

Tampines North Primary School
PE Department
Primary 4
Scheme Of Work (Outline)

Term 1 SOW

Week	Topic	Remarks
T1W2	Physical Health Fitness <ul style="list-style-type: none"> ▪ General safety ▪ Road safety ▪ Establishment of routines during PE ▪ Safety during PE and play@recess ▪ Playground orientation 	
T1W3-5	Gymnastics <ul style="list-style-type: none"> ▪ Hang momentarily on overhead apparatus demonstrating a variety of symmetrical and asymmetrical body shapes ▪ Balance on hands with straightened arms and with feet supported 	
T1W6-7	Athletics <ul style="list-style-type: none"> ▪ Distance running ▪ Sprint from a crouch start ▪ Team relay passing a baton while moving slowly in a straight line ▪ Hurdling (40cm) over 40m 	CNY PH: 10,11 & 12 Feb CNY Scheduled Sch Hol: 13 Feb
T1W8-10	Games & Sports <ul style="list-style-type: none"> ▪ Pass & go with defender hand ▪ Shoot on goal with hand 	

Term 2 SOW

Week	Topic	Remarks
T2W1-3	Gymnastics <ul style="list-style-type: none"> ▪ Balance on hands with straightened arms on ground and a variety of low to medium-height apparatus. ▪ Turn in lateral rotation, demonstrating a transfer of body weight from feet, onto hands. 	Good Friday PH: 29 Mar
T2W4-6	Games & Sports <ul style="list-style-type: none"> ▪ Pass & go with defender implement ▪ Shoot on goal with implement 	Hari Raya Puasa PH: 10 Apr
T2W7-8	Athletics <ul style="list-style-type: none"> ▪ Jumping – Distance & height with 3-5 strides ▪ Throwing – Throw using a short approach run. Push a weighted ball from a standing position 	Labour Day PH: 1 May
T2W9	Outdoor Education Enhancing physical health and well-being: <ul style="list-style-type: none"> ▪ Undertake a route with checkpoints using pictorial charts and other aids ▪ Apply key principles and considerations of healthy eating and hygiene when preparing for a meal for a day trip 	
T2W10	Dance Explore different body parts to lead movements in variations	Vesak Day PH: 22 May

Term 3 SOW

Week	Topic	Remarks
T3W1-4	<p>Physical Health Fitness</p> <ul style="list-style-type: none"> ▪ Revisit routines during PE ▪ Revisit safety during PE & play@recess <p>Gymnastics</p> <ul style="list-style-type: none"> ▪ Jump with hand support on at least medium-height apparatus to mount on feet, in tuck and straddle shapes. ▪ Jump off apparatus to land in a controlled finished position 	Youth Day Scheduled Sch Hol: 1 Jul
T3W5-7	<p>Games & Sports</p> <ul style="list-style-type: none"> ▪ Pass & go with defender (feet) ▪ Shoot on goal with (feet) 	National Day PH: 9 Aug
T3W8	<p>Outdoor Education</p> <p>Building competency in assessing and managing risk - Respond appropriately to minor injuries during outdoor activities</p>	
T3W9-10	<p>Dance</p> <ul style="list-style-type: none"> ▪ Work in small groups of 3 to 5, to develop and demonstrate a sequence of movement phrases ▪ Perform a pre-designed movement experience 	Teacher's Day Scheduled Sch Hol: 30 Aug

Term 4 SOW

Week	Topic	Remarks
T4W1-4	Gymnastics <ul style="list-style-type: none">▪ Jump from low apparatus to rebound on a springboard, to form gymnastics shapes of stretch, tuck, and straddle during flight, to land in a controlled finished position▪ Perform a sequence of four different movements which includes joining a balancing action to a rotating action	Children's Day Scheduled Sch Hol: 4 Oct
T4W5-9	Games & Sports <ul style="list-style-type: none">▪ Striking with hand▪ Striking with implement	
T4W10	Outdoor Education Developing a sense of place	Deepavali PH: 31 Oct