

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

**Term 1 SOW**

Week	Topic	Remarks
T1W1	<b>Physical Health Fitness</b> <ul style="list-style-type: none"> <li>▪ General safety</li> <li>▪ Road safety</li> <li>▪ Establishment of routines during PE</li> <li>▪ Safety during PE and play@recess</li> </ul>	
T1W2-3	<b>Gymnastics</b> Balance in a small group of 3 to 6, demonstrating momentary stillness using counterbalances and counter-tension to form a variety of symmetrical and asymmetrical shapes.	
T1W4-5	<b>Athletics</b> <ul style="list-style-type: none"> <li>▪ Sprint from a crouch start over a sustained distance with acceleration and finishing technique.</li> <li>▪ Standard relay to pass a baton using a non-visual pass</li> <li>▪ Hurdling (40cm – 50cm) over 60m – 80m</li> </ul>	
T1W6-10	<b>Games &amp; Sports</b> <ul style="list-style-type: none"> <li>▪ Territorial-invasion (football)               <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> </li> </ul>	CNY PH: 10,11 & 12 Feb CNY Scheduled Sch Hol: 13 Feb

## Term 2 SOW

Week	Topic	Remarks
T2W1-2	<b>Gymnastics</b> Balance in a small group of 3 to 6, demonstrating momentary stillness using a variety of connected base and top positions.	Good Friday PH: 29 Mar
T2W3-6	<b>Games &amp; Sports</b> <ul style="list-style-type: none"> <li>▪ Territorial-invasion (basketball)               <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> </li> </ul>	Hari Raya Puasa PH: 10 Apr
T2W7-8	<b>Athletics</b> <ul style="list-style-type: none"> <li>▪ Jump for distance and for height with single-foot take off using a short approach run</li> <li>▪ Throw using a short, fast approach run aiming for both height and distance</li> <li>▪ Push a weight-appropriate shot-like implement from a standing position</li> <li>▪ Throw using the sidearm pattern</li> </ul>	Labour Day PH: 1 May
T2W9	<b>Outdoor Education</b> Enhancing physical health and well-being: <ul style="list-style-type: none"> <li>▪ Create a pictorial chart of an area in school indicating relative sizes and positions of key landmarks. Plan and undertake a route with checkpoints using pictorial charts.</li> <li>▪ Apply key principles and considerations of planning meals appropriate to different types of outdoor activities.</li> </ul>	
T2W10	<b>Dance</b> Perform the following structured dances and repeat with modifications to the movement phrases. “Sicilian Tarantella” (line-facing folk dance)	Vesak Day PH: 22 May

## Term 3 SOW

Week	Topic	Remarks
T3W1-3	<p><b>Physical Health Fitness</b></p> <ul style="list-style-type: none"> <li>▪ Revisit routines during PE</li> <li>▪ Revisit safety during PE &amp; play@recess</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>▪ Run up to rebound on springboard to vault over high apparatus in forward and lateral directions, to land on feet in a controlled finished position.</li> </ul>	Youth Day Scheduled Sch Hol: 1 Jul
T3W4-7	<p><b>Games &amp; Sports</b></p> <ul style="list-style-type: none"> <li>▪ Striking-fielding (softball)               <ul style="list-style-type: none"> <li>- Sending into space / defending space</li> <li>- Advancing bases to score / defending bases</li> </ul> </li> </ul>	National Day PH: 9 Aug
T3W8	<p><b>Outdoor Education</b></p> <p>Building competency in assessing and managing risk - Access and evaluate information to manage the safety of self and others for different types of outdoor activities.</p>	
T3W9-10	<p><b>Dance</b></p> <p>Perform the following structured dances and repeat with modifications to the movement phrases.</p> <ul style="list-style-type: none"> <li>- "Let's Bounce" (social dance)</li> </ul>	Teacher's Day Scheduled Sch Hol: 30 Aug

## Term 4 SOW

Week	Topic	Remarks
T4W1-4	<b>Gymnastics</b> Perform in a small group of 3 to 6, a sequence of ten different movements each, which includes a combination of solo, pair and group actions of travelling, jumping, rotating and balancing, demonstrating a variety of position and timing relationship with the group members.	Children's Day Scheduled Sch Hol: 4 Oct
T4W5-9	<b>Games &amp; Sports</b> <ul style="list-style-type: none"><li>▪ Net-barrier (mini-tennis)<ul style="list-style-type: none"><li>- Winning the Point /Defending against an Attack</li><li>- Setting up an Attack/Defending Space</li></ul></li></ul>	
T4W10	<b>Outdoor Education</b> Developing a sense of place - Recognize the importance of minimizing environmental impact when engaging in outdoor activities.	Deepavali PH: 31 Oct