



RAFFLES GIRLS' PRIMARY SCHOOL

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

Our Ref: RGPS/N24/P5/012

Date: 8 March 2024

Dear Parents/Guardian,

P5 Term 1 PE, Art & Music updates

Physical Education

We have come to the end of Term 1 and here are some updates on the lessons conducted in P5 PE. The students have been taught the following skills. They have also learnt some health-related topics based on the My Physical Education Journal.

Athletics

- Running
 - Crouch Start
 - Running with varying pace across court
 - Baton passing using visual pass for relay.
 - Run a distance of at least 40m over evenly spaced obstacles.

- Jumping
 - Using 5 to 7 steps approach for a single-foot take off jump for distance.
 - Using 5 to 7 steps approach for single-foot take off over an obstacle approximately 40 to 50 cm in 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 and 2v1 situation.
- extension 2v2 and 3v3 situation

Students are generally competent in dribbling and keeping possession of ball. During the modified 2v1 game, students demonstrated that they have the concept on how to create space and advance towards goal to score points.

My Physical Education Journal

- Working Towards a Healthier You
 - Understand the importance of developing healthy practices such as having an appropriate amount of screen time and engaging in more physical activity.
 - Understand the benefits of getting enough sleep.
- Taking Care of Your Well-being
 - Understand how to engage in aerobic exercise to build cardiorespiratory endurance.
 - Understand how to engage in weight-bearing exercises to build muscular strength.
- Making Healthier Food Choices
 - Understand about energy intake and expenditure.
 - Understand the need to balance food intake and the level of physical activity.

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 & Ms Cindy Ang
Primary 5 PE Level Representatives

Art

In this digital art module, students explored the evolution of Singapore's development by observing and comparing scenes from the past and present. They engaged in discussions on the changes witnessed, noting details that captured each era's essence. The module delved into the use of drawing and photography, focusing on an artwork that shows Orchard Road's transformation, emphasizing how artistic mediums convey historical and modern aspects.

Students analysed changes in the artwork, reflecting Singapore's progress while considering architectural differences, technological advancements, and landscape changes. The module included researching iconic landmarks, creating storyboards highlighting their contributions to Singapore's development, and producing drawings showcasing three phases: past, present, and imagined future. Students explored flipbooks as a creative expression, providing feedback on each other's work, and discussing the diversity of ideas presented in the flipbooks.

Overall, the module aimed to foster a holistic understanding of Singapore's history, encouraging students to express insights through diverse artistic approaches while engaging in critical discussions about the intersection of art and development.

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)' on the upper register in Term 1. Some classes have also learnt D'. Asynchronous work is sometimes 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, is open for auditions this term to all P3-6 students. This competition will be held during Assembly on 15 April. 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. We welcome those who are still interested to take part to submit entries to RGPSTT@gmail.com. Do note that the deadline for submission is 8 March 2024.

Do also keep a lookout for our annual RGPS Got Talent showcase, which is a platform for students to showcase their talents. Students who are interested to participate in RGPS Got Talent can refer to the March consolidated PG for more details regarding the submission. The submission will open on 6 March.

We look forward to your child's/ward's entry.

Best regards,
Ms Serene Chan
Primary 5 Music Level Representative