

Tampines North Primary School
PE Department
Primary 2
Scheme Of Work (Outline)

Term 1 SOW

(T1W4) CNY PH: 29 & 30 Jan	
Week	Topic
T1W1 – 2	Outdoor Education <ul style="list-style-type: none"> - Discovering my school Physical Health and Safety <ul style="list-style-type: none"> - Understand the importance of engaging in regular physical activity.
T1W3 – 5	Gymnastics <ul style="list-style-type: none"> - Travelling, Jumping and Climbing - Balancing
T1W6 -10	Games and Sports <ul style="list-style-type: none"> - 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 – 5	Physical Health and Safety <ul style="list-style-type: none"> - Nutrition/Healthy Eating Games and Sports <ul style="list-style-type: none"> - Throwing and Catching
T2W6 – 8	Gymnastics <ul style="list-style-type: none"> - Rotating - Mounting, Dismounting and Vaulting - Sequencing
T2W9 - 10	Outdoor Education <ul style="list-style-type: none"> - 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/General Safety Games and Sports - Kicking - Striking/ Volleying (with body part) - Striking (with implement)
T3W6 – 8	Dance – Ode to Joy
T3W9 - 10	Outdoor Education - Enhancing physical health and wellbeing

Term 4 SOW

(T4W3) Children’s Day Scheduled Sch Hol: 3 Oct (T4W6) Deepavali PH: 20 Oct	
Week	Topic
T4W1 – 6	Physical Health and Safety - Personal Hygiene and Self-Care Games and Sports - Dribbling/ Tapping (with hand, leg and implement)
T4W7 - 8	Outdoor Education - Enhancing physical health and wellbeing
T4W9 – 10	Games and Sports