

**Tampines North Primary School
PE Department
Primary 5
Scheme Of Work (Outline)**

Term 1 SOW

Week	Topic	Remarks
T1W1	Physical Health Fitness <ul style="list-style-type: none"> ▪ General safety ▪ Road safety ▪ Establishment of routines during PE ▪ Safety during PE and play@recess 	
T1W2-3	Gymnastics <ul style="list-style-type: none"> ▪ Travel while hanging from overhead apparatus ▪ Balance on hands with straightened arms in the inverted position 	
T1W4-5	Athletics <ul style="list-style-type: none"> ▪ Distance running with varying pace ▪ Sprint from a crouch start over a sustained distance ▪ Standard relay to pass a baton using a visual pass ▪ Hurdling (40cm – 50cm) over 50m – 70m 	
T1W6-10	Games & Sports <ul style="list-style-type: none"> ▪ Net-barrier (volleyball) <ul style="list-style-type: none"> - Winning the Point /Defending against an Attack - Setting up an Attack/Defending Space 	CNY PH: 10,11 & 12 Feb CNY Scheduled Sch Hol: 13 Feb

Term 2 SOW

Week	Topic	Remarks
T2W1-2	Gymnastics Balance with a partner demonstrating momentary stillness using counterbalances and counter-tension to form a variety of symmetrical and asymmetrical shapes.	Good Friday PH: 29 Mar
T2W3-6	Games & Sports <ul style="list-style-type: none"> ▪ Territorial-invasion (floorball) <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 	Hari Raya Puasa PH: 10 Apr
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 aiming for both height and distance. ▪ Push a weight-appropriate shot-like implement from a standing position, aiming for both height and distance. 	Labour Day PH: 1 May
T2W9	Outdoor Education Enhancing physical health and well-being: Chart and undertake a route with checkpoints in the school using pictorial charts. Apply key principles and considerations of packing for a residential camp.	
T2W10	Dance Perform the following structured dances and repeat with modifications to the movement phrases. "CEIMO CEIMO" (single-circle folk dance)	Vesak Day PH: 22 May

Term 3 SOW

Week	Topic	Remarks
T3W1-3	<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"> ▪ Run up approximately 10m to rebound on springboard, to form gymnastics shapes during flight, to land in a controlled finished position ▪ Rebound on springboard to vault over medium height apparatus in forward and lateral directions, to land on feet in a controlled finished position. 	Youth Day Scheduled Sch Hol: 1 Jul
T3W4-7	<p>Games & Sports</p> <ul style="list-style-type: none"> ▪ Striking-fielding (rounders) <ul style="list-style-type: none"> - Sending into space / defending space - Advancing bases to score / defending bases 	National Day PH: 9 Aug
T3W8	<p>Outdoor Education</p> <p>Building competency in assessing and managing risk - Describe procedures for treating common minor injuries incurred during outdoor activities.</p>	
T3W9-10	<p>Dance</p> <p>Perform the following structured dances and repeat with modifications to the movement phrases.</p> <ul style="list-style-type: none"> - “Apat Apat” (double-circle folk dance) - “Slappin’ Leather” (social dance) 	Teacher’s Day Scheduled Sch Hol: 30 Aug

Term 4 SOW

Week	Topic	Remarks
T4W1-4	Gymnastics <ul style="list-style-type: none"> ▪ Perform: <ul style="list-style-type: none"> - a sequence of six different movements which includes joining a jumping action to a rotating action, demonstrating degrees of body extensions and movement planes, with smooth transition. - with a partner a sequence of eight different movements each, which includes pair balances and travelling actions, demonstrating a variety of position and timing relationship with the partner. 	Children's Day Scheduled Sch Hol: 4 Oct
T4W5-9	Games & Sports <ul style="list-style-type: none"> ▪ Net-barrier (badminton) <ul style="list-style-type: none"> - Winning the Point /Defending against an Attack - Setting up an Attack/Defending Space 	Deepavali PH: 31 Oct
T4W10	Outdoor Education Developing a sense of place - Explain and appreciate the relationships between self, the school and its neighbourhood.	