

# Physical Education

Curriculum Briefing 2026

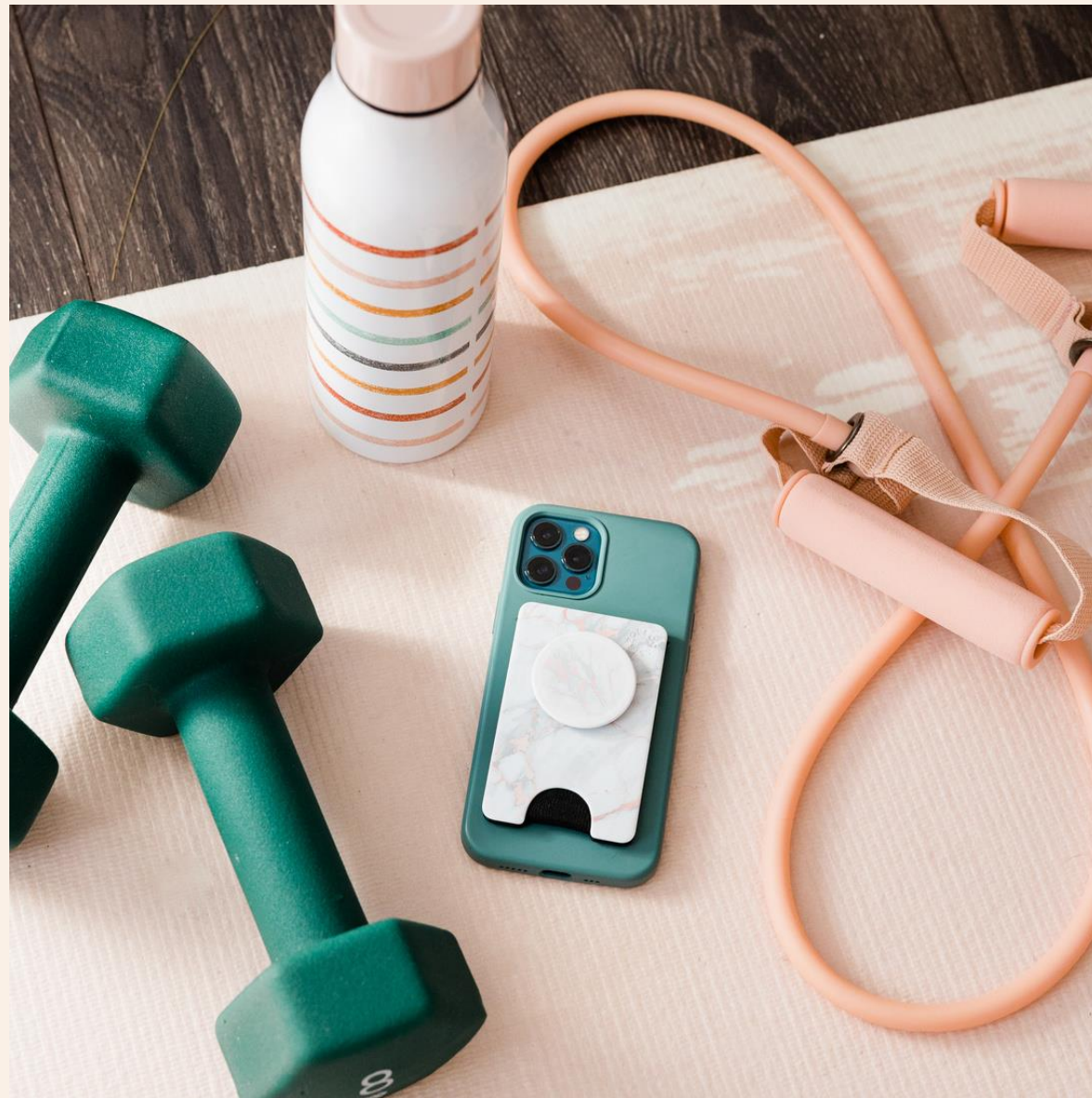


# AGENDA



- Purpose & Philosophy
- Syllabus Approach
- Events & Programme

# The Guiding Philosophy of RGPS PE Dept



- ✓ To inculcate **love for sports & physical activities** at a young age.
- ✓ Physically fit with **skills, aptitude and attitude** to maintain **healthy lifestyles**

## The RGPS Girl

Creative Thinker

Life-long Learner

Value-based Leader



## Syllabus Outcomes

Competent  
Participants  
(Primary)

Confident  
Participants  
(Secondary)

Committed  
Participants  
(Tertiary)

- **Efficiency** -- learning & mastery
- **Effectiveness** -- performance & success
- **Versatility** -- ability to demonstrate wide variety of skills and application in different context



# Desired Student Outcomes

## Healthy Lifestyle Practices

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

## Enjoyment

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



## Movement Competence

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

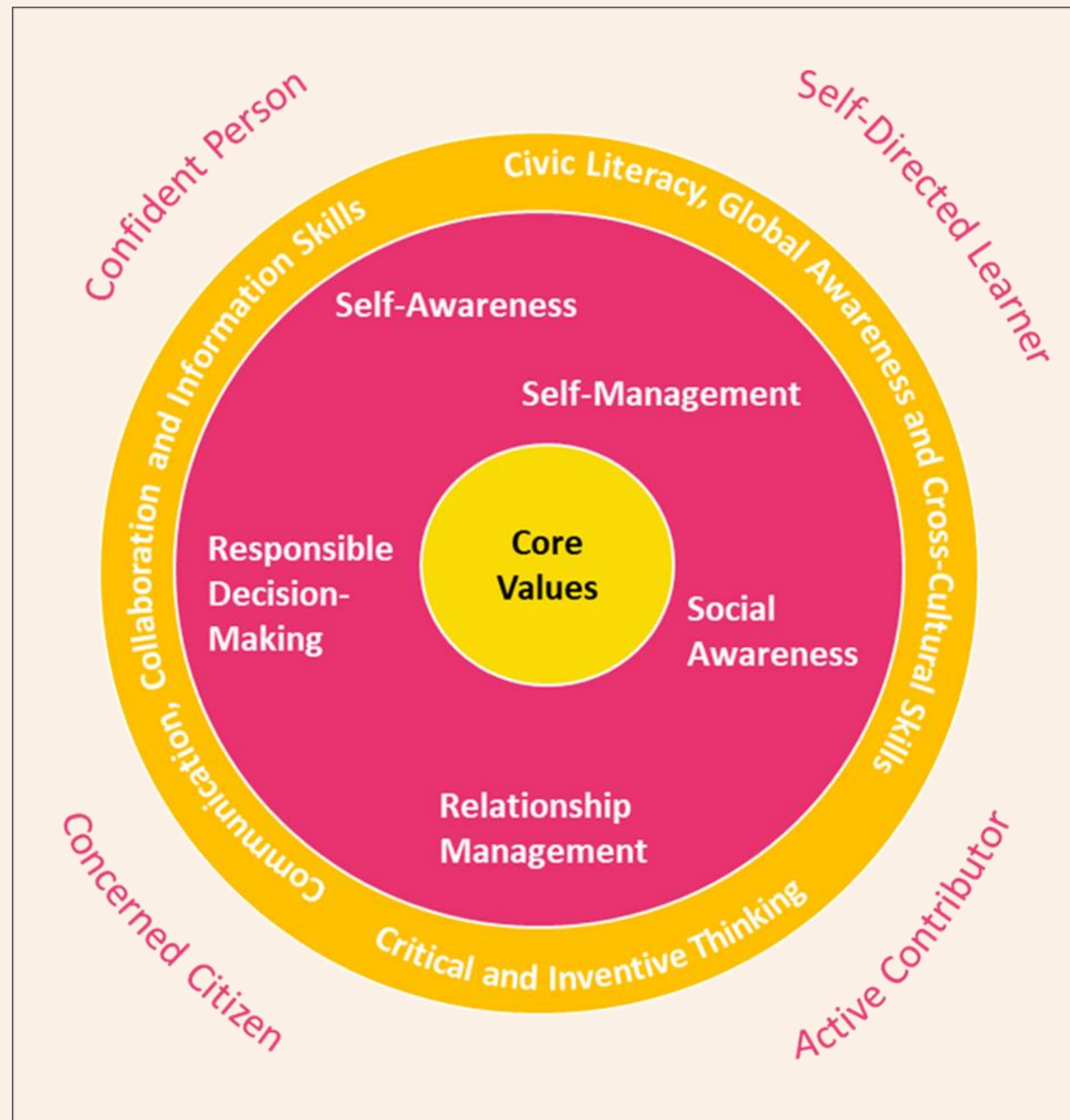
## Safety Mindset

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.

# Developing 21CC through PE



PE anchors students learning in the affective domain on the six **CORE VALUES** of **Respect, Resilience Responsibility, Integrity, Care & Harmony**.

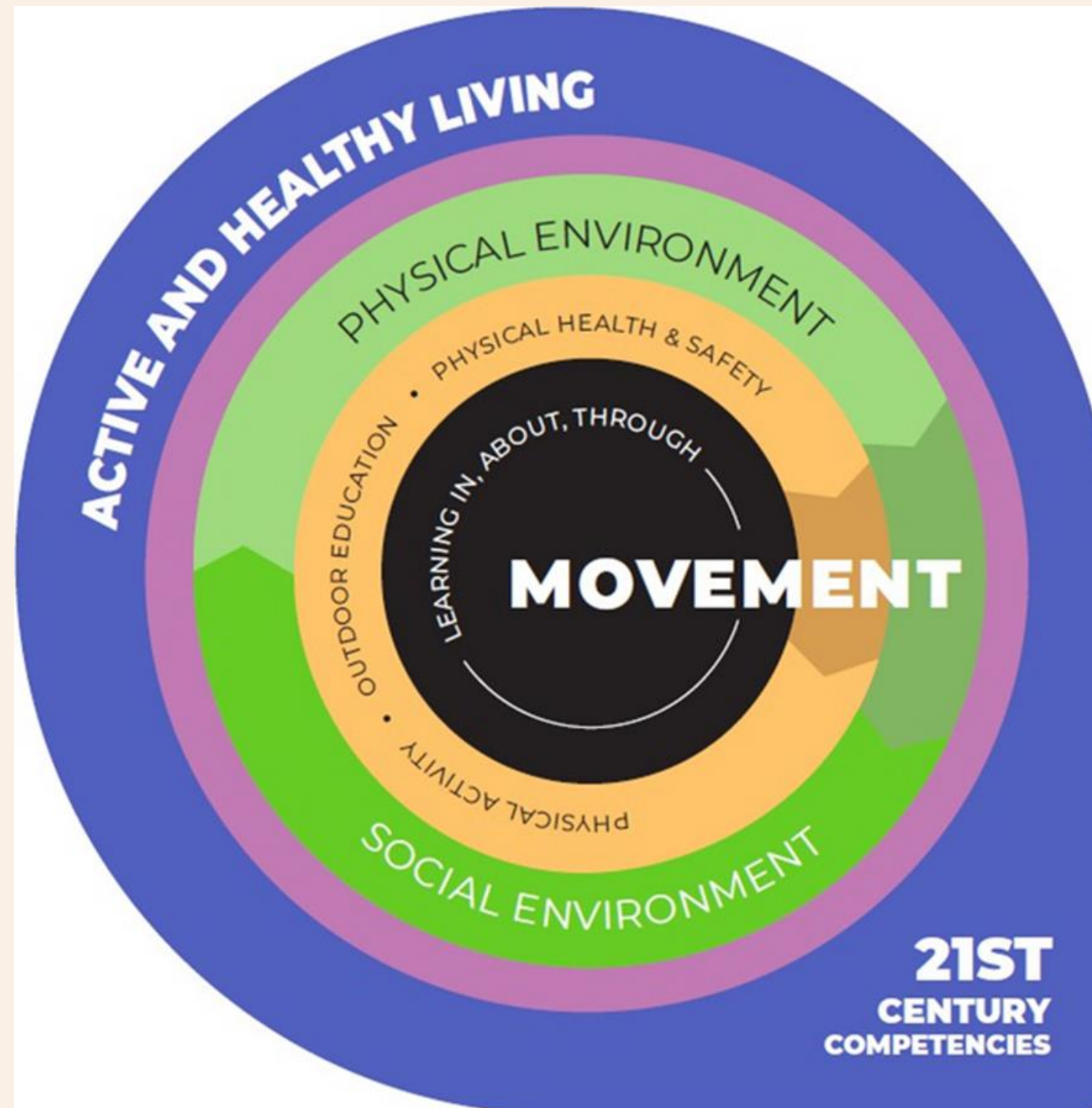
The shaping of these values are then linked to the **social-emotional competencies** aligned to the CCE Framework

The development of **emerging 21 CC** (**Communication, Collaboration & information, Critical & inventive Thinking**) is pervasive in students' learning & experience in PE.



# KEY CONCEPTS

Enactment of healthy lifestyle behaviours while retaining focus on movement concepts



**Movement** as the primary mode to reach and teach the whole child through the following three dimensions:

- Learning in Movement
- Learning about Movement
- Learning through Movement

**[New] Interaction with the Environment** (physical and social) to strengthen students' learning and experiences in authentic contexts.

# Learning Areas & Strands

RGPS

Learning Area	Content Area	Strand
Physical Activity	<ul style="list-style-type: none"><li>Dance</li><li>Games &amp; Sports</li><li>Gymnastic</li><li>Swimming <i>(P3 only – Semester 2 – need PVs to help out)</i></li></ul>	<ul style="list-style-type: none"><li>Movement Skills and Concepts</li><li>Safety Practices</li></ul>
Outdoor Education (Understanding My School and its Neighbourhood)	<ul style="list-style-type: none"><li>Outdoor Living – OE trip to Jacob Ballas</li><li>Sense of Place – Nature Journalling</li><li>Risk Assessment &amp; Management- aware of weather, danger in surroundings</li></ul>	
Physical Health And Safety	<ul style="list-style-type: none"><li>Safety and Risk Management – water, cycling safety</li><li>Nutrition – nutrients from food</li><li>Personal Hygiene &amp; Self-Care– Sleep, eye care</li></ul>	
RGPS Girl Qualities	<p>Fair Play, Sportsmanship, Safe Practices, Teamwork Responsibility (Self &amp; others) Resilience, Graciousness, Leadership</p>	





# Events & Programmes

RGPS

P3 to P6 Resilience Prog

Health Fair

P3 swimsafer

Games Carnival

Recess Play

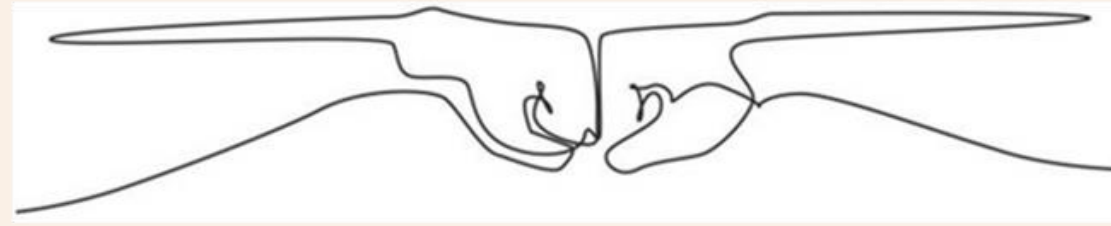
P3 Neighbourhood OE Trip

Games Creation  
competition

Termly Newsletter  
*-look out in PG*



# Parents- Teachers Partnership



## Family Activities in My PE Journal

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

## **[New]** Curriculum-aligned Messages

- for schools to post on Parent Gateway
- for MOE to post on MOE social media

# Parents- Teachers Partnership

- ensure your child comes in PE attire on PE days
- Good shoes (not worn-out soles, good support for running)
- Water bottle, wet wipes/ small towel
- Provide letter/ email if your child is unwell/ injured and cannot participate in PE
- Bring 'My PE Journal' book- assist your child when work is given to be completed at home
- Reiterate about safety and being aware of her surroundings



