

**Tampines North Primary School**  
**PE Department**  
**Primary 1**  
**Scheme Of Work (Outline)**

**Term 1 SOW**

Week	Topic	Remarks
T1W2	<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> <li>▪ Playground orientation</li> </ul>	
T1W3-5	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>▪ Space Awareness</li> <li>▪ Travel using a variety of locomotor movements on:               <ul style="list-style-type: none"> <li>- feet in variations of direction, level, pathway, time and force</li> <li>- different body parts in variations of shape, direction, time and pathway</li> </ul> </li> </ul>	
T1W6	<b>Outdoor Education</b> Enhancing physical health and well-being	
T1W7-10	<b>Games &amp; Sports</b> <ul style="list-style-type: none"> <li>▪ Rolling and Catching - Ball familiarization, rolling stationary</li> <li>▪ Tossing/ Throwing and Catching – Toss &amp; catch bean bag</li> </ul>	CNY PH: 10,11 & 12 Feb CNY Scheduled Sch Hol: 13 Feb

## Term 2 SOW

Week	Topic	Remarks
T2W1-4	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>▪ Travel in space, in relation to:               <ul style="list-style-type: none"> <li>- position with different small apparatus</li> <li>- position and timing with a partner</li> </ul> </li> <li>▪ Jump, using one-foot and two-feet take off:               <ul style="list-style-type: none"> <li>- for distance and height</li> <li>- to form different shapes</li> </ul> </li> <li>▪ Jump over a swinging rope held by others several times in succession</li> </ul>	Good Friday PH: 29 Mar Hari Raya Puasa PH: 10 Apr
T2W5-7	<b>Games &amp; Sports</b> <ul style="list-style-type: none"> <li>▪ Rolling Underhand and Catching - Ball familiarization, rolling in move &amp; receiving</li> <li>▪ Tossing/ Throwing and Catching – Toss &amp; catch ball (different sizes)</li> </ul>	Labour Day PH: 1 May
T2W8	<b>Outdoor Education</b> Building competency in assessing and managing risk	
T2W9-10	<b>Dance</b> <ul style="list-style-type: none"> <li>▪ Explore:               <ul style="list-style-type: none"> <li>- a variety of locomotor and non-locomotor</li> <li>- shapes with various body parts</li> </ul> </li> </ul>	Vesak Day PH: 22 May

### Term 3 SOW

Week	Topic	Remarks
T3W1-4	<b>Physical Health Fitness</b> <ul style="list-style-type: none"> <li>▪ Revisit routines during PE</li> <li>▪ Revisit safety during PE &amp; play@recess</li> </ul> <b>Gymnastics</b> <ul style="list-style-type: none"> <li>▪ Balance</li> <li>▪ Rock</li> <li>▪ Roll</li> </ul>	Youth Day Scheduled Sch Hol: 1 Jul
T3W5-7	<b>Games &amp; Sports</b> Striking/ Volleying - Throw with 2-handed underhand movement. Striking	National Day PH: 9 Aug
T3W8	<b>Outdoor Education</b> Developing a sense of place	
T3W9-10	<b>Dance</b> Work in pairs to develop a movement phrase with locomotor and non-locomotor movements using a combination of shape, direction, level and time, and perform in various timing	Teacher's Day Scheduled Sch Hol: 30 Aug

### Term 4 SOW

Week	Topic	Remarks
T4W1-2	<b>Gymnastics</b> Perform a sequence of two different movements with smooth transition.	
T4W3-8	<b>Games &amp; Sports</b> Bouncing, personal space. Throw with overhand movement	Children's Day Scheduled Sch Hol: 4 Oct
T4W9-10	<b>Dance</b> Express through body movements a range of feelings and ideas.	Deepavali PH: 31 Oct