
PAL Briefing for P1 Parents

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What is PAL?



Ministry of Education
SINGAPORE

Programme for **A**ctive **L**earning



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

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

PERFORMING ARTS



SPORTS AND GAMES



OUTDOOR EDUCATION



VISUAL ARTS



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

Programme for Active Learning

PAL@Rosyth

- The PERI* recommendations aim to equip our children with skills and values, so that they grow up to be confident team players & independent learners.

PAL @ Rosyth



To provide broad exposure to Sports and Outdoor Education, Performing Arts and Visual Arts for all P1 and P2 pupils.



To balance the acquisition of knowledge with the development of skills and values



PAL @
Rosyth

Broad exposure in
these 4 domains:

Sports and Games

Outdoor Education

Visual Arts & Performing
Arts

PAL@Rosyth

PAL Modules are:

- experiential in nature
- incorporate learning in a creative, fun, and enjoyable way



PAL@Rosyth



CONDUCTED WITHIN CURRICULUM
TIME ON 1 DAY PER WEEK.



TIME: 2 HOURS PER WEEK (4
PERIODS)

PAL@Rosyth

- Form or subject teachers of the P1 and P2 classes conducting PAL will inform the pupils should they need to bring any specific items

Modules for P1

Module 1	Outdoor Education
Module 2	Sports & Games
Module 3	Visual Arts

Modules for P2

Module 1	Performing Arts (Dance)
Module 2	Sports & Games
Module 3	Performing Arts (Music)

PAL Outdoor Education



PAL Performing Arts (Music)



PAL Performing Arts (Dance)



PAL Sports & Games



PAL Sports & Games



PAL Sports & Games (Relay)



PAL Visual Art – creating an item from recycled materials



PAL Visual Art – group activity





Choosing of CCA at P₂ Level

3 Choices given towards the end of
P₂ level

(in 2026)

1 change allowed at the end of P₃

(in 2027)

Expectation and commitment to
stay in that assigned CCA
throughout the 3 and a half years

(From P₃ to mid P₆)

CCA VIA Day (Held in Semester 2 P2)



CCA VIA Day



THANK YOU

