

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

Term 1 SOW

(T1W4) CNY PH: 29 & 30 Jan	
Week	Topic
T1W1 – 2	Physical Health and Safety - Personal and General Safety Outdoor Education - Enhancing physical health and wellbeing
T1W3 – 5	Gymnastics - Travelling and Jumping - Balancing
T1W6 - 10	Games and Sports - Rolling Underhand and Catching

Term 2 SOW

(T2W2) Hari Raya Puasa PH: 31 Mar (T2W4) Good Friday PH: 18 Apr (T2W6) Labour Day PH: 1 May (T2W8) Vesak Day PH: 12 May	
Week	Topic
T2W1	Physical Health and Safety - Understanding my body - Nutrition/Healthy Eating
T2W2 – 4	Gymnastics - Rotating - Sequencing - Perform a gymnastic sequence of two different movements with smooth transition.
T2W5 – 8	Games and Sports - Tossing/ Throwing and Catching
T2W9 – 10	Outdoor Education - Building competency in assessing and managing risk

Term 3 SOW

(T3W2) Youth Day Scheduled Sch Hol: 7 Jul (T3W6) National Day PH: 9 Aug (T3W7) National Day Scheduled Sch Hol: 11 Aug	
Week	Topic
T3W1 – 5	Physical Health and Safety - Personal Hygiene and Self-Care Games and Sports - Tossing/ Throwing and Catching
T3W6 – 8	Dance – Chan Mali Chan
T3W9 - 10	Outdoor Education - Developing a sense of place

Term 4 SOW

(T4W3) Children's Day Scheduled Sch Hol: 3 Oct (T4W6) Deepavali PH: 20 Oct	
Week	Topic
T4W1 – 5	Games and Sports - Striking/ Volleying (with body parts)
T4W6-7	Outdoor Education - Enhancing physical health and wellbeing
T4W8 – 10	Games and Sports