



Junyuan Primary School Programme for Active Learning (PAL) PE, Art and Music (PAM) Curriculum





Ministry of Education
SINGAPORE

Programme for Active Learning



PAL Objectives

- Provides pupils broad exposure to the 4 PAL domains ★
- Nurtures pupils in the 3Cs and social-emotional competencies ★

PAL Learning Outcomes

- Nurturing the 3Cs:
Confidence, Curiosity and Cooperation Skills in pupils

5 PAL Learning Characteristics

- 1 Experiential in nature
- 2 Encompasses learning in a creative way
- 3 Provides opportunities for children to create
- 4 Incorporates values and social-emotional learning
- 5 Fun and enjoyable

PERFORMING ARTS



SPORTS AND GAMES



5 Key Practices of the PAL Teacher

- 1 Models curiosity and expresses joy in learning
- 2 Uses varied and engaging pedagogies to facilitate creative and hands-on learning
- 3 Allows pupils' inquiry and interest to drive the direction of learning during lessons
- 4 Facilitates pupils' learning with open-ended questions that prompt sharing and reflection
- 5 Creates a learning environment that welcomes play, exploration and teamwork

OUTDOOR EDUCATION



VISUAL ARTS



Useful links to PAL resources on OPAL: <http://subjects.opal.moe.edu.sg/pal>



How will PAL Lessons be like?





What will our students learn during PAL?

Confidence

Cooperation skills

Curiosity



Why the need for PAL?

Provide more opportunities for children to enjoy school and learn life skills and values through play.





**Performing
Arts**

**Outdoor
Education**

Visual Arts

**Sports &
Games**



***DOMAINS******EXAMPLES***

Self Awareness	<ul style="list-style-type: none">• I know how I am feeling• I know my strengths• I know myself well
Social Awareness	<ul style="list-style-type: none">• I know others may think differently• I respect others
Self Management	<ul style="list-style-type: none">• I can control myself• I am self-motivated• I am able to take care of myself

***DOMAINS******EXAMPLES***

Relationship Management	<ul style="list-style-type: none">• I can share my thoughts with others• I am a good friend
Responsible Decision Making	<ul style="list-style-type: none">• I can identify problems• I can solve challenges• I do what is right



When is PAL carried out?

- Conducted for P1 and P2 pupils.
- Conducted weekly – 4 periods
- Each term a different module will be conducted.

Each module lasts for 7-8 weeks.



SPORTS & GAMES MODULE

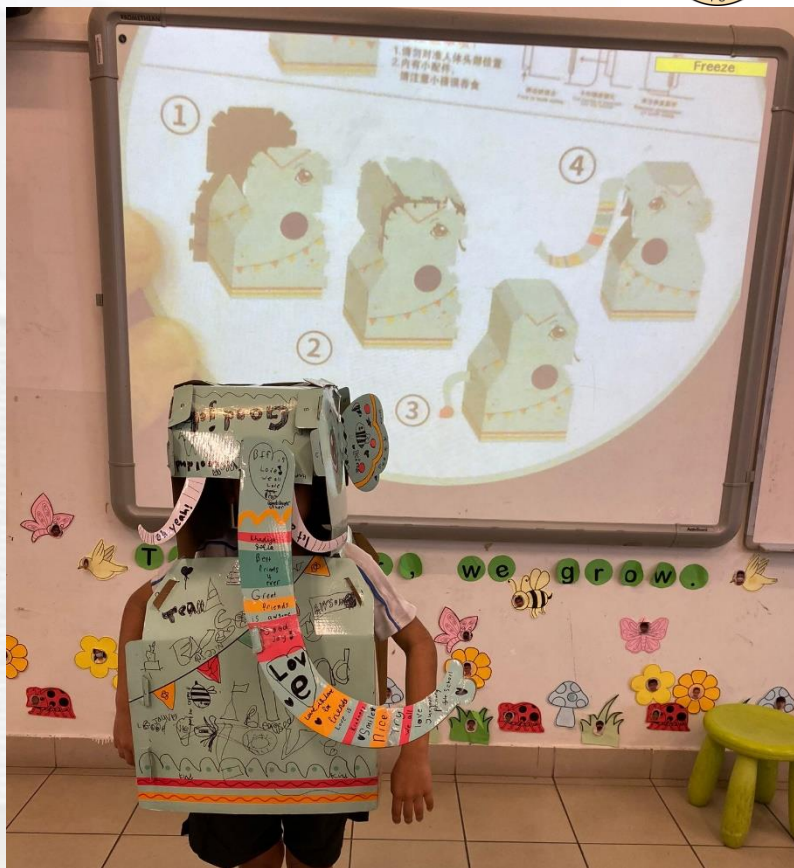




PERFORMING ARTS MODULE



JUMP JAM™



VISUAL ARTS MODULE



OUTDOOR EDUCATION MODULE





PE, Art and Music Curriculum in Junyuan





Physical Education (PE) in Junyuan

Games & Sports



Dance



Physical Health and Fitness



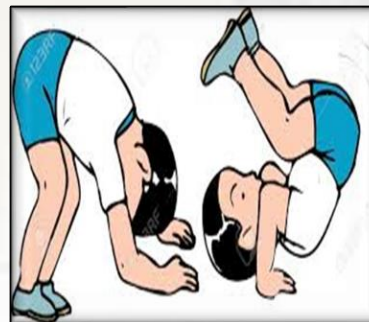
Athletics (P4 onwards)



Outdoor Education



Gymnastics



Swimming (P4 onwards)

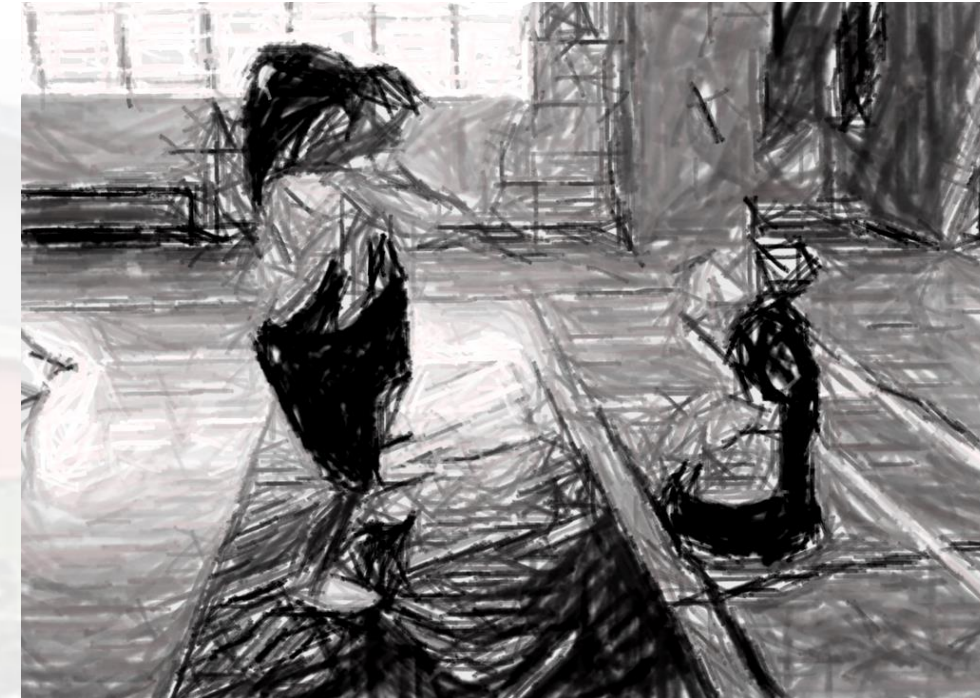




Counter Balance



Counter Tension

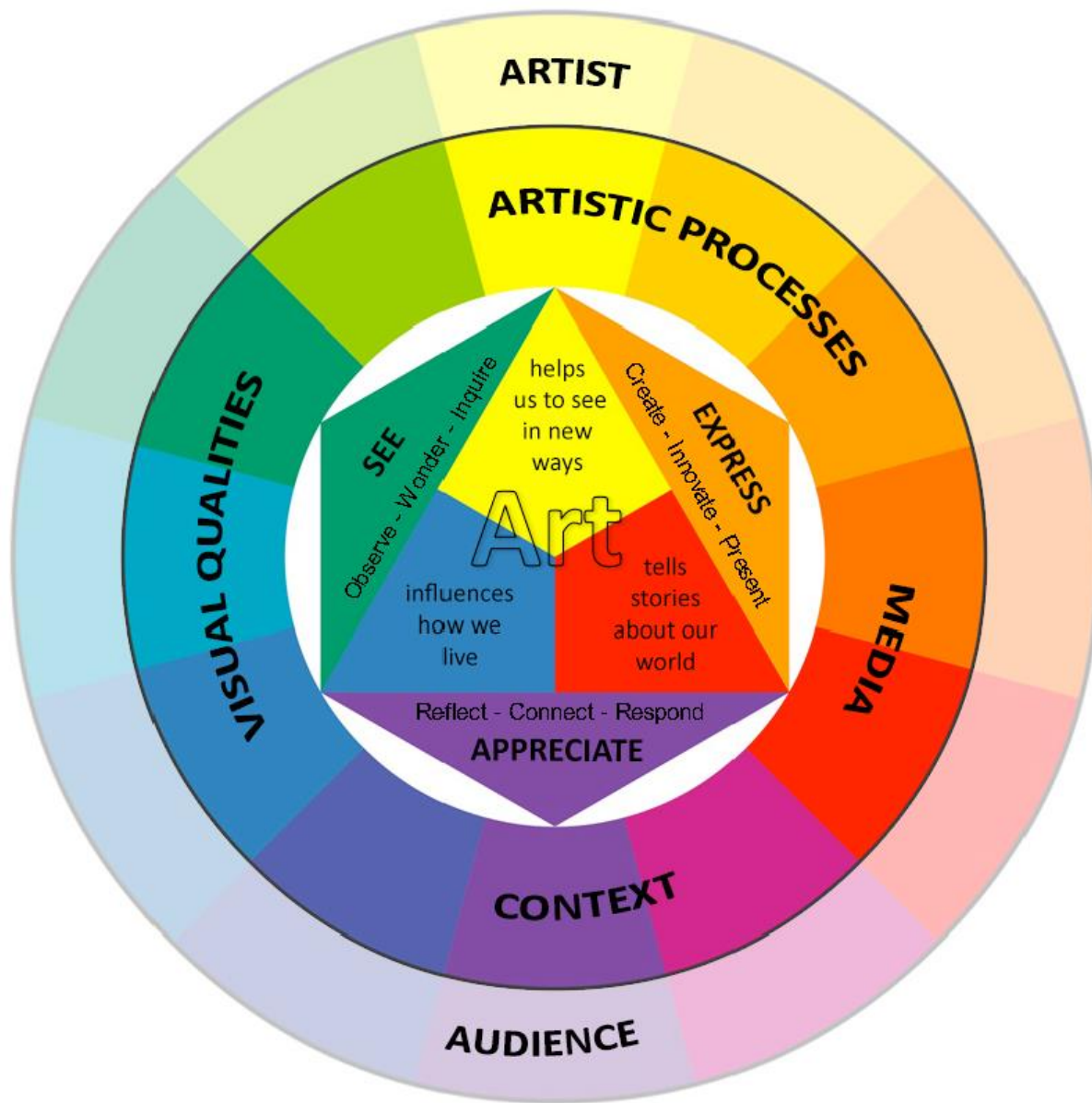


Point Balances

Students in pairs and groups practicing partner balances and individual balances in Gymnastic domain.



Art Curriculum





Domain: See

Competencies: Observe – Wonder – Inquire

LO1:

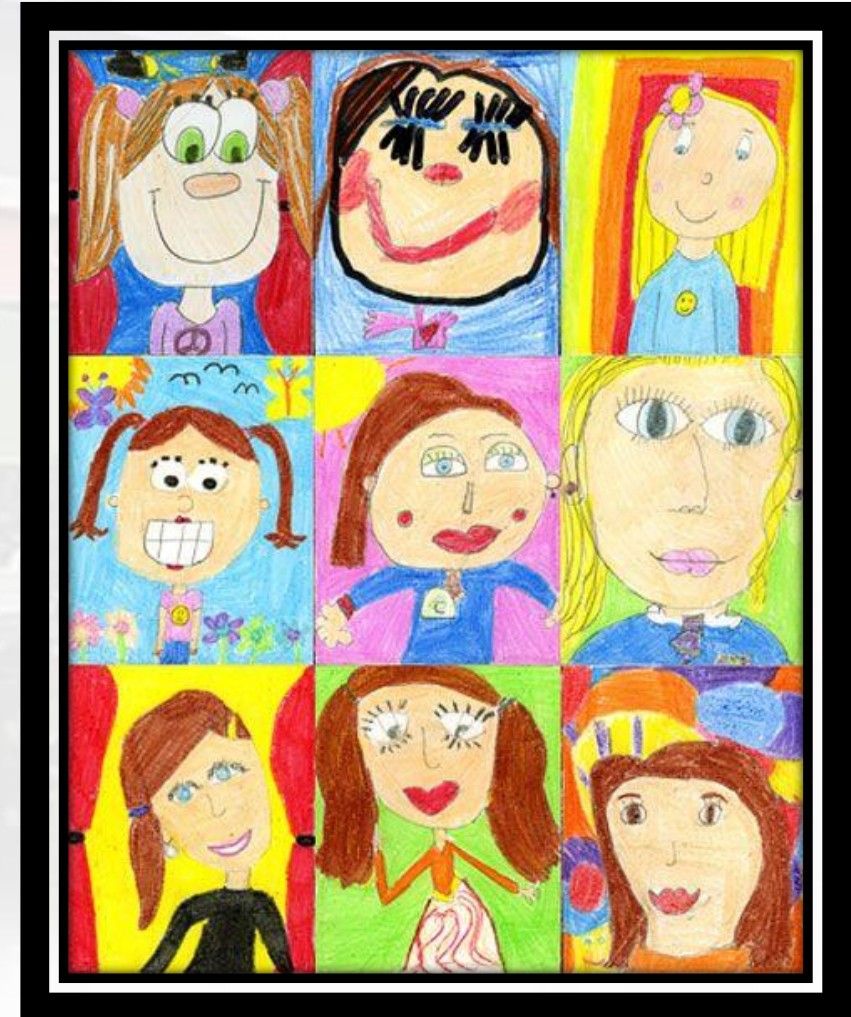
Identify simple visual qualities in what they see around them

LO2:

Ask questions about what they see

LO3:

Draw from their imagination and observation





Domain: Express

Competencies: Create – Innovate – Present

LO4:

Play with a variety of materials and tools to make art



LO5:

Share their imagination, thoughts and feelings through art making





Domain: Appreciate

Competencies: Reflect – Connect – Respond

LO6:

Show interest in looking at a variety of artworks

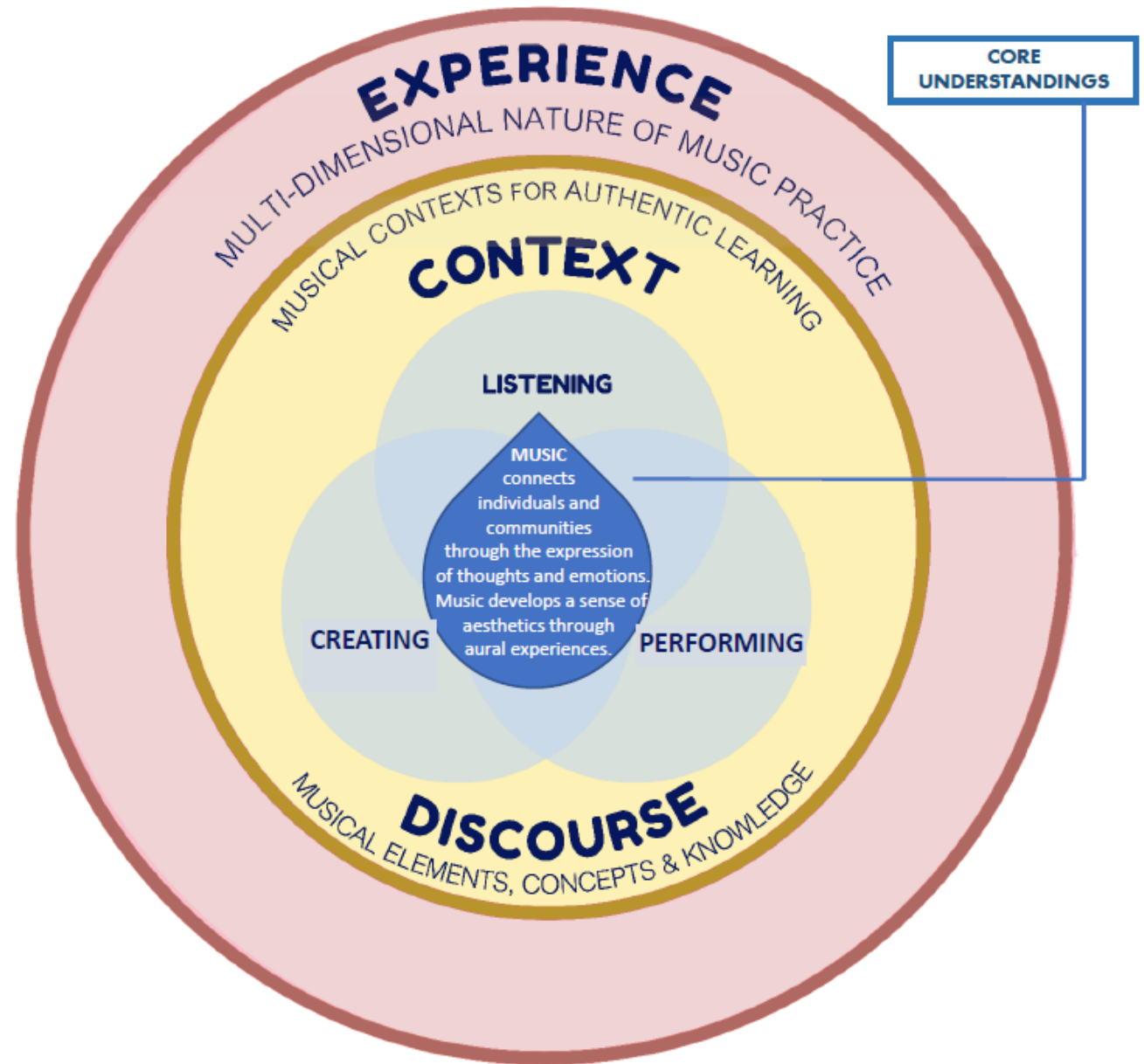
LO7:

Talk about what they see, feel and experience using art vocabulary





Music Curriculum





Musical Process: Listen

LO1:

Listen and Respond to Music

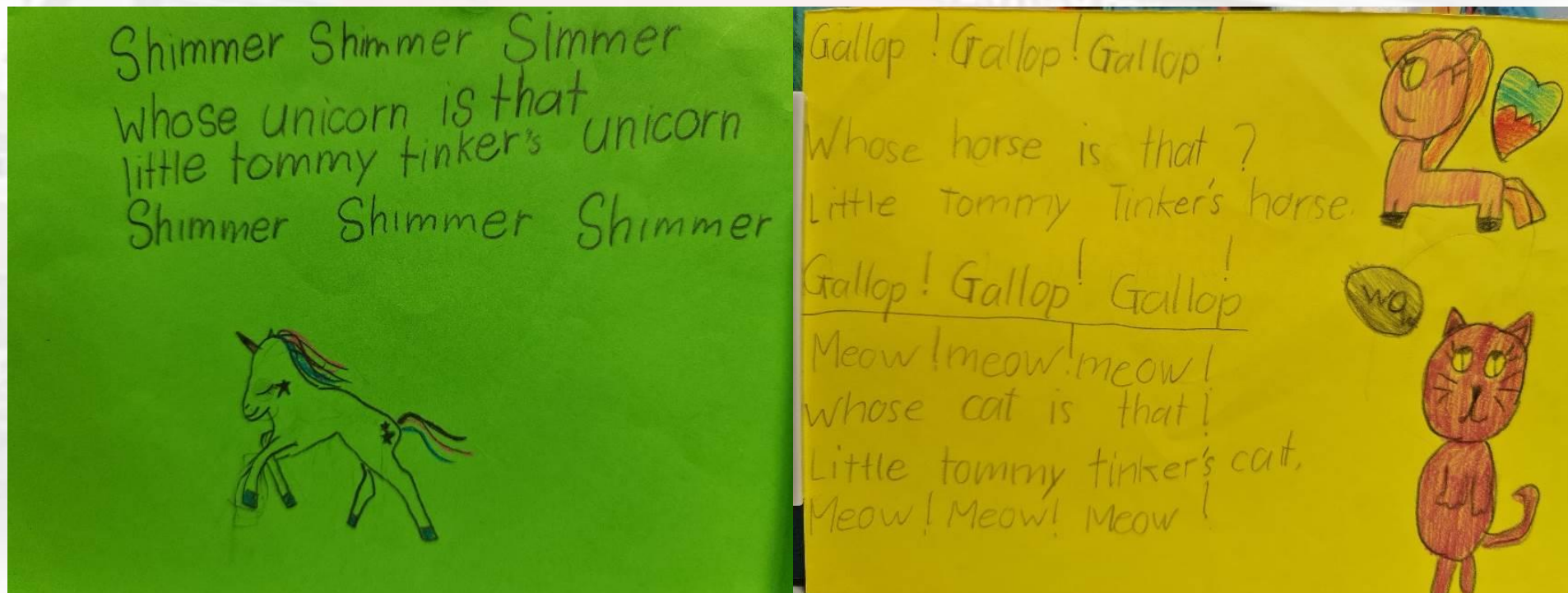




Musical Process: Create

LO2:

Create Music in both vocal and instrumental settings, individually and collaboratively





Musical Process: Perform

LO3:

Perform Music in both vocal and instrumental settings, individually and collaboratively where students respectively:

A. Sing

B. Play Instruments





JUNYUAN PRIMARY SCHOOL

Future-Ready Learners . Leaders of Character

Thank you!