

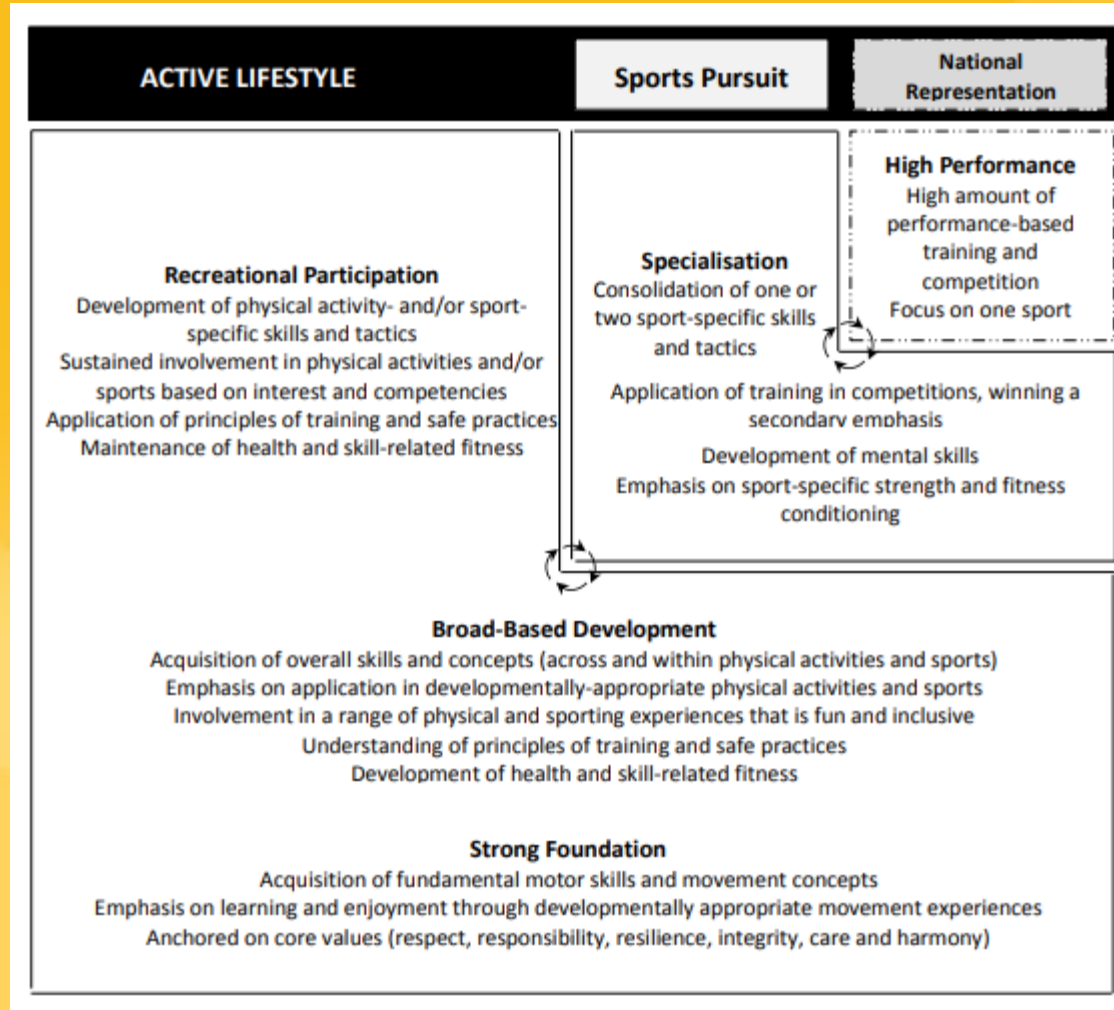
Subject Sharing for Primary 5 and Primary 6 Parents

2 February 2023

Physical Education & Dance and Fitness (Learn for Life Programme)



Physical Education



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)



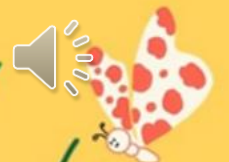
Broad-Based Development

- 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 5 and Primary 6



Primary 5	Primary 6
Athletics	Athletics
Dance	Dance
Games and Sports	Games and Sports
Gymnastics	Gymnastics
Outdoor Education	Outdoor Education
Physical Health and Fitness	Physical Health and Fitness



Programmes beyond PE lessons






Movement@
RiVPS

Sports
Education
Programme

Inter-Class
Competition



Movement@RiVPS

<p>Name: _____ Class: _____</p> <p>AGILITY</p>  <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Name: _____ Class: _____</p> <p>ENDURANCE</p>  <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Name: _____ Class: _____</p> <p>POWER</p>  <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Name: _____ Class: _____</p> <p>MUSCULAR ENDURANCE III</p>  <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Name: _____ Class: _____</p> <p>MUSCULAR ENDURANCE I</p>  <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
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Sports Education Programme





Inter-Class Competition





Dance and Fitness (LLP)





Thank You!



FOR YOUR SUPPORT

Rivervale Primary

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Succeed & Excel

