



Hougang Primary School

Programme for Active
Learning @ HGP

PAL @ HGP



- 1. Objectives of PAL**
- 2. Learning Outcomes of PAL**
- 3. Characteristic of PAL**
- 4. PAL Lesson VS Academic Lesson**
- 5. PAL Journey @ HGP**





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Background of PAL

Primary Education Review Implementation
(PERI) Recommendations (2009):



To enhance primary education

To realise a more holistic primary education



To equip pupils with skills and values to thrive in
a fast-changing and globalised future



PAL @ HGP



Objectives of PAL

1. Broad exposure & experiences through fun and varied activities
2. Values and Social & Emotional Competencies
3. Holistic Development of the Child



Objectives of PAL

OE

Outdoor
Education



VA

Visual Arts



PA

Performing
Arts



SG

Sports &
Games



(1) Broad exposure & experiences through fun and varied activities

R³ICH

Objectives of PAL

SE

Values

Responsibility

Respect

Resilience

Integrity

Care

Harmony

Social Emotional Competencies

Self Awareness

Social Awareness

Self Management

Relationship

Management

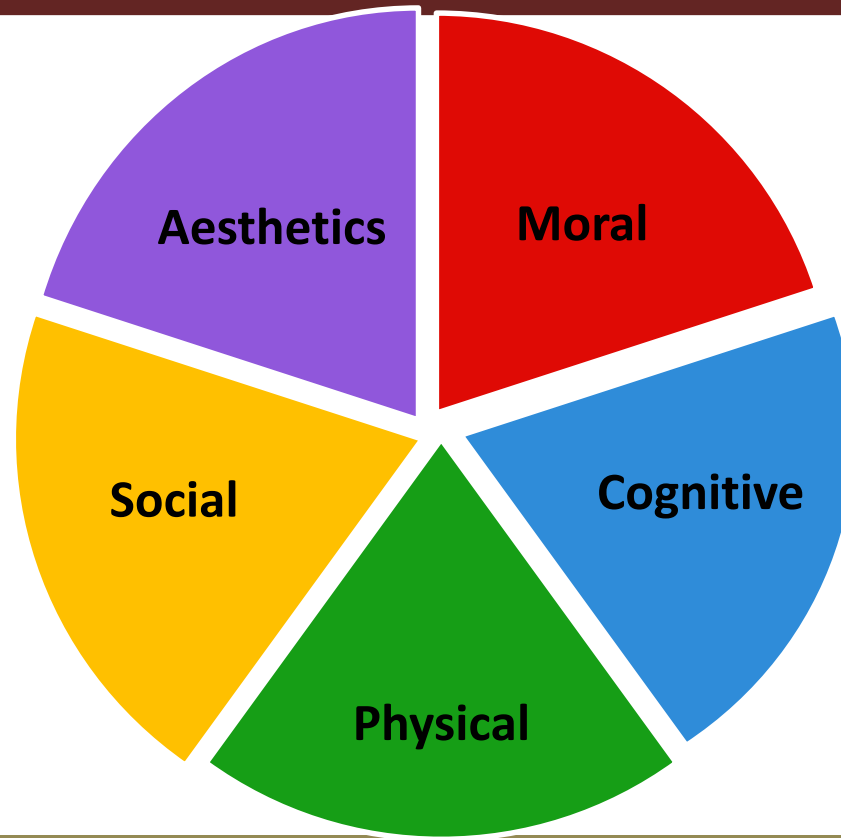
**Responsible Decision
Making**

(2) Values and Social & Emotional Competencies

SOCIAL & EMOTIONAL COMPETENCIES

Domains	Examples
Self Awareness	<ul style="list-style-type: none">• Identifying and recognising emotions• Accurate self-perception• Recognising strengths, needs, and values• Self-efficacy
Social Awareness	<ul style="list-style-type: none">• Perspective taking• Empathy• Appreciating diversity• Respect for others
Self Management	<ul style="list-style-type: none">• Impulse control and stress management• Self-motivation and discipline• Goal setting and organisational skills
Relationship Management	<ul style="list-style-type: none">• Communication, social engagement and building relationships• Working cooperatively• Negotiation, refusal and conflict management• Seeking and providing help
Responsible Decision Making	<ul style="list-style-type: none">• Problem identification and situation analysis• Problem solving• Evaluation and reflection• Personal, moral, and ethical responsibility

Objectives of PAL



(3) Holistic Development of the Child



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Learning Outcomes of PAL



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Learning Outcomes of PAL

3 Cs +

**Values (R³ICH) &
SE competencies**



CONFIDENT

**LO1: Exhibit confidence
in what they do and
express themselves
effectively**



www.educationillustrated.com

WHAT MATTERS IS HOW YOU SEE YOURSELF

LO2: Exhibit curiosity and positive attitudes to learn



Embracing &
Encouraging CURIOSITY

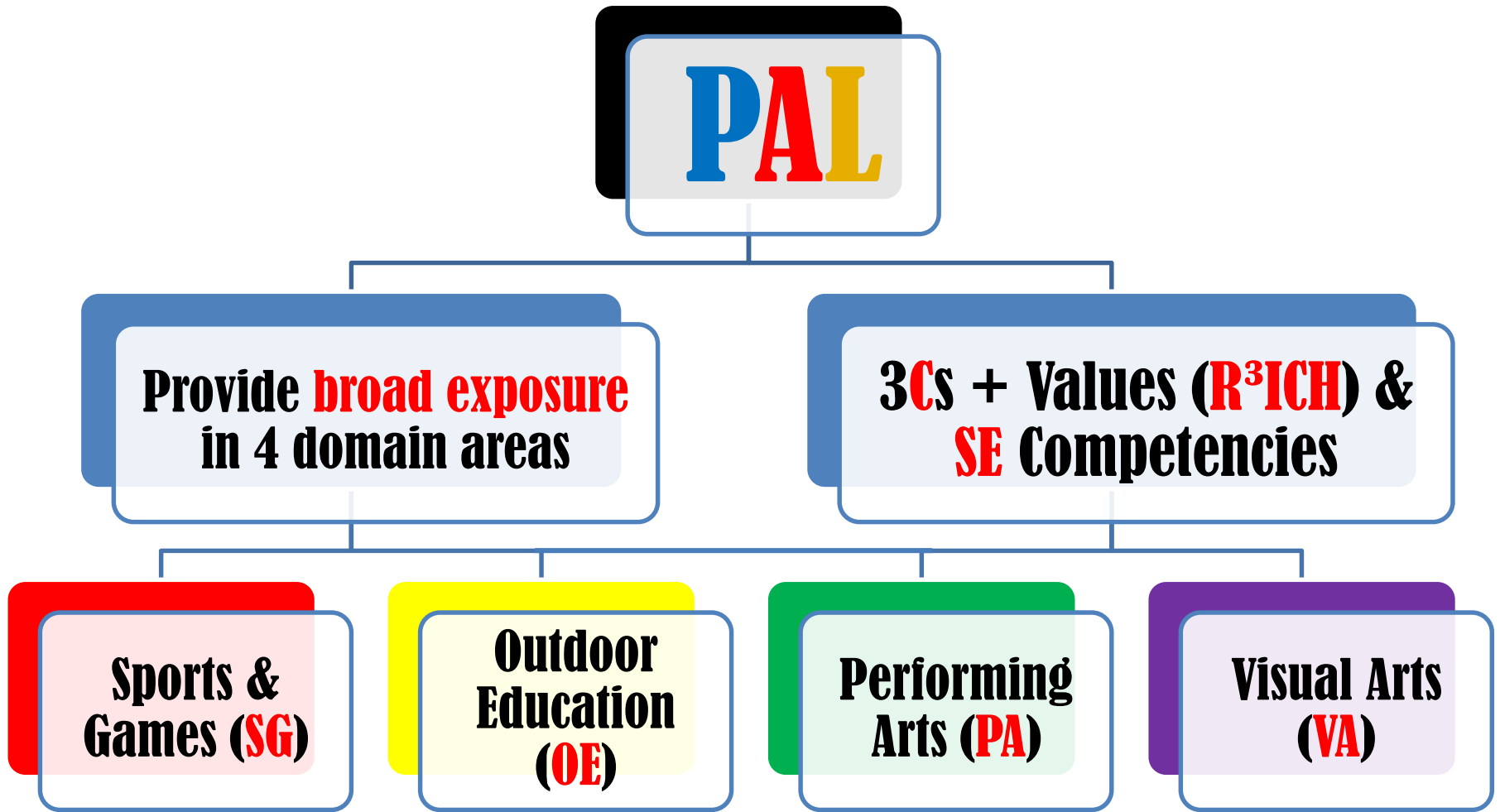
SimpleKids.net

**LO3: Enjoy group
experiences and
cooperation**



COOPERATION

Piecing PAL Together



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Characteristics of PAL





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Characteristics of PAL

- Fun and Enjoyable
- Encompasses learning in a creative way
- Provides opportunities for children to create





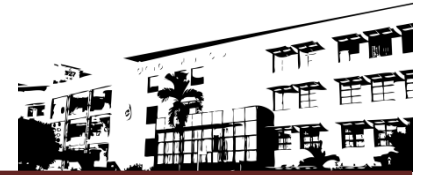
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PAL Lesson VS Academic Lesson



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Use active forms of learning, such as role-plays and behavioural rehearsal

Student- driven (70%)



Teacher- driven (30%)



phillipmartin.info





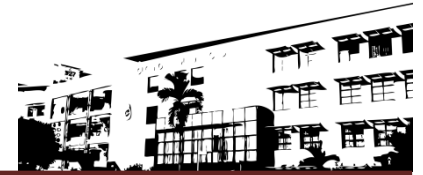
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PAL Journey @ HGP



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All Primary 1 & 2 pupils will participate in PAL.

2 hours of PAL a week for 8 sessions only:

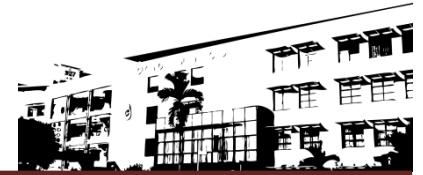
- PAL Lesson by PAL Teacher
- PAL Journal, photos or short video clips taken by FTs

4 Domains over 2 years:

- Sports & Games (SG)
- Outdoor Education (OE)
- Performing Arts (PA) – P1 Dance / P2 Drama
- Visual Arts (VA)



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Primary 1: **Thursdays**

Primary 2: **Mondays**

(11.45 a.m. to 1.45 p.m.) (11.45 a.m. to 1.45 p.m.)

- SG – Friendship
- OE – Environment
- PA – Dance: Creative Dance
- VA – Personal Space, Turns Taking & Respect

- SG – Friendship
- OE – Environment
- PA – Drama: Learning Through Imaginative Play
- VA – Vibrant Garden



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HGP PAL Facebook page:

<https://www.facebook.com/PALHGP/>



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HGP PE and Outdoor Department (POD)FB
page:

<https://www.facebook.com/POD.HGP/>



Snack Time



- Daily for 5-10 minutes at around 12pm
- Only healthy snacks / healthier choice snacks allowed



Q&A

You have

Questions

We have

Answers

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Head PE, OAE and CCA Department

THANK YOU

GRACIAS
ARIGATO
SHUKURIA
GOZAIMASHITA
EFCHARISTO
JUSPAXAR
DANKSCHEEN
SHUKRIA
BIYAN
BOLZIN
MERCI

TASHAKKUR ATU
YAQHANYELAY
SUKSAMA
EKHMET
GRAZIE
MEHRBANI
PALDIES
MAAKE
KOMAPSUMNIDA
CHALTU
NUHUN
SNACHALHUYA
WADEEJA
MAITEKA
HUI
YUSPAGARATAM
UNALCHEESH
SPASIBO
DENKAUJA
HEHACHALHYA
ATTO
SAINCO
MERASTAWHY
GAEJTHO
AGUYJE
FAKAAUE
TINGKI
GUR
HATUR
EROUJU
SIKOMO
MAKETAI
MINMONCHAR
TAVTAPUCH
MEDAWAGSE
BAIKA