

# PAL Briefing for P1 Parents

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#### What is PAL?





#### rogramme for Active earning



#### **PAL Objectives**

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

> 5 PAL Learning Characteristics

- Experiential in nature
  - **Encompasses learning** in a creative way
    - Provides opportunities for children to create
    - Incorporates values and

PERFORMING ARTS

- social-emotional learning

5 Fun and enjoyable

#### **PAL Learning Outcomes**

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

> **5 Key Practices** of the PAL Teacher

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





VISUAL ARTS

OUTDOOR

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

**Programme for Active Learning** 



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





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



# Broad exposure in these 4 domains:

Sports and Games

**Outdoor Education** 

Visual Arts & Performing Arts



#### **PAL Modules are:**

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









CONDUCTED WITHIN CURRICULUM TIME ON 1 DAY PER WEEK.

TIME: 2 HOURS PER WEEK (4 PERIODS)



 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

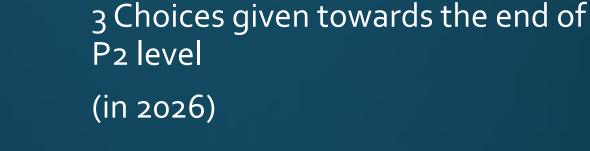




#### PAL Visual Art – group activity







# Choosing of CCA at P2 Level

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



## THANKYOU



