

**Tampines North Primary School**  
**PE Department**  
**Primary 3**  
**Scheme Of Work (Outline)**

**Term 1 SOW**

Week	Topic	Remarks
T1W1-2	<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>	
T1W3-6	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>▪ Travel in relation to position with a variety of low, medium-height, and high apparatus</li> <li>▪ Jump over a self-turned rope several times in succession.</li> </ul>	
T1W7-10	<b>Games &amp; Sports</b> <ul style="list-style-type: none"> <li>▪ Passing with hands</li> <li>▪ Propelling &amp; shielding with hands</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>▪ Balance on hand(s) with straightened arm(s), in combination with two feet, and in combination with one foot, with the body facing in the downward, upward and sideway directions, with hips raised to different levels in relation to the floor</li> <li>▪ Balance on the head and hands, in the inverted position and coming out of the balance with control.</li> </ul>	Good Friday PH: 29 Mar Hari Raya Puasa PH: 10 Apr
T2W5-8	<b>Games &amp; Sports</b> <ul style="list-style-type: none"> <li>▪ Passing with implement</li> <li>▪ Propelling and avoiding others with implement</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>▪ Locate the position of self in relation to the landmarks in the school and its neighbourhood using pictorial charts</li> <li>▪ Apply key principles and considerations of packing for a day trip</li> </ul>	
T2W10	<p><b>Dance</b> Explore movement phrases in variations of position and formation, with and without contacting group members, in response to music.</p>	Vesak Day PH: 22 May

### Term 3 SOW

Week	Topic	Remarks
T3W1-4	<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>▪ Roll: <ul style="list-style-type: none"> <li>- in a forward direction, starting and ending in different body shapes and body positions.</li> <li>- using the shape of round-tuck in a backward direction down an inclined surface.</li> </ul> </li> <li>▪ Jump using two-feet take-off with hand support on low apparatus</li> </ul>	Youth Day Scheduled Sch Hol: 1 Jul
T3W5-7	<p><b>Games &amp; Sports</b></p> <ul style="list-style-type: none"> <li>▪ Passing with feet</li> <li>▪ Propelling and avoiding others with feet</li> </ul>	National Day PH: 9 Aug
T3W8	<p><b>Outdoor Education</b> Building competency in assessing and managing risk - Identify ways to manage the safety of self and others 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 and perform in various positions, with and without contacting group members.</li> <li>▪ Perform a pre-designed movement experience to the music "<i>In Appreciation</i>"</li> </ul>	Teacher's Day Scheduled Sch Hol: 30 Aug

	and repeat with modifications to group formation.	
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#### Term 4 SOW

Week	Topic	Remarks
T4W1-4	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>▪ Jump to hold momentarily on hands with straightened arms, on high apparatus.</li> <li>▪ Jump off a medium-height apparatus to land in a controlled finished position</li> <li>▪ Perform a sequence of four different movements with smooth transition and different starting and ending positions.</li> </ul>	Children's Day Scheduled Sch Hol: 4 Oct
T4W5-9	<b>Games &amp; Sports</b> <ul style="list-style-type: none"> <li>▪ Striking with underarm movement hands</li> <li>▪ Striking movement with implement</li> </ul>	
T4W10	<b>Outdoor Education</b> Developing a sense of place - Describe distinctiveness of the neighbourhood.	Deepavali PH: 31 Oct