

Physical Education

P5 Curriculum Briefing 2026

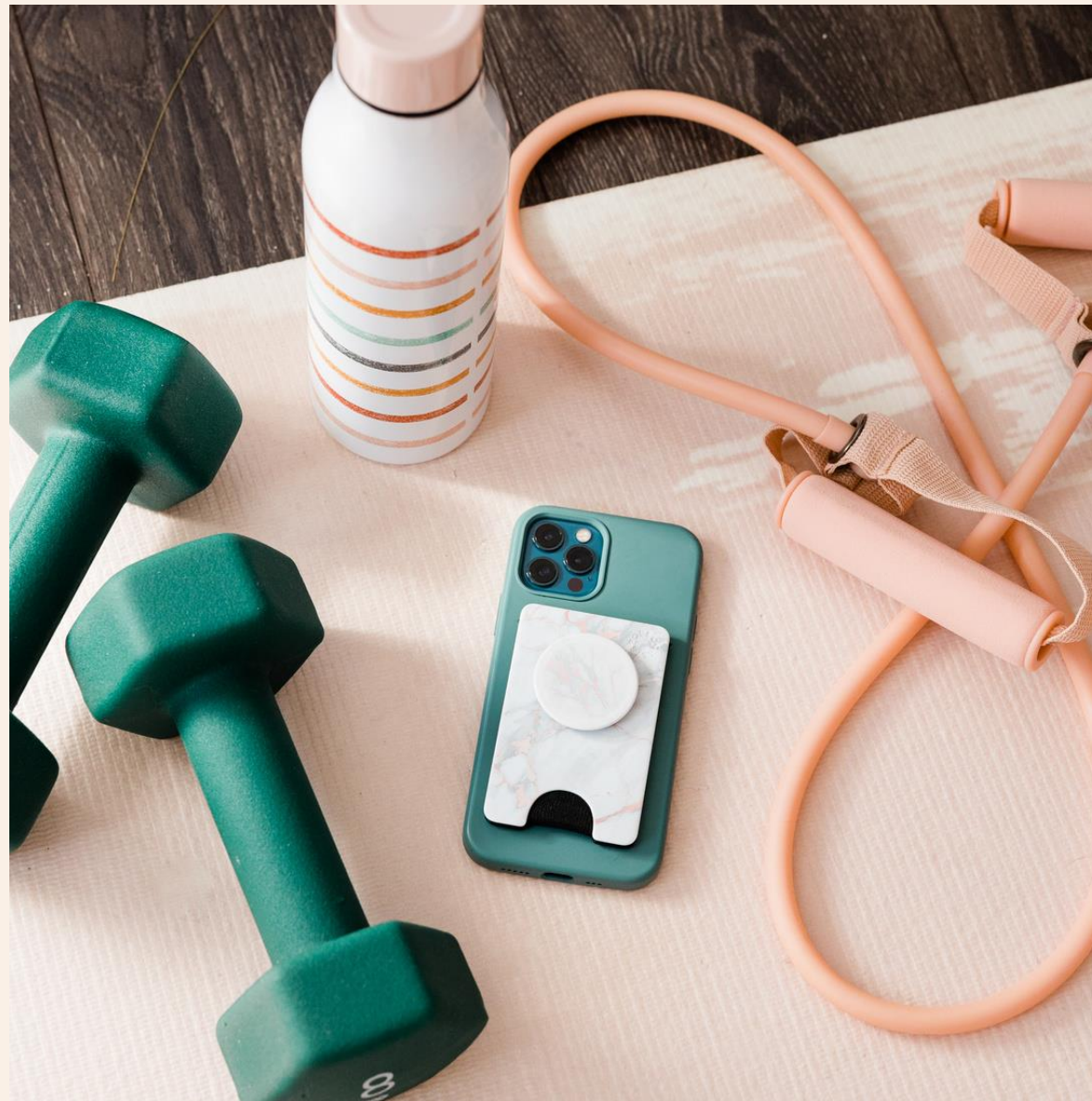


AGENDA



- 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.

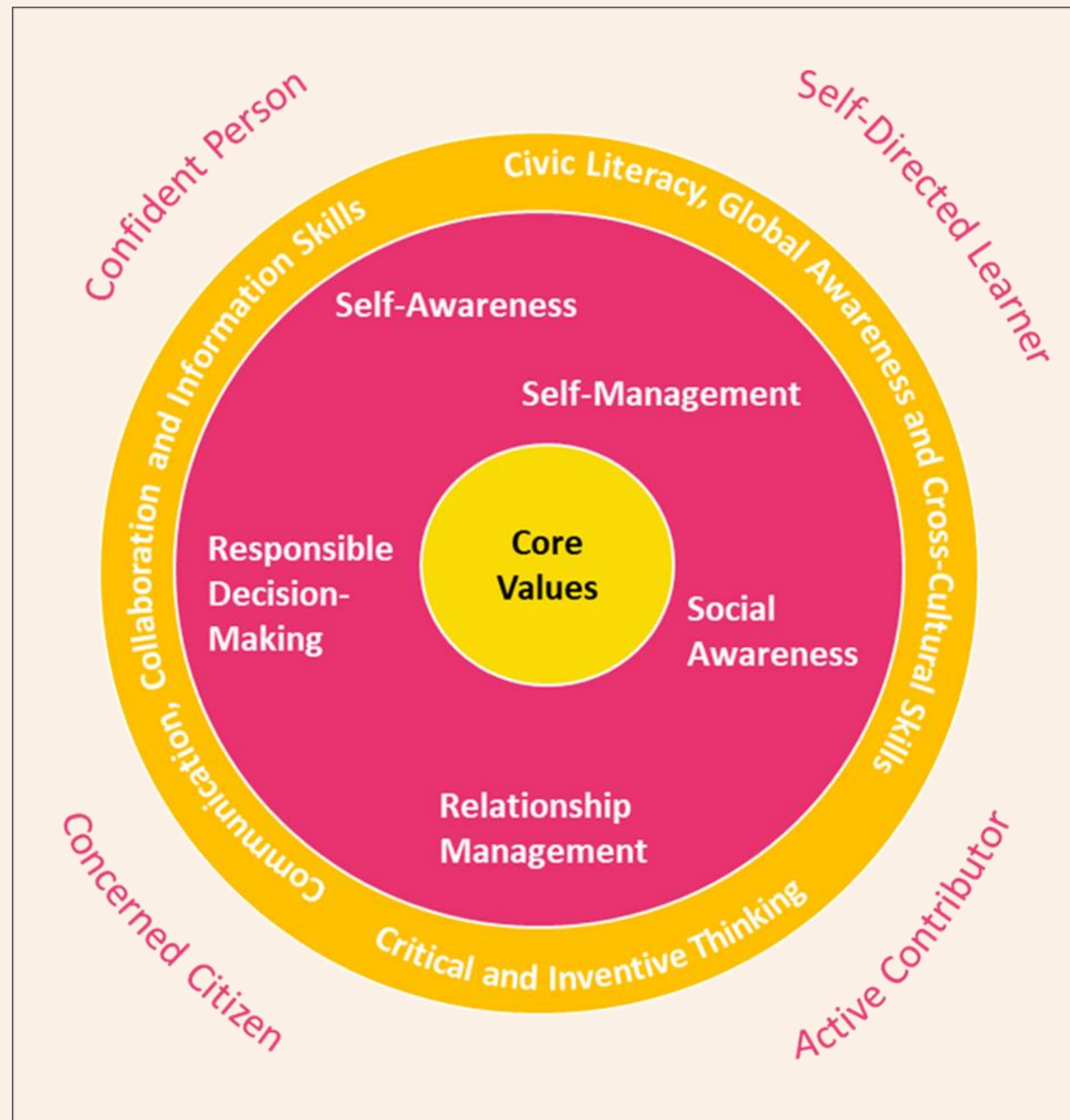
Safety Mindset

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



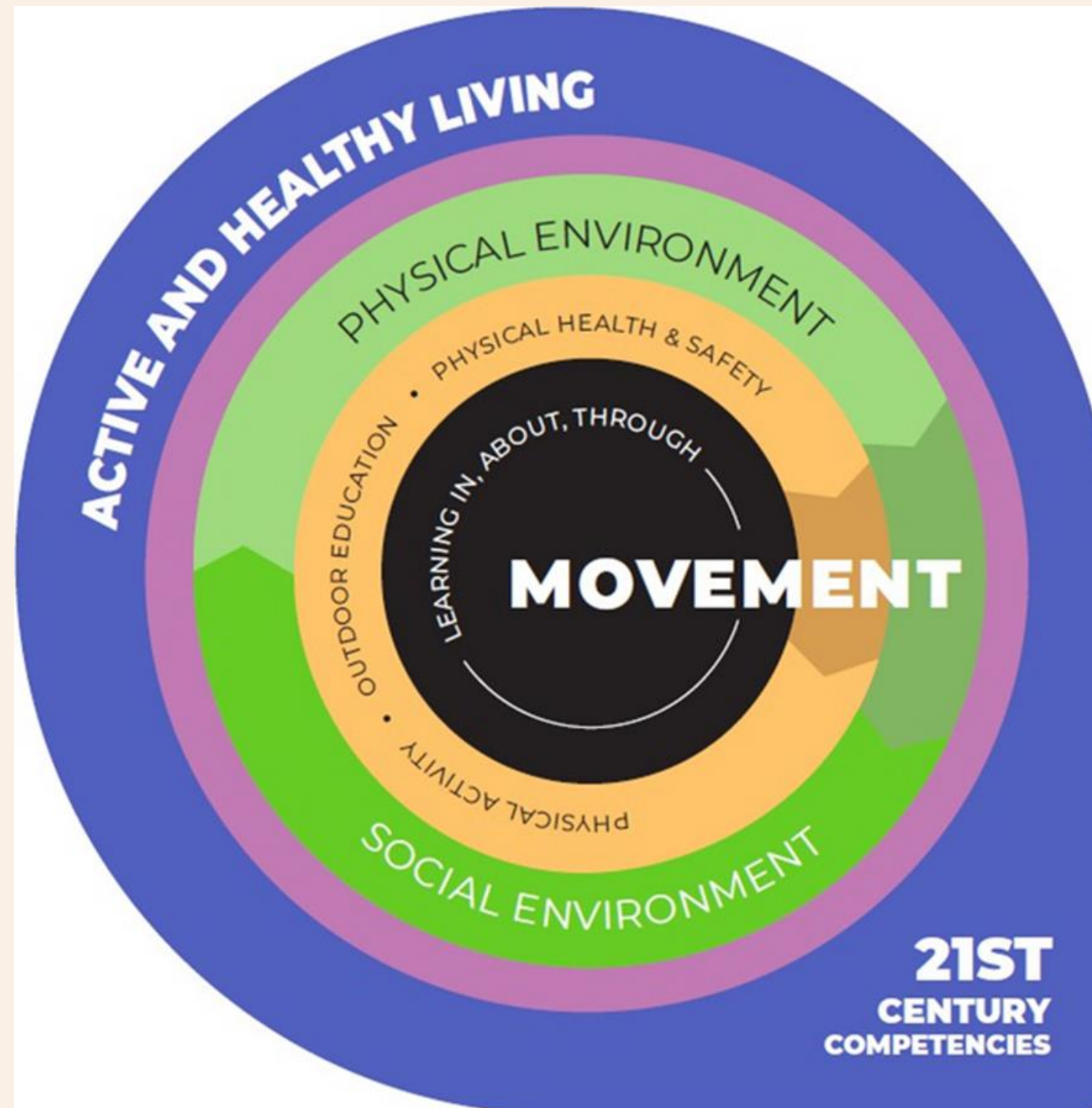
PE anchors students learning in the affective domain on the six **CORE VALUES** of **Respect, Resilience Responsibility, Integrity, Care & Harmony**.

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">Athletics (<i>P4 onwards</i>)DanceGames & SportsGymnastic	<ul style="list-style-type: none">Movement Skills and ConceptsSafety Practices
Outdoor Education	<ul style="list-style-type: none">Outdoor Living Sense of Place – <i>Outdoor Adventure Camp</i>Risk Assessment & Management	
Physical Health And Safety	<ul style="list-style-type: none">Physical FitnessSafety and Risk Management – <i>fire & electrical hazards</i>Nutrition – <i>importance of energy balance</i>Personal Hygiene & Self-Care – <i>sedentary, screen time, sleep, infectious disease</i>	
RGPS Girl Qualities	<p>Fair Play, Sportsmanship, Safe Practices, Teamwork</p> <p>Responsibility (Self & others)</p> <p>Resilience, Graciousness, Leadership</p>	



Events & Programmes

RGPS

P3 to P6 Resilience Prog

Games Carnival

Health Fair

P5 Outdoor Adventure Camp

Recess Play

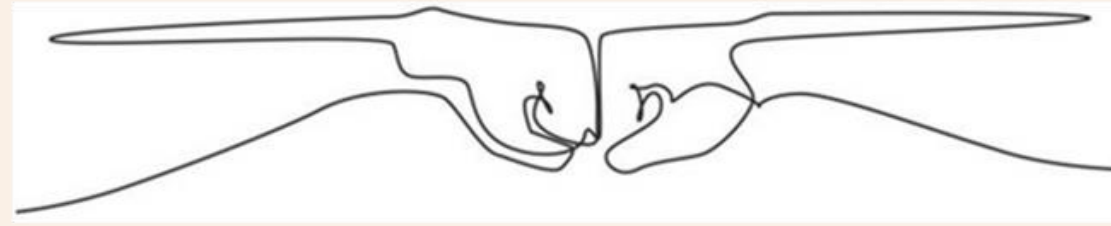
P5 Athlete CCA Camp

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

