



RAFFLES GIRLS' PRIMARY SCHOOL

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

Our Ref: RGPS/N23/P5/016

Date: 10 March 2023

Dear Parents/Guardians,

P5 Term 1 PE, Art & Music updates

Physical Education

We have come to the end of Term 1 and here are some updates on P5 PE. The students have been taught the following skills. They have also learnt health-related topics based on the An Active and Healthy Me book.

Athletics

- Running
 - Crouch Start
 - Running with varying pace across court
 - Baton passing using visual pass for relay
- Jumping
 - Using 3 to 4 steps approach for a 1 foot-take-off jump for distance.
 - Using 5 to 7 steps approach for a 1 foot-take-off jump for height.
- Throwing
 - Throw a foam javelin using a short, fast approach run, demonstrating good throwing form.
 - Push a rubberised shot from a standing position, aiming for height and distance
 - Throw a discus-like object using the sidearm pattern with arm fully extended, aiming for height and distance

For Athletics module, the students demonstrated that they were more competent in the running and jumping components than the throwing component. During lessons, the students were willing to put in effort to practice the throwing techniques to improve their performance.

Sports & Games (territorial-invasion)

- keeping possession with a defender in 1v1 situation
- invasion into opponent's territory to score points
- apply territorial invasion knowledge and possession skill in 1v1 basketball game
- extension to 2v2 basketball game

Students are generally competent in dribbling and keeping possession of ball. During the modified 1v1 basketball games, the students demonstrated that they have the concept on how to invade into opponent's territory to score points.

Resilience Lesson Package

The students learnt about the definition of Resilience and went through some activities to experience failures and frustration. The students are taught to use positive “Inner Talk” strategy to enhance their perseverance and resilience in facing challenges set back.

An Active and Healthy Me

- Diet and Exercise
 - Understand the need to balance diet with physical activity levels to ensure healthy growth.
 - Understand that factors such as body composition, gender, age and appropriate nutritional intake must also be taken into consideration when striving for caloric balance.
- Health-related Fitness and Skill-related Fitness.
 - Understand the benefits of an improved health-related fitness.
 - Understand how skill-related fitness helps to improve physical performance.

All these components formed the basis of their assessment. Through the activities carried out, the 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 the term break, students are encouraged to continue to be physically active and adopt an active and healthy lifestyle.

We hope that the students will continue to do their best and always strive to better themselves as they venture out in the other modules planned for them in the next term.

Best regards,
Mr Ho Kai Huat
Primary 5 PE Level Representative

Art

To start off the year, we shared the big ideas for our module on Impressionism; Art tells stories about our world, and Artists create art to document events, experiences, and how people live. Our students were introduced to paintings by the various impressionist artists such as Claude Monet, Alfred Sisley, Paul Cezanne and Pierre Auguste Renoir. They explored the different painting and colour blending techniques during their painting exercises. They then applied these skills in their elegant art task, creating an impressionistic painting. As part of growing their artistic practice, students reflected on their choices and processes on their artmaking. They also shared their artwork and processes with their peers, getting rich mutual appreciation and feedback to affirm and improve their art making skills.

Best regards,
Ms Haryana Dom
Primary 5 Art Level Representative

Music

The focus for P5 students this term is on recorder mastery. Through structured learning in phases, students learned how to play notes (B, A, G, C' & D') on the upper register in Term 1. Due to the loosening of SMM measures in schools, students are now allowed to play the recorder in class. However, asynchronous work is still uploaded on SLS for students to reinforce what they have learnt during face-to-face lessons. These practices will help them to enhance their finger dexterity. Students are encouraged to practise their fingering and repertoires at home diligently.

To ensure students' learning and participation in class, they are expected to bring along their recorder for their music lessons. Kindly remind your child to bring her recorder every lesson and wash it at home after use at least once every two weeks. Should she have any worksheets printed out for her, please ensure that she keeps them in a file.

Talentine, our annual singing and dancing competition, opened for auditions this term to all P3-6 students. This competition was held during Assembly on 20 February. This competition allows students to showcase their talents and win attractive prizes. We would like to thank all those who have submitted their audition videos. Congratulations to all finalists and winners!

RGPS Got Talent was open for auditions to all P5 students this term. We are pleased to present to you our online showcase **from Friday, 10 March to 26 March, via SLS**. We would like to thank all students for their enthusiastic response and video submissions. Please refer to the table below listing the names of students whose videos have been selected.

P5 Performers		
S/N	Name	Class
1	WANG YUAN	5A
2	YANG KEXIN	5A
3	AMELIE TEI	5B
4	DANA LILI MORRIS	5B
5	TAN EN XUAN, MIKELLE	5C
6	EVANGELINE HELENA TEH SIEW EN	5D
7	CHEW AI HSIAN, ELIZABETH	5D
8	SEE HUI QI	5E
9	ROH AYIN	5E
10	KAITHLYN TOH LI TONG	5F
11	LI FEILE	5H
12	QU GUANGXIN	5H

All P5 students can login to their SLS and view the video of the RGPS Got Talent performances online.

You are welcome to join us in celebrating the talents of our students and we hope you will enjoy the performances. Thank you and we look forward to your continued support in RGPS Got Talent.

Best regards,
Ms Serene Chan
Primary 5 Music Level Representative