

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

**Term 1 SOW**

(T1W4) CNY PH: 29 & 30 Jan	
Week	Topic
T1W2	<b>Physical Health Fitness</b> <ul style="list-style-type: none"> <li>▪ General safety</li> <li>▪ Road safety</li> <li>▪ Establishment of routines during PE</li> <li>▪ Safety during PE and play@recess</li> <li>▪ Playground orientation</li> </ul>
T1W3-5	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>▪ Hang momentarily on overhead apparatus demonstrating a variety of symmetrical and asymmetrical body shapes</li> <li>▪ Balance on hands with straightened arms and with feet supported</li> </ul>
T1W6-7	<b>Athletics</b> <ul style="list-style-type: none"> <li>▪ Distance running</li> <li>▪ Sprint from a crouch start</li> <li>▪ Team relay passing a baton while moving slowly in a straight line</li> <li>▪ Hurdling (40cm) over 40m</li> </ul>
T1W8-10	<b>Games &amp; Sports</b> <ul style="list-style-type: none"> <li>▪ Pass &amp; go with defender hand</li> <li>▪ Shoot on goal with hand</li> </ul>

**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
T2W1-3	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>▪ Balance on hands with straightened arms on ground and a variety of low to medium-height apparatus.</li> <li>▪ Turn in lateral rotation, demonstrating a transfer of body weight from feet, onto hands.</li> </ul>
T2W4-6	<b>Games &amp; Sports</b> <ul style="list-style-type: none"> <li>▪ Pass &amp; go with defender implement</li> <li>▪ Shoot on goal with implement</li> </ul>

T2W7-8	<b>Athletics</b> <ul style="list-style-type: none"> <li>▪ Jumping – Distance &amp; height with 3-5 strides</li> <li>▪ Throwing – Throw using a short approach run. Push a weighted ball from a standing position</li> </ul>
T2W9	<b>Outdoor Education</b> Enhancing physical health and well-being: <ul style="list-style-type: none"> <li>▪ Undertake a route with checkpoints using pictorial charts and other aids</li> <li>▪ Apply key principles and considerations of healthy eating and hygiene when preparing for a meal for a day trip</li> </ul>
T2W10	<b>Dance</b> Explore different body parts to lead movements in variations

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

## Term 4 SOW

(T4W3) Children's Day Scheduled Sch Hol: 3 Oct (T4W6) Deepavali PH: 20 Oct	
Week	Topic
T4W1 - 3	<b>Gymnastics</b> <ul style="list-style-type: none"><li>▪ 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</li><li>▪ Perform a sequence of four different movements which includes joining a balancing action to a rotating action</li></ul>
T4W4 – 6	<b>Games &amp; Sports</b> <ul style="list-style-type: none"><li>▪ Striking with hand</li><li>▪ Striking with implement</li></ul>
T4W7	<b>Outdoor Education</b> Developing a sense of place
T4W8	EOY Exams
T4W9 – 10	Post Exam Activities