

**Tampines North Primary School**  
**PE Department**  
**Primary 5**  
**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>▪ Establishment of routines during PE</li> <li>▪ Safety during PE and play@recess</li> <li>▪ Personal hygiene &amp; self-care</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 with varying pace</li> <li>▪ Sprint from a crouch start</li> <li>▪ Team relay passing a baton while moving in a straight &amp; curved pathway</li> <li>▪ Hurdling (40cm) over 40m</li> </ul>
T1W8-10	<b>Games &amp; Sports</b> Net-barrier (volleyball) <ul style="list-style-type: none"> <li>▪ Winning the Point /Defending against an Attack</li> <li>▪ Setting up an Attack/Defending Space</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> Balancing
T2W4-6	<b>Games &amp; Sports</b> Territorial-invasion (floorball) <ul style="list-style-type: none"> <li>▪ Keeping possession of the ball / Regaining possession of the ball</li> <li>▪ Using space to invade / Delay the invasion</li> <li>▪ Creating space to invade / Denying space to invade</li> <li>▪ Attacking the goal / Denying scoring opportunity</li> </ul>
T2W7-8	<b>Athletics</b> <ul style="list-style-type: none"> <li>▪ Jumping               <ul style="list-style-type: none"> <li>- Distance &amp; height with 5-7 strides</li> </ul> </li> <li>▪ Throwing               <ul style="list-style-type: none"> <li>- Throw using a short approach</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>- Push weighted ball from standing</li> <li>- Throw using a sidearm pattern</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> Perform the following structured dances and repeat with modifications to the movement phrases - 'CEIMO CEIMO' (single-circle folk dance)

### 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	<b>Physical Health &amp; Safety</b> <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> <b>Gymnastics</b> Mounting, Dismounting and Vaulting
T3W5-8	<b>Outdoor Education</b> Let's prepare for camp  <b>Games &amp; Sports</b> Striking-fielding (rounders) <ul style="list-style-type: none"> <li>▪ Sending into space / defending space</li> <li>▪ Advancing bases to score / defending bases</li> </ul>
T3W9-10	<b>Dance</b> Perform the following structured dances and repeat with modifications to the movement phrases - "Apat Apat" (double-circle folk dance), "Slappin' Leather" (social dance)

### Term 4 SOW

(T4W3) Children's Day Scheduled Sch Hol: 2 Oct (T4W9) Deepavali PH: 9 Nov	
Week	Topic
T4W1 - 3	<b>Physical Health &amp; Safety</b> Personal hygiene & self-care  <b>Gymnastics</b> Sequencing
T4W4 – 6	<b>Games &amp; Sports</b> Net-barrier (badminton) <ul style="list-style-type: none"> <li>▪ Winning the Point /Defending against an Attack</li> <li>▪ Setting up an Attack/Defending Space</li> </ul>
T4W6 – 7	EOY Exams
T4W8 – 10	Post Exam Activities