

Tampines North Primary School
PE Department
Primary 3
Scheme Of Work (Outline)

Term 1 SOW

(T1W7) CNY PH: 17 & 18 Feb	
Week	Topic
T1W1 – 3	<u>Physical Health & Safety</u> <ul style="list-style-type: none"> ▪ Physical fitness - Engage in regular physical activities to stay healthy. ▪ Nutrition – Understand the importance of consuming foods from the Meat and Others group <u>Outdoor Education</u> <ul style="list-style-type: none"> ▪ Sense of place - Observe and engage with the environment to learn about the place ▪ Outdoor living - Follow a route and navigate to the designated landmark using a simplified map
T1W4 – 7	<u>Games & Sports</u> <ul style="list-style-type: none"> ▪ Throwing and catching
T1W8 - 10	<u>Gymnastics</u> <ul style="list-style-type: none"> ▪ Travelling, jumping & climbing ▪ Balancing

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	<u>Physical Health & Safety</u> Safety and risk management - Water safety
T2W2 – 5	<u>Games & Sports</u> Kicking and trapping (with body part)
T2W6 – 9	<u>Gymnastics</u> <ul style="list-style-type: none"> ▪ Rotating ▪ Mounting, Dismounting and Vaulting ▪ Sequencing
T2W10	<u>Outdoor Education</u> <ul style="list-style-type: none"> ▪ Sense of place - Observe and engage with the environment to learn about the place ▪ Outdoor living - Follow a route and navigate to the designated landmark using a simplified map

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	<u>Physical Health & Safety</u> Safety and risk management - Cycling safety <u>Games & Sports</u> <ul style="list-style-type: none"> ▪ Striking and Trapping (long-handled implement) ▪ Striking/ Volleying (with body part)
T3W6 – 8	<u>Dance</u> <ul style="list-style-type: none"> ▪ Explore movement phrases in varied positions and formations, with or without group contact, to music. ▪ Creating & performing ('<i>In Appreciation</i>' movement experience)
T3W9 - 10	<u>Outdoor Education</u> <ul style="list-style-type: none"> ▪ Sense of place - Observe and engage with the environment to learn about the place ▪ Risk assessment & management <ul style="list-style-type: none"> - Identify potential weather and other physical hazards and risks during an outdoor activity - Take actions to mitigate the identified risks

Term 4 SOW

(T4W3) Children's Day Scheduled Sch Hol: 2 Oct (T4W9) Deepavali PH: 9 Nov	
Week	Topic
T4W1 - 4	<u>Games & Sports</u> <ul style="list-style-type: none"> ▪ Striking (with a racket) ▪ Dribbling
T4W5 – 6	<u>Outdoor Education</u> <ul style="list-style-type: none"> ▪ Outdoor living - Understand the principle of categorization when packing for outdoor activities ▪ Sense of place - Use non-disposables when packing for an outdoor activity <u>Physical Health & Safety</u> Personal Hygiene and Self-care <ul style="list-style-type: none"> ▪ Eye-care ▪ Mosquito-borne diseases
T4W6 – 7	EOY Exams
T4W8 – 10	<u>Games & Sports</u> Games with throwing, catching, dribbling, striking, trapping and striking / volleying