



XINGNAN PRIMARY SCHOOL

5 Jurong West Street 91, Singapore 649036

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2025 TERM 3 LEARNING PLAN PRIMARY 1

PHYSICAL EDUCATION

S/N	Topic(s)/ Skill(s)	Learning Outcomes
1	OE	Follow routines of environmentally sustainable practices in school.
		Identify potential physical hazards in school grounds.
2	DANCE	Explore a variety of locomotor and non-locomotor movements and explore shapes with body parts.
		Perform a pre-designed movement experience with modifications to timing.
3	GAMES & SPORTS	Throw a variety of small objects using the 2-handed overhead movement pattern.
		Throw a variety of small objects using the overhand movement pattern.
4	PHYSICAL HEALTH AND SAFETY	Apply safety measures in school and during physical activities.



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HOLISTIC DEVELOPMENT PROFILE (HDP) SEMESTER 2

QUALITATIVE DESCRIPTORS

Learning Outcomes	Beginning	Advancing	Deepening	Mastering
Games & Sports Demonstrate a range of motor skills in rolling, catching, and throwing a variety of objects	Student needs a lot of guidance to demonstrate the range of motor skills in rolling, catching and throwing a variety of objects.	Student needs some guidance to demonstrate the range of motor skills in rolling, catching and throwing a variety of objects.	Student needs little guidance to demonstrate the range of motor skills in rolling, catching and throwing a variety of objects.	Student is able to demonstrate confidently the range of motor skills in rolling, catching and throwing a variety of objects.
Outdoor Education Move across a variety of ground surfaces in a familiar environment safely and confidently		Student needs some guidance to move across a variety of ground surfaces in a familiar environment safely and confidently.	Student needs little guidance to move across a variety of ground surfaces in a familiar environment safely and confidently.	Student is able to move across a variety of ground surfaces in a familiar environment safely and confidently.
Physical Health & Safety Apply safety measures in school and during physical activities.		Student needs some guidance to apply safety measures in school and during physical activities.	Student needs little guidance to apply safety measures in school and during physical activities.	Student is able to confidently apply safety measures in school and during physical activities.



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