# Physical Education Subject Sharing for Primary 3 and Primary 4 Parents

Physical Education &

Dance and Fitness (Learn for Life Programme)





#### **Physical Education**

#### National **ACTIVE LIFESTYLE Sports Pursuit** Representation **High Performance** High amount of performance-based training and Specialisation Recreational Participation competition Consolidation of one or Development of physical activity- and/or sport-Focus on one sport two sport-specific skills specific skills and tactics and tactics Sustained involvement in physical activities and/or sports based on interest and competencies Application of training in competitions, winning a Application of principles of training and safe practices secondary emphasis Maintenance of health and skill-related fitness Development of mental skills Emphasis on sport-specific strength and fitness conditioning **Broad-Based Development** Acquisition of overall skills and concepts (across and within physical activities and sports) Emphasis on application in developmentally-appropriate physical activities and sports Involvement in a range of physical and sporting experiences that is fun and inclusive

#### Development of health and skill-related fitness Strong Foundation

Understanding of principles of training and safe practices

Acquisition of fundamental motor skills and movement concepts

Emphasis on learning and enjoyment through developmentally appropriate movement experiences

Anchored on core values (respect, responsibility, resilience, integrity, care and harmony)







#### Strong Foundation



Acquisition of **fundamental motor skills** and **movement concepts** 



Emphasis on learning and enjoyment through developmentally appropriate movement experiences



Anchored on core values (respect, responsibility, resilience, integrity, care and harmony)











#### Broad-Based Development

Acquisition of overall skills and concepts

(across and within physical activities and sports)

- Emphasis on **application** in developmentally-appropriate physical activities and sports
- Involvement in a range of physical and sporting experiences that is fun and inclusive
- Understanding of principles of training and safe practices
- Development of health and skill-related fitness





### Recreational Participation



Development
of physical
activity- and/or
sport-specific
skills and tactics

Sustained
involvement in
physical activities
and/or sports based
on interest and
competencies





Application of principles of training and safe practices



Maintenance of health and skill-related fitness



#### Learning Areas for Primary 3 and Primary 4

Primary 3	Primary 4		
Athletics	Athletics		
Dance	Dance		
Games and Sports	Games and Sports		
Gymnastics	Gymnastics		
Outdoor Education	Outdoor Education		
Physical Health and Fitness	Physical Health and Fitness		
Swimming			





















## Programmes beyond PE lessons

Movement@ RiVPS

Sports
Education
Programme

Inter-Class Competition



# Movement@RiVPS

Name: Class:	Name:	Name: Class:	Name:	Name: Class:
AGILITY	ENDURANCE ••	POWER	MUSCULAR ENDURANCE III	MUSCULAR ENDURANCE I
		3		<b>%</b>





















# Sports Education Programme







