



PE
ART
MUSIC

4 Pillars of an Active & Healthy Lifestyle

Physical Activity	Nutrition
Hygiene	Sleeping Time

Consistency in **school** and at **home**



Causes of an unhealthy lifestyle



Programme to inculcate an Active & Healthy Lifestyle

PAL

PE / LLP

PHF Card

In school & home

Spark Time

Healthy eating



Programme for Active Learning (PAL)



Objectives

1

Values and Social & Emotional Competencies

School Values

- Self-Control
- Perseverance (Resilience)
- Responsibility
- Integrity
- National Pride (Harmony)
- Gratefulness

Social Emotional Competencies

- Self Awareness
- Social Awareness
- Self Management
- Relationship Management
- Responsible Decision Making



Objectives

2 Broad exposure & experiences to SEL competencies through fun and varied activities

Outdoor Education
- The Great Outdoors

Sports & Games
- Ball Games

**PAL @
ESPS**

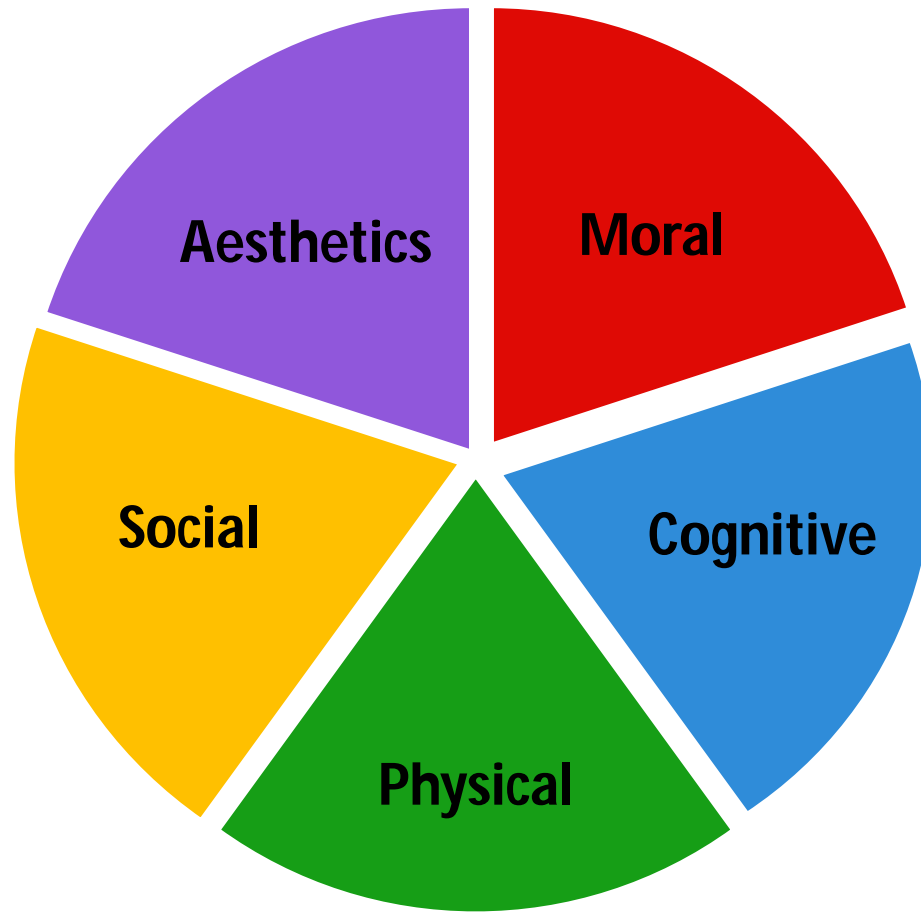
Performing Arts
- A Musical Journey (P1)
- We are Creative Dancers! (P2)

Visual Arts
- Underwater World (P1)
- My Garden (P2)



Objectives

3 Holistic Development of every E'Light



Structure



Target audience

**All Primary 1 & 2
Students**

Frequency

2 hours per week

Deployment of Staff

**Teacher specialists &
Form Teachers**



PAL @ ESPS

- Children learns best with peer interaction
- Incorporates values education and social and emotional learning



PAL @ ESPS

- Hands-on authentic learning experiences
- Fun and enjoyable



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Physical Health & Fitness Card

No	Activity in Term 1	Duration / Requirements	Stars	PE teacher's Signature/ Date
EXAMPLE	Perform rope skipping for 50 repetitions for 6 days in a term.	Write down the dates when you performed the activities: 1/1/2017 4/1/2017 8/1/2017 9/1/2017 7/1/2017 10/1/2017	***	
PE	1 Play a game/sport actively in school during PE lessons.	List down the name of the game/sport you played. Date Game/Sport One important thing that I learned / /2017	**	
	2 Participate actively during modular PE. Write down the dates. Show your PE teacher.	Write down the dates when you participate actively during modular PE. / /2017 / /2017 / /2017 / /2017 / /2017 / /2017	***	
	3 Perform an underhand drill to a stationary partner. Show your PE teacher.	Please submit your card to your PE teacher for signature.	**	
HE	4 Help to clean up the house for 6 days in a term. Write down the things that you helped to do.	Date I helped to... Parent's Signature / /2017 / /2017 / /2017 / /2017 / /2017 / /2017	**	
	5 Write down the three steps of the road safety STOP drill.	They are: 1.) _____ 2.) _____ 3.) _____	***	
	6 Visit the Dental Care pillar in the canteen and find the answers to the questions on the pillar.	Answers: 1.) _____ 2.) _____ 3.) _____	***	
	7 Bring a fruit to school during recess and eat it.	Write down the dates when you bring a fruit. / /2017 / /2017 / /2017 / /2017 / /2017 / /2017	***	
	8 Take a short walk/jog (15 min) or play a sport/game with a family member for 4 days in a term.	Who? Date Activity? Parent's Signature / /2017 / /2017 / /2017 / /2017	**	
Whole-School Approach	9 Have at least 9 hours of sleep for 3 consecutive days in a week during the term.	Date Parent's Signature / /2017 / /2017 / /2017	**	
	10 Borrow equipment during Recess Active Play to play a game/sport for 5 days in a term.	List down the equipment borrowed on the date you played. Equipment borrowed Date _____ _____ _____ _____ _____	***	

You may submit the completed Physical Health and Fitness Booklet to your PE teacher anytime upon completion. Latest week of submission is Week 5 of the Term 4.

Semester 2

Primary 1

East Spring Primary School

PHYSICAL HEALTH & FITNESS CARD



NAME: _____ CLASS: _____

Total number of stars	Individual Award
20 - 25	GOLD AWARD I have set my mind on completing my task and have done my best to be a aware of my body.
15 - 18	SILVER AWARD I am almost there and I know I have the ability to do what it takes to be healthy and fit. I can do it!
10 - 14	Bronze Award I will try harder next time because I know it's not my mind to let it see the light.

Structure

Frequency	Card is issued once a Semester
Activities	10 tasks <i>-Individual</i> <i>-Child & Family</i>
Timeline	Completed along the semester
Merit System	Stars awarded based on completed tasks



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Structure

Target	All students
Implementation	During curriculum time at least 2 hour before or after recess
Duration	15 minutes



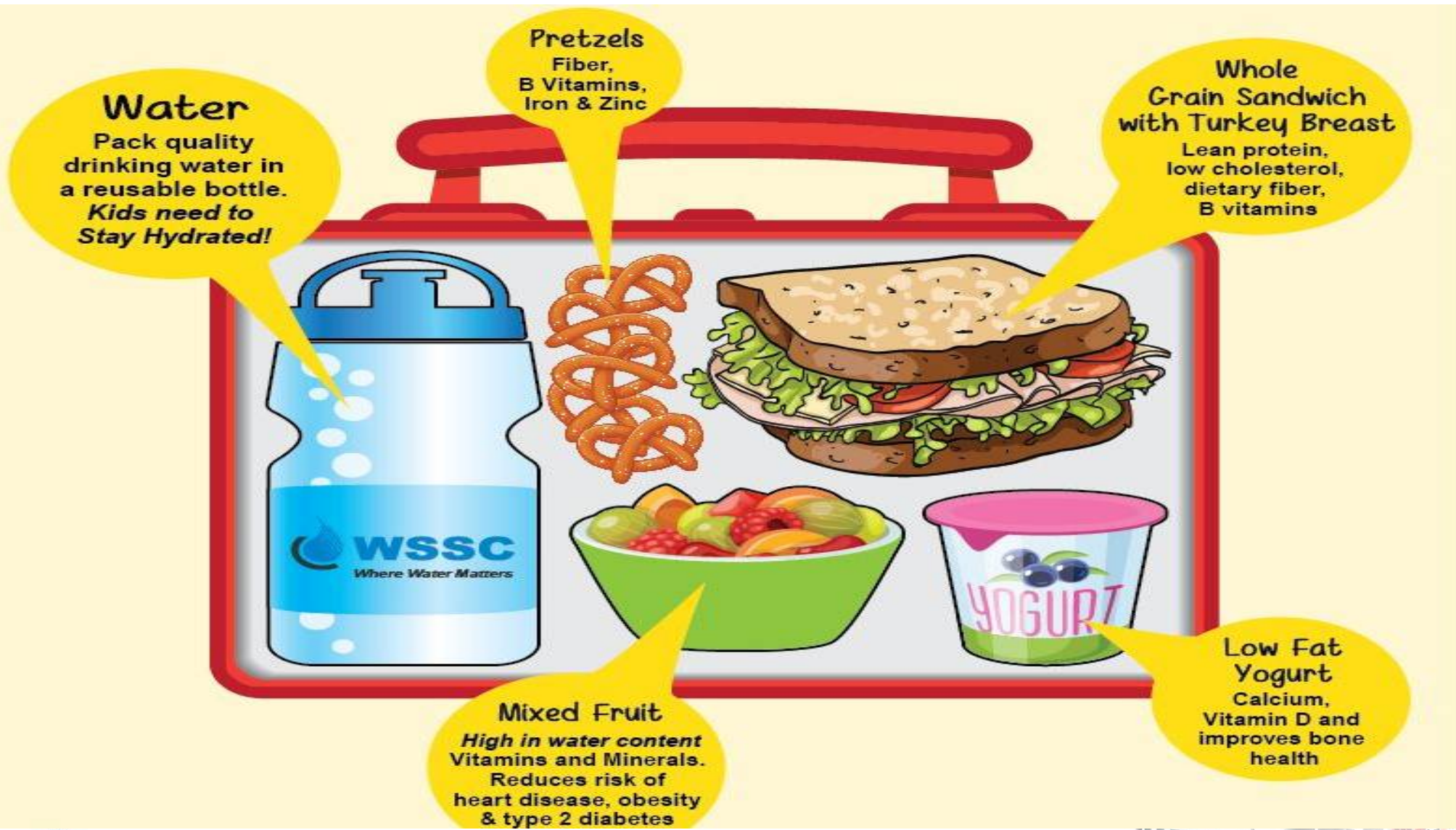
HEALTHY EATING (*Spark* Time)



- Symbol does **NOT** mean it is HEALTHY
- Just a slightly better choice than other snacks



Benefits



Most Importantly



- Money management skills
- Self-management skills
- Healthy habits
- Acts of love and care



One of the greatest gift...



Gracious School , Life-long Learners



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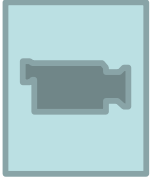


PE lessons

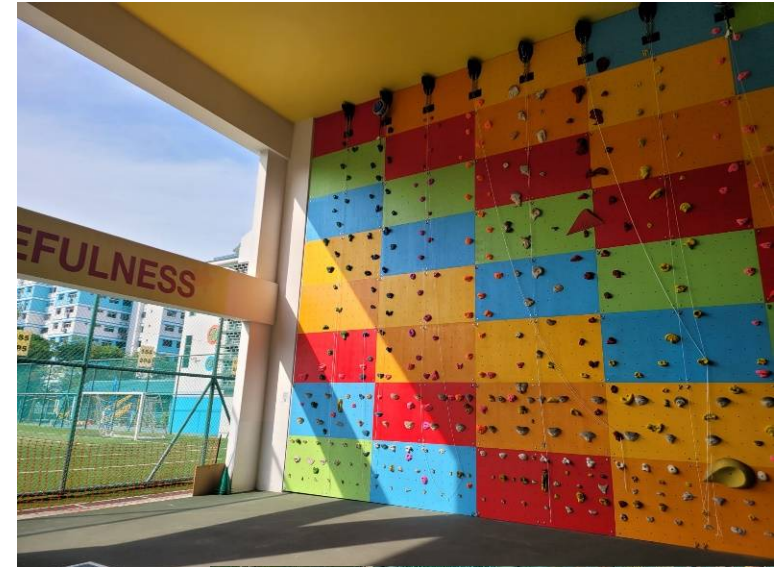
- Progressive
- Skill and concept-based syllabus
- Encourage fitness conditioning through cardiovascular jogs and climbing
- Inter-class Games



Learning for Life Programme (LLP)



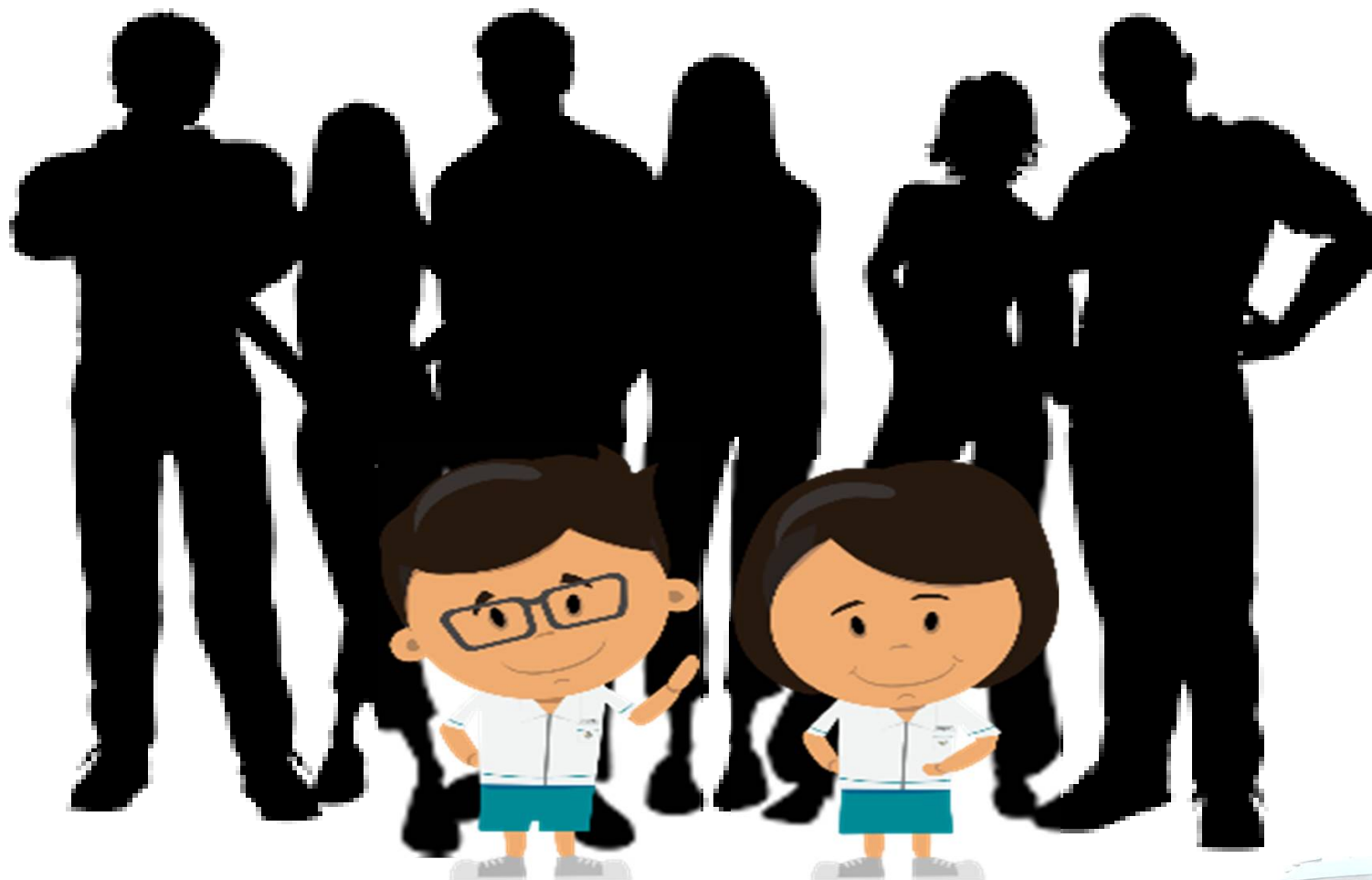
- Character-building and resilience
- Outdoor Education
- Climbing, Water Confidence and Navigation
- Sports Climbing Wall
- Camps



Gracious School , Life-long Learners



It takes a village to raise a child...



Gracious School , Life-long Learners



Thank you!



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