

Tampines North Primary School
PE Department
Primary 2
Scheme Of Work (Outline)

Term 1 SOW

| Week | Topic | Remarks |
|---------|---|---|
| T1W1-2 | Physical Health Fitness <ul style="list-style-type: none"> ▪ General safety ▪ Road safety ▪ Establishment of routines during PE ▪ Safety during PE and play@recess ▪ Playground orientation | |
| T1W3-5 | Gymnastics <ul style="list-style-type: none"> ▪ Space Awareness ▪ Travel in relation to position with low apparatus ▪ Jump over a turning rope held by others several times in succession | |
| T1W6-7 | Outdoor Education Enhancing physical health and well-being | CNY PH: 10,11 & 12 Feb CNY Scheduled Sch Hol: 13 Feb |
| T1W8-10 | Games & Sports <ul style="list-style-type: none"> ▪ Propelling with hands ▪ Sending & receiving with hands | |

Term 2 SOW

| Week | Topic | Remarks |
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| T2W1-4 | Gymnastics <ul style="list-style-type: none"> ▪ Balance on different body surfaces with hand(s) and leg(s) raised to different levels in relation to the floor ▪ Balance on the back and arms in the inverted position and coming out of the balance with control | Good Friday PH: 29 Mar Hari Raya Puasa PH: 10 Apr |
| T2W5-7 | Games & Sports <ul style="list-style-type: none"> ▪ Propelling with implement ▪ Sending & receiving with implement | Labour Day PH: 1 May |
| T2W8 | Outdoor Education Building competency in assessing and managing risk - Recognize weather hazards arising from the weather that may cause harm to self and others | |
| T2W9-10 | Dance <ul style="list-style-type: none"> ▪ Explore: <ul style="list-style-type: none"> - a variety of locomotor and non-locomotor movements in variations of pathway, force and flow - shapes in variations of level and extension | Vesak Day PH: 22 May |

Term 3 SOW

| Week | Topic | Remarks |
|---------|---|--|
| T3W1-4 | <p>Physical Health Fitness</p> <ul style="list-style-type: none"> ▪ Revisit routines during PE ▪ Revisit safety during PE & play@recess <p>Gymnastics</p> <ul style="list-style-type: none"> ▪ Spin for at least ½ a circle on different body parts in different body shapes ▪ Turn in longitudinal rotation for at least ½ a circle while the body is in flight, in different body shapes ▪ Roll using the shape of round-tuck in a forward direction | Youth Day Scheduled Sch Hol: 1 Jul |
| T3W5-7 | <p>Games & Sports</p> <ul style="list-style-type: none"> ▪ Propelling with feet ▪ Sending & receiving with feet | National Day PH: 9 Aug |
| T3W8 | <p>Outdoor Education</p> <p>Developing a sense of place - Identify aspects of the school that one has a personal connection with and give reasons. Demonstrate care for the school.</p> | |
| T3W9-10 | <p>Dance</p> <p>Work in pairs to develop a movement phrase with locomotor and non-locomotor movements using a combination of shape, level, pathway, force, flow and perform in various position and timing.</p> | Teacher's Day Scheduled Sch Hol: 30 Aug |

Term 4 SOW

| Week | Topic | Remarks |
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| T4W1-3 | Gymnastics <ul style="list-style-type: none"> ▪ Jump onto low apparatus with control, using one-foot and two-feet take-offs. ▪ Jump off a low apparatus, forming different shapes during flight, and land on two feet in a controlled finish position ▪ Sequencing | |
| T4W4-8 | Games & Sports <ul style="list-style-type: none"> ▪ Underarm striking with hands ▪ 2-handed sidearm movement with implement | Children's Day Scheduled Sch Hol: 4 Oct |
| T4W9-10 | Dance <ul style="list-style-type: none"> ▪ Express through body movements, in variations of time, force and flow, a range of feelings and ideas. ▪ Perform a pre-designed movement experience to the music "<i>Ode to Joy</i>", and repeat with modifications to the timing | Deepavali PH: 31 Oct |