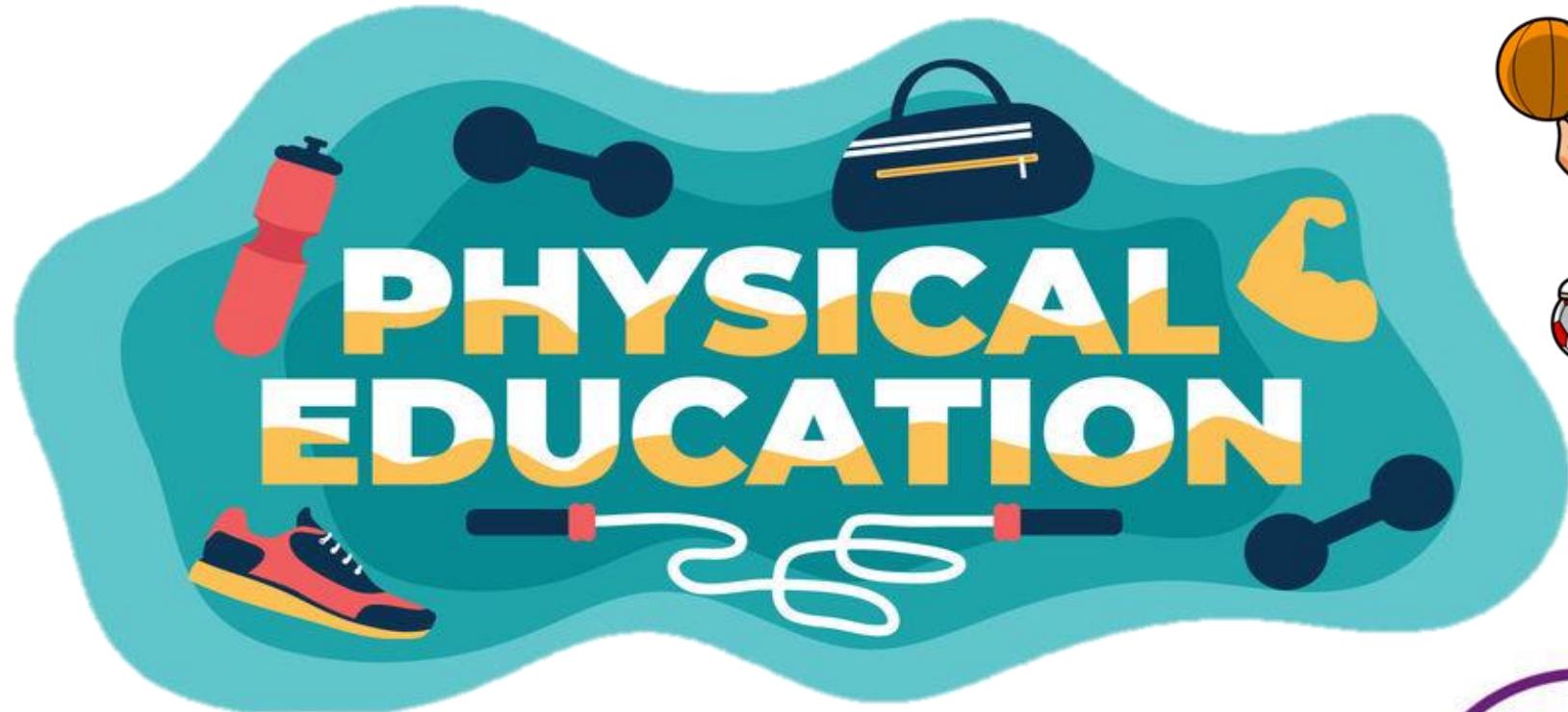


Curriculum Briefing 2026

Primary 5
Primary 6



Learners driven by Passion . Leaders guided by Values
Respect . Responsibility . Resilience . Integrity . Care . Harmony



NEW PHYSICAL EDUCATION SYLLABUS (2024)

The Physical Education (PE) syllabus has undergone a revision this year.

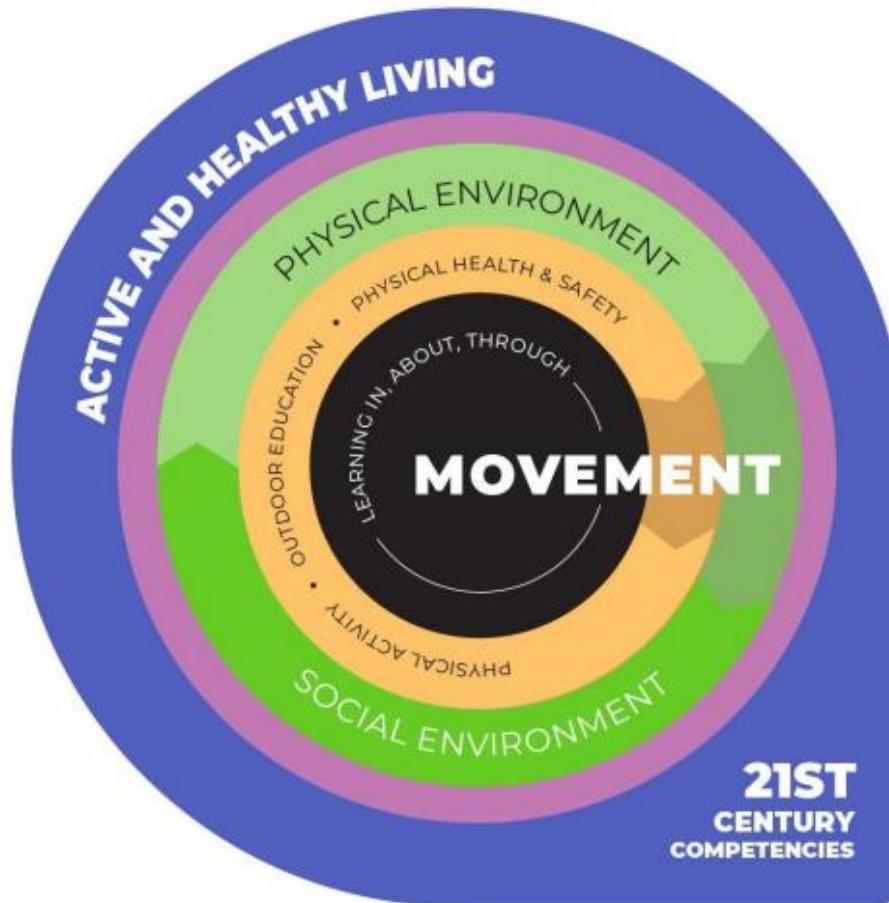


Figure 2. Physical Education Curriculum Framework

For Primary 5 and Primary 6, the focus is on **consolidating** of movement skills and concepts in the learning areas of:

- PHYSICAL ACTIVITY
- OUTDOOR EDUCATION
- PHYSICAL HEALTH & SAFETY

PURPOSE OF PHYSICAL EDUCATION

The purpose of Physical Education (PE) is to develop the whole child to bring about a nation of physically competent and confident individuals who enjoy a lifetime of active and healthy living safely and responsibly.



GOALS OF PHYSICAL EDUCATION



Movement Competence

Students are competent and confident to participate in a range of physical and outdoor activities.



Healthy Lifestyle Practices

Students have a personal commitment to healthy lifestyle practices in physical activity, nutrition, sleep, outdoor time and hygiene.



Safety Mindset

Students apply risk assessment to manage daily and physical activities with respect to self, others and the environment.



Core Values

Students make informed and responsible decisions with regard to personal behaviour and social interactions based on sound values-based judgements.



Enjoyment

Students enjoy and value physical activities and healthy living in a sustainable way.

PHYSICAL EDUCATION (PE) CURRICULUM

Learning Areas and Strands at Primary 5 and Primary 6

The learning experiences leading to the goals of Physical Education are organized according to the three learning areas and content areas/strands below.

Learning Area	Content Area	Strand
1. Physical Activity	<ul style="list-style-type: none">• Dance• Games and Sports• Gymnastic• Athletics• Swimming	<ul style="list-style-type: none">• Movement Skills and Concepts• Safety Practices
2. Outdoor Education		<ul style="list-style-type: none">• Outdoor Living• Sense of Place• Risk Assessment and Management
3. Physical Health and Safety		<ul style="list-style-type: none">• Physical Fitness• Safety and Risk Management• Nutrition• Personal Hygiene and Self-Care

PHYSICAL EDUCATION (PE) CURRICULUM @ WSPS

6 Year Progressive Map

Level	Curricular Focus	Desired Student Outcomes	Aligned E21CC Competencies
Primary 1 & Primary 2 Foundation Phase	Shaping and Providing Experiences Introduce fundamental movement skills, values, and SEL through play-based learning.	<ul style="list-style-type: none">CuriosityJoy of movementEmpathyCooperation	<ul style="list-style-type: none">Self-ManagementSocial AwarenessRelationship Management
Primary 3 & Primary 4 Development Phase	Sharpening and Empowerment Strengthen and refine physical abilities and decision-making through structured PE, team activities, and CCAs.	<ul style="list-style-type: none">ConfidenceTeamworkResponsibilityInclusiveness	<ul style="list-style-type: none">Self-Directed Learning with use of technologyCollaboration
Primary 5 & Primary 6 Application Phase	Application and Sustenance Provide authentic platforms (leadership in PE, inter-class games, cohort camps, Sports Fiesta) to apply and sustain learned competencies.	<ul style="list-style-type: none">ResilienceLeadershipLifelong commitment to an active lifestyle	<ul style="list-style-type: none">Critical ThinkingResilienceResponsible Decision-Making

PERFORMANCE REPORTING IN PHYSICAL EDUCATION (PE)

Students' attainment at Primary 5 and 6 are shared by reflecting the **PE Grade** at the end of every Semester. Data obtained through the different assessment platforms:

- Students will execute specific performance tasks to demonstrate their movement skills and concept in daily lessons.
- Written quiz each semester on topics covered in My PE Journal (MPEJ).

Height and Weight Measurement will only reflect the BMI category of the student such as “Underweight”, “Acceptable”, “Obese” or “Severely Obese”.

Primary 6 NAPFA result will only reflect the award attained by the student such as “Bronze”, “Silver”, “Gold” or “NIL”. No retest will be conducted and it will not affect students' admission to secondary school.

LEARNING DISPOSITION



In daily PE lesson observations, PE teachers identify students during physical activities who consistently display

- fair play, inclusivity and respect for one another
- cooperation with their team members
- positive attitude towards learning and participation

HOW CAN PARENTS SUPPORT AND HELP?

Teacher-Parent Partnership engagement to **support, encourage and reinforce** students' learning **extending** physical activity at home through,



Family Activities in MPEJ to encourage parents/ guardians to celebrate milestone!

Family Activities in SLS to be done as a family!



Lookout for PG on Health Tips and Family Activities!



Use technology as an enabler for indoor exercises or fitness tracking!

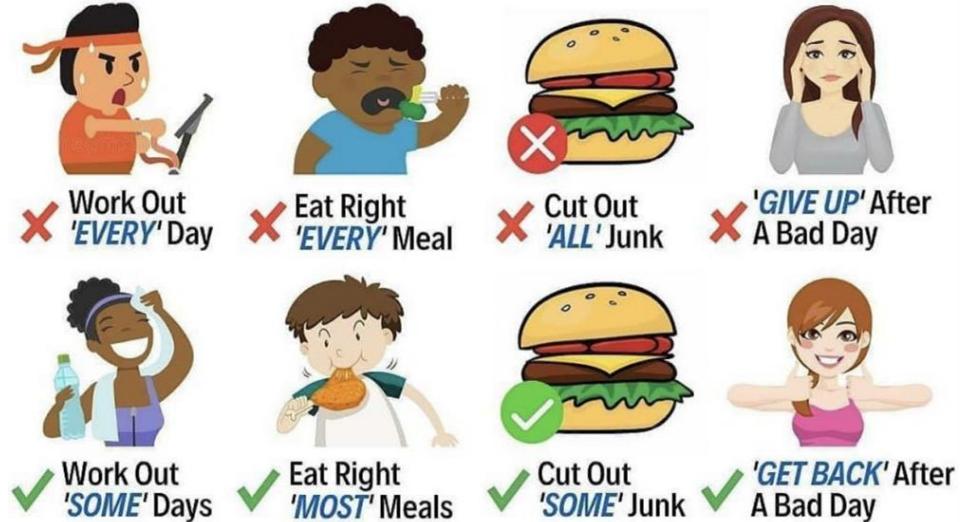
HOW CAN PARENTS SUPPORT AND HELP?

In pursuing a **lifetime of active and healthy living**, role-model with your child/ward to demonstrate the following:

- engage in **physical activities of interest** regularly and limit sedentary time
- **spend time outdoors** and enjoy nature responsibly
- have a **balanced diet** and often choose **healthier options**
- **rest and sleep** sufficiently
- practise **personal hygiene**

PERFECTION VS. CONSISTENCY

@GRANTGIRSKY



An All-Or-Nothing Approach
Is NOT Your Answer...

Aim For *Consistency*, Not *Perfection*!

HOW CAN PARENTS SUPPORT AND HELP?



and Connect

with your child's / ward's PE teacher!



Healthy Body

+



Healthy Mind

=

Beautiful Life!

Thank You...

Source: Uyir Organic

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