

**Tampines North Primary School**  
**PE Department**  
**Primary 4**  
**Scheme Of Work (Outline)**

**Term 1 SOW**

(T1W7) CNY PH: 17 & 18 Feb	
Week	Topic
T1W1	<b>Physical Health &amp; Safety</b> <ul style="list-style-type: none"> <li>▪ General &amp; road safety</li> <li>▪ Establishment of routines during PE</li> <li>▪ Safety during PE and play@recess</li> <li>▪ Physical fitness</li> </ul>
T1W2-4	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>▪ Travelling, jumping &amp; climbing</li> <li>▪ Balancing</li> </ul>
T1W5-7	<b>Athletics</b> <ul style="list-style-type: none"> <li>▪ Distance running</li> <li>▪ Sprint from different starting positions</li> <li>▪ Team relay passing a baton while moving slowly in a straight line</li> <li>▪ Hurdling (40cm) over 40m</li> </ul>
T1W8-10	<b>Games &amp; Sports</b> <ul style="list-style-type: none"> <li>▪ Pass &amp; go with defender hand</li> <li>▪ Shoot on goal with hand</li> </ul>

**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	<b>Physical Health &amp; Safety</b> Nutrition
T2W1-3	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>▪ Balancing</li> <li>▪ Rotating</li> </ul>
T2W4-6	<b>Games &amp; Sports</b> <ul style="list-style-type: none"> <li>▪ Pass &amp; go with defender implement</li> <li>▪ Shoot on goal with implement</li> </ul>
T2W7-8	<b>Athletics</b> <ul style="list-style-type: none"> <li>▪ Jumping – Distance &amp; height with 3-5 strides</li> <li>▪ Throwing – Throw from standing. Push weighted ball from standing.</li> </ul>
T2W9	<b>Outdoor Education</b> <ul style="list-style-type: none"> <li>▪ Outdoor living</li> <li>▪ Sense of place</li> </ul>
T2W10	<b>Dance</b> Explore different body parts to lead movements in variations

### 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
T3W1-4	<p><b>Physical Health &amp; Safety</b></p> <ul style="list-style-type: none"> <li>▪ Revisit routines during PE</li> <li>▪ Revisit safety during PE &amp; play@recess</li> <li>▪ Safety &amp; risk management</li> </ul> <p><b>Gymnastics</b> Mounting, Dismounting and Vaulting</p>
T3W5-7	<p><b>Games &amp; Sports</b></p> <ul style="list-style-type: none"> <li>▪ Pass &amp; go with defender (feet)</li> <li>▪ Shoot on goal with (feet)</li> </ul>
T3W8	<p><b>Outdoor Education</b> Building competency in assessing and managing risk - Respond appropriately to minor injuries during outdoor activities</p>
T3W9-10	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>▪ Work in small groups of 3 to 5, to develop and demonstrate a sequence of movement phrases</li> <li>▪ Perform a pre-designed movement experience</li> </ul>

### Term 4 SOW

(T4W3) Children's Day Scheduled Sch Hol: 2 Oct (T4W9) Deepavali PH: 9 Nov	
Week	Topic
T4W1 - 3	<p><b>Physical Health &amp; Safety</b> Personal hygiene &amp; self-care</p> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>▪ Mounting, Dismounting and Vaulting</li> <li>▪ Sequencing</li> </ul>
T4W4 – 6	<p><b>Games &amp; Sports</b></p> <ul style="list-style-type: none"> <li>▪ Striking with hand</li> <li>▪ Striking with implement</li> </ul> <p><b>Outdoor Education</b></p> <ul style="list-style-type: none"> <li>▪ Outdoor living</li> <li>▪ Sense of place</li> </ul>
T4W6 – 7	EOY Exams
T4W8 – 10	Post Exam Activities