



XINGNAN PRIMARY SCHOOL

5 Jurong West Street 91, Singapore 649036

Tel: 6791 3679 • Fax: 6792 1493

Email: xingnan_ps@moe.edu.sg • Website: www.xingnanpri.moe.edu.sg

2026 SEMESTER 1 LEARNING PLAN PRIMARY 6

PHYSICAL EDUCATION

S/N	TOPIC	LEARNING OUTCOME
1	Gymnastics	Balance: To form a variety of symmetrical and asymmetrical shapes. (a) counterbalances (b) counter-tension (c) various forms of balance with body shapes
		Run up to rebound on springboard to vault over high apparatus and to land on feet in a controlled finished position.
		Perform in a small group of 3 to 6, a sequence of ten different movements each to include rotating and balancing, positioning and timing.
2	Athletics	Sprint from a crouch start with acceleration and finishing technique.

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S/N	TOPIC	LEARNING OUTCOME
		Run in a standard relay to pass a baton with an acceleration zone in a straight or on a curve pathway.
		Run/sprint over evenly spaced obstacles.
		Jump for distance with a single-foot take off using a short approach run.
		Jump for height over an obstacle from one foot using a short approach run.
		Throw using a short appropriate projectile-like object.
		Throw using the sidearm pattern discus-like object.
3	Games & Sports	Understand the concept of winning the point, defending against an attack, sending the ball into space and defending the space.
4	Physical Health and Safety	Use a battery of tests to understand the components of skills-related fitness.

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S/N	TOPIC	LEARNING OUTCOME
		Sports Safety Understand the management and prevention of injuries related to physical activities.

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HOLISTIC DEVELOPMENT PROFILE (HDP)

SEMESTER 1

The Holistic Development Profile provides information on levels of skills acquired by students for the various subjects. The focus for each semester will vary as students' progress and develop age appropriately.

QUALITATIVE DESCRIPTORS

Learning Outcomes	Beginning	Developing	Competent	Accomplished
Perform a sequence of six different movements which includes joining a jumping action to a rotating action, and a variety of movements along different movement planes, with logical transitions linking the movement together.	Students need a lot of guidance and support to perform a sequence of six different movements which includes joining a jumping action to a rotating action, and a variety of movements along different movement planes, with logical transitions linking the movement together	Students need some guidance and support to perform a sequence of six different movements which includes joining a jumping action to a rotating action, and a variety of movements along different movement planes, with logical transitions linking the movement together	Students need little guidance and support to perform a sequence of six different movements which includes joining a jumping action to a rotating action, and a variety of movements along different movement planes, with logical transitions linking the movement together	Students can perform a sequence of six different movements which includes joining a jumping action to a rotating action, and a variety of movements along different movement planes, with logical transitions linking the movement together.

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Learning Outcomes	Beginning	Developing	Competent	Accomplished
Demonstrate an understanding of maximum force production when throwing for distance and heights, sprinting and running for distance and jumping for heights with single foot take-off using short approach.	Students need a lot of guidance to demonstrate an understanding of maximum force production when throwing for distance and heights, sprinting and running for distance and jumping for heights with single foot take-off using short approach.	Students need some guidance to demonstrate an understanding of maximum force production when throwing for distance and heights, sprinting and running for distance and jumping for heights with single foot take-off using short approach.	Students need little guidance to demonstrate an understanding of maximum force production when throwing for distance and heights, sprinting and running for distance and jumping for heights with single foot take-off using short approach.	Students can demonstrate an understanding of maximum force production when throwing for distance and heights, sprinting and running for distance and jumping for heights with single foot take-off using short approach confidently.
Demonstrate the ability to use a battery of test to understand the components of skills-related fitness.	Students need a lot of guidance to demonstrate the ability to use a battery of test to understand the components of skills-related fitness	Students need some guidance to demonstrate the ability to use a battery of test to understand the components of skills-related fitness	Students need little guidance to demonstrate the ability to use a battery of test to understand the components of skills-related fitness	Students can demonstrate the ability to use a battery of test to understand the components of skills-related fitness confidently.

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