

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

**Term 1 SOW**

(T1W4) CNY PH: 29 & 30 Jan	
Week	Topic
T1W1	Physical Health and Safety - Participate in regular physical activities of different intensity to keep the body healthy.
T1W2 – 5	Gymnastics - Travelling, Jumping and Climbing - Balancing
T1W6 - 10	Games and Sports - Throwing 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 - Water and cycling safety - Healthy Eating  Games and Sports - Kicking and trapping (with body part) - Striking and Trapping (long handled implement)
T2W6 – 8	Gymnastics - Rotating - Mounting, Dismounting and Vaulting - Sequencing
T2W9 - 10	Outdoor Education - Navigation and trip planning 1

### 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 – 6	Games and Sports - Striking/ Volleying (with body part) - Striking (a racket)  Physical Health and Safety - Personal Hygiene and Self-Care
T3W7 – 9	Dance – In Appreciation
T3W10	Outdoor Education - Navigation and trip planning 2

### Term 4 SOW

(T4W3) Children's Day Scheduled Sch Hol: 3 Oct (T4W6) Deepavali PH: 20 Oct	
Week	Topic
T4W1 – 5	Games and Sports - Dribbling
T4W6 - 8	Outdoor Education - Risk assessment and management
T4W9 – 10	Games and Sports