

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

Term 1 SOW

(T1W4) CNY PH: 29 & 30 Jan	
Week	Topic
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

Term 2 SOW

<p>(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</p>	
Week	Topic
T2W1-2	<p>Gymnastics Balance with a partner demonstrating momentary stillness using counterbalances and counter-tension to form a variety of symmetrical and asymmetrical shapes.</p>
T2W3-6	<p>Games & Sports</p> <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
T2W7-8	<p>Athletics</p> <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.
T2W9	<p>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.</p>
T2W10	<p>Dance Perform the following structured dances and repeat with modifications to the movement phrases. “CEIMO CEIMO” (single-circle folk dance)</p>

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
T3W1-3	Physical Health Fitness <ul style="list-style-type: none">Revisit routines during PERevisit safety during PE & play@recess Gymnastics <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 positionRebound on springboard to vault over medium height apparatus in forward and lateral directions, to land on feet in a controlled finished position.
T3W4-7	Games & Sports <ul style="list-style-type: none">Striking-fielding (rounders)<ul style="list-style-type: none">Sending into space / defending spaceAdvancing bases to score / defending bases
T3W8	Outdoor Education <p>Building competency in assessing and managing risk - Describe procedures for treating common minor injuries incurred during outdoor activities.</p>
T3W9-10	Dance <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)

Term 4 SOW

(T4W3) Children's Day Scheduled Sch Hol: 3 Oct (T4W6) Deepavali PH: 20 Oct	
Week	Topic
T4W1 - 3	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.
T4W4 – 6	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
T4W7	Outdoor Education Developing a sense of place - Explain and appreciate the relationships between self, the school and its neighbourhood.
T4W8	EOY Exams
T4W9 – 10	Post Exam Activities