PE, CCA & Aesthetics

2 Jan 2019

Mr Mohamed Fazrin
HOD (PE, CCA & Aesthetics)
What are we covering?

• Physical & Health Education (PE)
• Aesthetics – Art and Music
• Co-Curricular Activities (CCA)
Nurturing JOSEPHIANS who are equipped with the necessary Skills, Knowledge and Values to Pursue and Embrace an Inclusive, Active and Healthy Lifestyle.
**PE: What will my Son be learning?**

Physical & Health Education syllabus:

- Dance
- Games and Sports
- Gymnastics
- Outdoor Education
- Physical Health and Fitness
- Swimming (from P5)
- Athletics (from P3)
S.E.R.V.E
Sports Experiences Reinforcing Values Education
Learning for Life Programme @ SJI Junior

CHARACTER THROUGH SPORTS

BROAD BASED DEVELOPMENT

SPORTS EXCELLENCE

Pokethon - A Proactive Recess

In order to complete Ash’s Hero Journal, each student needs to complete activity cards, which are part of the daily activity program. These cards include a variety of physical activities such as jumping rope, running, and stretching exercises. Each activity card has a specific goal, and students can earn points by completing them.

During their recess, students can participate in a variety of activities, including team sports, individual challenges, and creative play areas. These activities are designed to encourage physical activity and promote a healthy lifestyle among students.
Aesthetics: ART

Every child has the opportunity to:

1. Explore and experience art through their senses
2. Express ideas, feelings and experiences in visual form with imagination, enjoyment and a sense of fulfilment
3. Articulate ideas, experiences, thoughts and opinions about Art
Aesthetics: MUSIC

To Attain and Achieve the 5Es in Every Junior Josephian
CCA [Co-Curricular Activities]
## CCA: Co-Curricular Activities

<table>
<thead>
<tr>
<th>YEAR 1</th>
<th>YEAR 2</th>
<th>YEAR 3</th>
<th>YEAR 4</th>
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<tbody>
<tr>
<td>P2 (Sem 2) to P3 (Sem 1)</td>
<td>P3 (Sem 2) to P4 (Sem 1)</td>
<td>P4 (Sem 2) to P5 (Sem 1)</td>
<td>P5 (Sem 2) to P6 (Sem 1)</td>
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**EXPLORATION**
- Pupils may try different CCAs from P2 (Semester 2) to P4 (Semester 1) for exposure and to assess their own interests

**SHARPENING**
- Pupils develop and hone skills in one CCA from P4 (Semester 2) to P6 (Semester 1)
PE, CCA & Aesthetics

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