

**Tampines North Primary School**  
**PE Department**  
**Primary 1**  
**Scheme Of Work (Outline)**

**Term 1 SOW**

(T1W7) CNY PH: 17 & 18 Feb	
Week	Topic
T1W1 – 3	<u>Physical Health &amp; Safety</u> <ul style="list-style-type: none"> <li>▪ Safety and risk management – Safety in school</li> <li>▪ Personal hygiene &amp; self-care</li> <li>▪ Nutrition – drinking and snacking</li> </ul> <u>Outdoor Education</u> <ul style="list-style-type: none"> <li>▪ Outdoor living - Move safely across school surfaces.</li> <li>▪ Sense of place - Identify key school features and surrounding flora and fauna and follow sustainable routines when exploring</li> </ul>
T1W4 – 7	<u>Games &amp; Sports</u> Rolling underhand and catching
T1W8 - 10	<u>Gymnastics</u> Travelling & jumping

**Term 2 SOW**

(T2W1) Hari Raya Puasa Sch Off-in-lieu: 23 Mar (T2W2) Good Friday PH: 3 Apr (T2W6) Labour Day PH: 1 May (T2W10) Hari Raya Haji PH: 27 May	
Week	Topic
T2W1 - 2	<u>Physical Health &amp; Safety</u> <ul style="list-style-type: none"> <li>▪ Safety and risk management – Safety on the road</li> <li>▪ Physical Fitness – Understanding my body</li> <li>▪ Nutrition – Healthy eating</li> </ul>
T2W3 – 5	<u>Games &amp; Sports</u> <ul style="list-style-type: none"> <li>▪ Tossing - self-toss 2-handed underhand movement pattern &amp; catch</li> <li>▪ Throwing - underhand movement pattern</li> <li>▪ Catching - Catch a self-bounced ball</li> </ul>
T2W6 – 9	<u>Gymnastics</u> <ul style="list-style-type: none"> <li>▪ Balancing</li> <li>▪ Rotating</li> <li>▪ Sequencing</li> </ul>
T2W10	<u>Outdoor Education</u> Sense of place - Use the five senses to explore and observe the school's features, flora and fauna

### Term 3 SOW

(T3W2) Youth Day Scheduled Sch Hol: 6 Jul (T3W6) National Day Scheduled Sch Hol: 10 Aug (T3W10) Teachers' Day Scheduled Sch Hol: 4 Sep	
Week	Topic
T3W1 - 5	<p><u>Physical Health &amp; Safety</u> Personal Hygiene – Caring for Self and Others</p> <p><u>Games &amp; Sports</u></p> <ul style="list-style-type: none"> <li>▪ Tossing - self-toss 1-handed underhand movement pattern &amp; catch</li> <li>▪ Throwing – overhead &amp; overhand movement patterns</li> <li>▪ Catching - Catch a gently thrown ball</li> </ul>
T3W6 – 8	<p><u>Dance</u></p> <ul style="list-style-type: none"> <li>▪ Exploring locomotor &amp; non-locomotor movements</li> <li>▪ Explore shapes with different body parts</li> <li>▪ Creating &amp; performing ('<i>Chan Mali Chan</i>' movement experience)</li> </ul>
T3W9 - 10	<p><u>Outdoor Education</u> Risk assessment and management - Identify physical hazards and manage associated risks</p>

### Term 4 SOW

(T4W3) Children's Day Scheduled Sch Hol: 2 Oct (T4W9) Deepavali PH: 9 Nov	
Week	Topic
T4W1 - 5	<p><u>Games &amp; Sports</u></p> <ul style="list-style-type: none"> <li>▪ Revision on rolling, tossing, throwing &amp; catching</li> <li>▪ Striking/ Volleying (with body part)</li> </ul>
T4W6 – 7	<p><u>Outdoor Education</u></p> <ul style="list-style-type: none"> <li>▪ Outdoor living</li> <li>▪ Sense of place</li> <li>▪ Risk assessment and management</li> </ul> <p><u>Physical Health &amp; Safety</u> Recap on physical fitness, nutrition, safety &amp; risk management and personal hygiene &amp; self-care</p>
T4W8 – 10	<p><u>Games &amp; Sports</u> Relay games with throwing, catching, tossing, rolling and striking</p>