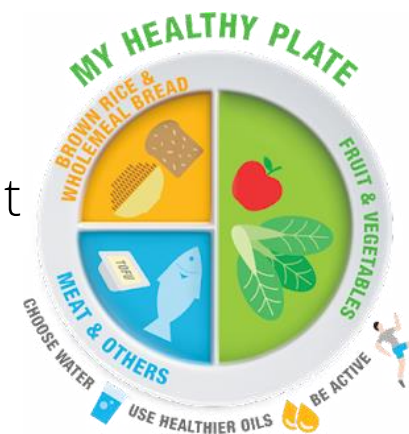
## 1 Stay Active

Exercise for **at least 1 hour everyday!** Exercise helps keep your body and your mind healthy.



## 2 Eat Healthy

Eat according to **My Healthy Plate**. My Healthy Plate helps ensure you eat a nutritious, balanced and healthy diet. Refer to [healthhub.sg](http://healthhub.sg) for more information.



## 3 Drink water

Drink at least 8 glasses/4 bottles of 500ml, of plain water everyday (2 litres).



## 4 Reduce Junk Food/Snacks

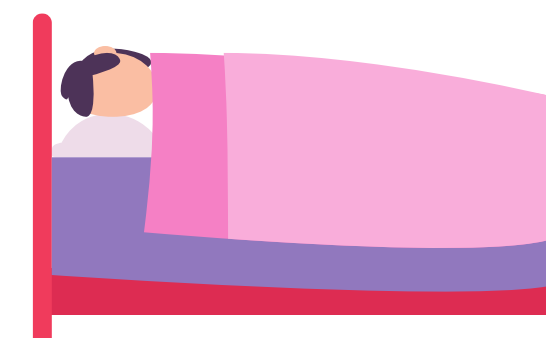
Eat lesser junk food such as deep fried, oily, salty and sweet food and drinks. Eating too much can cause obesity and health problems. It is fine to eat them once in a while (e.g. once in a month), but not everyday!

## 5 Eye Care

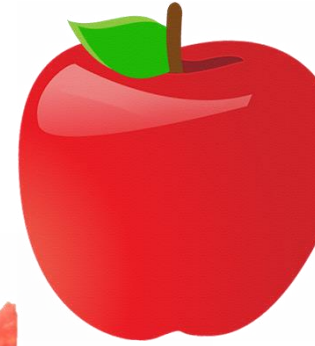
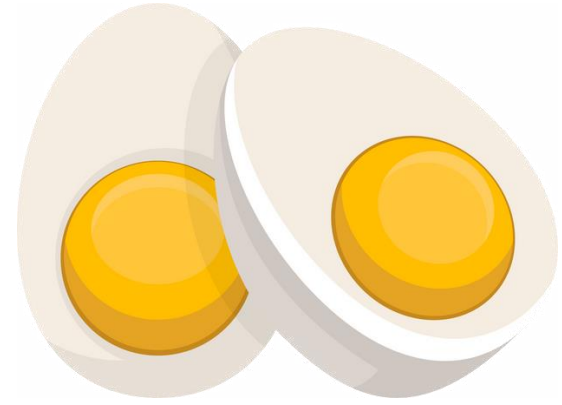
Have no more than 2 hours of screen time a day. After **20 minutes** of near work, take a **20 second** eye break and look afar for **20 feet** away (20-20-20).

## 6 Sleep Well

Have at least 9 to 12 hours of sleep everyday! Sleep helps keep your brain and body healthy.



# HEALTHY SNACKS



# PACKED SNACK

Light  
(not  
rice/noodles)



Small  
in portion.  
Does not affect  
main meal



Avoid packing  
Fresh  
Dairy Products.  
Turns bad in warm  
temperature



Item from  
*'My Healthy  
Plate'*



# MORE INFORMATION

## VISIT HEALTHHUB.SG



Search Nutrition Hub  Home **Eat More** Eat Less Recipes Eat, Drink, Shop Healthy Challenge Resources Nutri-Grade ▼

**Eat more nutritious foods in the right proportions. It's easy to have a healthy diet when you know how.**

### My Healthy Plate ▼

- Quarter plate of Wholegrains
- Quarter plate of Protein
- Half plate of Fruit and Vegetables
- Who is it for
- How to maximise it
- Frequently Asked Questions (FAQs)

### Wholegrains ^

### Protein ^

### Fruit and ^

### My Healthy Plate

We need to eat a wide variety of foods in the right amounts to meet our daily nutritional needs. Eating healthier, balanced meals does not have to be complicated.

My Healthy Plate is an easy-to-understand visual guide, designed by the Health Promotion Board. It helps you adopt healthier eating habits, which in turn can help you better manage your weight and ward off chronic diseases.

Quarter, Quarter, Half is an easy way to remember the right proportions of each food group in a well-balanced meal. Here's how:

- Fill Quarter plate with wholegrains
- Fill Quarter plate with good sources of protein
- Fill Half plate with fruit and vegetables

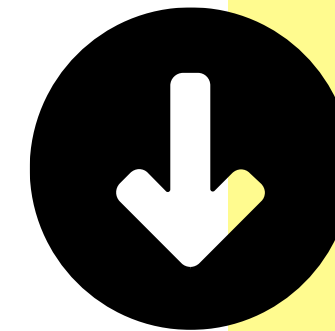
If you are unable to find a meal that fits the Quarter, Quarter, Half proportions, you can make up the missing food groups in your next meal.

# HEALTHY LIVING

1 hour of  
Exercise Daily  
(or in parts)



Eat a  
Healthy Diet  
according to  
My Healthy Plate

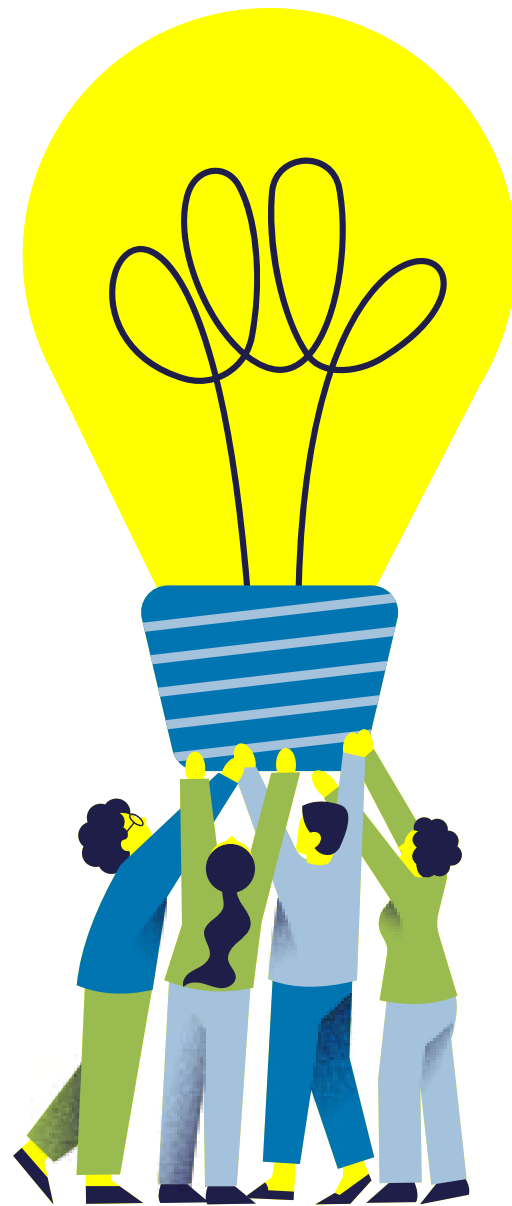


Reduce junk  
food, sweet  
food/drinks,  
salt, oil intake



# PARTNERSHIP

**Your support is key to  
your child's growth**



**CREATE  
Healthy  
HABITS!**





The greatest  
wealth is health.

Virgil

quote fancy

THANK  
YOU!