



RAFFLES GIRLS' PRIMARY SCHOOL

21 Hillcrest Road, Singapore 289072. Tel: 64684377 Fax: 6469 2024

Our Ref: RGPS/N23/P4/018

Date: 26 May 2023

Dear Parents/Guardian,

P4 Term 2 PE, Art & Music updates

Physical Education

We have come to the end of Term 2 and here are some updates on P4 PE. The students have been taught the following skills. They have also learnt some health related topics based on the An Active and Healthy Me book.

Gymnastics

1. Climbing from point A to point B with squat and stand technique
2. Turn in lateral rotation, demonstrating a transfer of body weight from feet, onto hands by swinging one straightened leg up and off the floor, and pushing off the floor with the other foot, and back to feet to land with control (Cartwheel)
3. Balance on hands with straightened arms and with feet supported (e.g. apparatus-support, wall-support), with hips and feet raised above the height of the head
4. Perform a sequence of four different movements which includes a balancing action followed by a rotating action (in this order), demonstrating varied movement pathways, with smooth transition and different starting and ending positions.
5. Mounting and dismounting from an apparatus

NAPFA

1. Sit up – Number of sit ups in 1 min
2. Standing broad jump – Based on distance
3. Shuttle run – 4 x 10m shuttle run time
4. Incline Pull up – Number of incline pull ups in 30 seconds
5. Sit and Reach – Based on distance

An Active and Healthy Me

1. Proper warm-up and cool-down before and after physical activity can prevent injuries
2. Stretching safely during a warm-up and a cool-down
3. Plan a simple warm-up and cool-down exercise routine

All these components formed the basis of their assessment. Through the activities carried out, students also learnt values like sportsmanship, teamwork and responsibility in using and keeping the

equipment. Generally, students have performed well in their assessment and are able to show their understanding in both physical and health components.

During this June holidays, we greatly encourage students to stay active as much as possible while continuing to stay safe.

Best regards,
Mrs Claresta Chee
Primary 4 PE Level Representative

Art

In this term, students went through the module 'Identity' inspired by Frida Kahlo's self-portrait. First, they were exposed to different styles of self-portrait done by famous artists, e.g. Picasso and Vincent van Gogh. They discussed about how these artists' identities can be seen through their self-portraits. Thereafter, they went on to Frida Kahlo's works. They were given a self-portrait of Frida and by using the routine, 'Step Inside', they became 'Frida' and perceived her art work through the identity of Frida. The discussion was rich and engaging. Some of the students were able to come up with insightful observations of Frida. For their elegant task, they had to create a self-portrait that reflected their individual identities. They used a mind map to draw out important factors contributing to their identities. Then they planned how they wanted to create their art work and discussed which medium they wanted to use. They had the options of whether they wanted to draw a realistic or abstract portrait, or even come up with a collage of themselves. They will work on this during the June holidays and resume their art making in semester 2.

Best regards,
Miss Lim Siew Hoon
Primary 4 Art Level Representative

Music

In term 2, the primary 4 students continued with the Ukulele Programme and prepared for their peer performance. Each class prepared a different song and video taped their class performance. The peer performance will be showcased on SLS in term 3 when all P5 classes have completed the module. The students enjoyed singing and playing their performance song.

After the Ukulele Programme, the primary 4 students were introduced to the World Music - Malay Music Culture Module. In this module, the students were introduced to the music and culture of Indonesia and Malaysia where they learnt various Malay performing art forms such as Silat, Wayang Kulit and Dikir Barat. They are in the process of learning the song, "Dayung Sampan" using Orff pedagogy. The Orff pedagogy incorporates games, speech and movement to engage students in musical concepts via interactive and experiential activities before the theory is delivered. The focus of the Orff programme is to ensure that the students take home the experience of music, giving them a deeper understanding of the theory behind it.

RGPS Instrumental Recital is an annual performance for students to showcase their musical talents on an instrument. This year, the recital kicks off our biennial Arts Fest as a prelude. Over the years, we have had students performing on a variety of instruments, such as the piano, violin, cello and gu zheng. The application process would be conducted online and the performance will be held in Term 3, 5 July. All interested students are to submit recorded videos of themselves playing an instrument via email to rgpsrecital@gmail.com. The deadline for the online submission is 9 June. Your child can log in to SLS for

more information. 10 entries would be selected to perform in our Performing Arts Theatre in Term 3 on 5 July.

Also, as part of our Arts Fest, we would like to invite parents with a flair for singing to team up with your child/ward and join us in our Parent-Child Karaoke Competition on 13 July. Simply submit your audition video via email to rgpsAFkaraoke@gmail.com by 20 June. You can also encourage your child to join us as a busker in busking@RGPS. Simply submit your child's audition video to us via email to rgpsAFbusking@gmail.com by 20 June. For more details, please refer to your child's/ward's SLS or the PG notification sent out on 3 May.

All our parent-child bonding workshops have been fully subscribed. We would like to thank all parents for your enthusiastic response. We hope you will enjoy bonding with your child/ward during the workshops.

Lastly, we would like to thank all students who have submitted videos for our RGPS Got Talent this term. These are the names of students whose performances will be featured.

P4 Performers		
S/N	Name	Class
1	LIU YAZHU	4B
2	RONG KEXUAN KATHY	4C
3	ISABEL CHUA YI SHAN	4C
4	DAISY WEI YIQIAO	4C
5	ANDREA HENG TZE YEN	4D
6	FAITH PRIYA PERERA	4E
7	OLIVIA PRIYANKA PERERA	4F
8	YU TANGYIN	4F
9	JINISHAA POOGANENTREN	4G
10	ABHINAYA BALAKUMAR	4G
11	WANG ZIZHEN	4I

You can view the performances via SLS from 26 May till 7 July.

Best regards,
Mrs Lee Beiyu
Primary 4 Music Level Representative