

Tampines North Primary School
PE Department
Primary 6
Scheme Of Work (Outline)

Term 1 SOW

(T1W7) CNY PH: 17 & 18 Feb	
Week	Topic
T1W1	Physical Health & Safety <ul style="list-style-type: none"> ▪ Establishment of routines during PE ▪ Safety during PE and play@recess ▪ Nutrition ▪ Physical fitness
T1W2-4	Gymnastics Balancing
T1W5-7	Athletics <ul style="list-style-type: none"> ▪ Sprint from a crouch start over a sustained distance with acceleration and finishing technique. ▪ Standard relay to pass a baton with an accelerated zone ▪ Hurdling (40cm – 50cm) over 50m
T1W8-10	Games & Sports Territorial-invasion (football) <ul style="list-style-type: none"> ▪ Keeping possession of the ball / Regaining possession of the ball ▪ Using space to invade / Delay the invasion ▪ Creating space to invade / Denying space to invade ▪ Attacking the goal / Denying scoring opportunity

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	Physical Health & Safety Safety & risk management
T2W1-3	Gymnastics Mounting, dismounting & vaulting
T2W4-6	Games & Sports Territorial-invasion (basketball) <ul style="list-style-type: none"> ▪ Keeping possession of the ball / Regaining possession of the ball ▪ Using space to invade / Delay the invasion ▪ Creating space to invade / Denying space to invade ▪ Attacking the goal / Denying scoring opportunity
T2W7-8	Athletics <ul style="list-style-type: none"> ▪ Jump for distance and for height with single-foot take off using a short approach run ▪ Throw using a short, fast approach run

	<ul style="list-style-type: none"> ▪ Throw using the sidearm pattern
T2W9	Outdoor Education <ul style="list-style-type: none"> ▪ Outdoor living ▪ Sense of place
T2W10	Dance Perform the following structured dances and repeat with modifications to the movement phrases - "Sicilian Tarantella" (line-facing 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	Physical Health & Safety <ul style="list-style-type: none"> ▪ Revisit routines during PE ▪ Revisit safety during PE & play@recess ▪ Personal hygiene & self-care Outdoor Education <ul style="list-style-type: none"> ▪ Outdoor living ▪ Risk assessment & management Gymnastics Sequencing
T3W5-7	Games & Sports Striking-fielding (softball) <ul style="list-style-type: none"> ▪ Sending into space / defending space ▪ Advancing bases to score / defending bases
T3W8-9	Preliminary Exams
T3W10	Dance Perform the following structured dances and repeat with modifications to the movement phrases - "Let's Bounce" (social dance)

Term 4 SOW

(T4W3) Children's Day Scheduled Sch Hol: 2 Oct (T4W9) Deepavali PH: 9 Nov	
Week	Topic
T4W1	Revision
T4W2 – 3	PSLE
T4W4 – 6	Games & Sports Net-barrier (mini-tennis) <ul style="list-style-type: none"> ▪ Winning the Point /Defending against an Attack ▪ Setting up an Attack/Defending Space
T4W7	Outdoor Education <ul style="list-style-type: none"> ▪ Outdoor living ▪ Sense of place
T4W8 – 10	Post Exam Activities