

PAL (**P**rogramme for **A**ctive **L**earning) & Enrichment Programme

Boon Lay Garden Primary School



Education for the Future

Equipping our children with

skills

dispositions

knowledge



... for a fast-changing and globalised future.

From Pre-school to Primary School



- Hands-on learning experiences
- Peer interaction
- Self-discovery



***Facilitates smooth transition from
Pre-school to Primary School education***



Ministry of Education
SINGAPORE

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



Integrity, the Foundation . People, our Focus . Learning, our Passion . Excellence, our Pursuit



Background of PAL

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

- To enhance primary education
- To realise a more holistic primary education
- To equip students with skills and values to thrive in a fast-changing and globalised future



Characteristics of PAL

- Experiential in nature
- Fun and Enjoyable
- Encompasses learning in a creative way
- Provides opportunities for children to create
- Incorporates values education* and social and emotional learning

(* responsibility, respect, resilience, integrity, care, harmony)

Objectives of PAL

Outdoor Education



Visual Arts



Performing Arts



Sports & Games

1. Broad exposure & experiences through fun and varied activities

Objectives of PAL

Values

Responsibility
Respect
Resilience
Integrity
Care
Harmony

Social Emotional Competencies

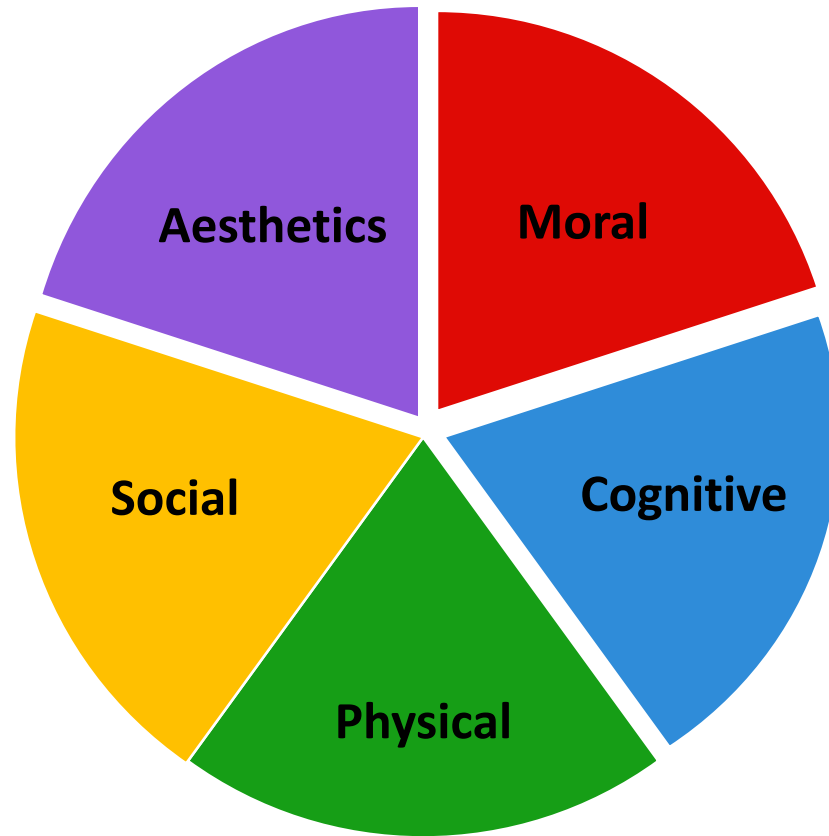
Self Awareness
Social Awareness
Self Management
Relationship
Management
Responsible Decision
Making

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

Primary 1 PAL @ BLGPS

- All Primary 1 & 2 students will participate in PAL.
- 2 hours of PAL a week (Starting in week 3, Term 1)



Primary 1 PAL @ BLGPS

PAL SCHEDULE 2018

Primary 1

Class	Term 1 (Week 3)				Term 2				Term 3				Term 4			
	GS	OE	PA	VA	GS	OE	PA	VA	GS	OE	PA	VA	GS	OE	PA	VA
P1-1	X						X			X						X
P1-2	X						X			X						X
P1-3	X						X			X						X
P1-4	X						X			X						X
P1-5			X		X							X		X		
P1-6			X		X							X		X		
P1-7			X		X							X		X		

4 domains in a year:

- Sports & Games
- Outdoor Education
- Performing Arts (Music / Dance / Drama)
- Visual Arts

Enrichment Programme

Enriched Curriculum@BLGPS

Lower Primary Enrichment Programme

Objectives:

1. Equip students with essential life skills and values to promote readiness for school and learning
2. To build language and communication skills that are central to future learning
3. Provide opportunities for self discovery and peer interaction to build confidence in thinking, communication and learning

Primary 1 Enrichment Programme

Term 1

Essential / Basic Life Skills & ICT

- Packing my school bag
- Making new friends : Being kind & polite
- I can take care of myself
- Image Searching
- Staying safe online

Primary 1 Enrichment Programme

Term 2

Speech and Drama : Mother Tongue Language



Primary 1 Enrichment Programme

Term 3

Speech and Drama : English Language



Primary 1 Enrichment Programme

Term 4

Innovation Programme



Primary 1 Enrichment Programme

Term 4

Innovation Programme



Test Flight : Paper Aeroplane

Primary 1 Enrichment Programme

Term 4

Innovation Programme

Toy
Spinners



PAL & Enrichment Programme

Students will be able to:

- Exhibit **confidence** in what they do and **express themselves effectively**
- Exhibit **curiosity** and **positive attitudes** to learn
- Enjoy **group experiences** and **teamwork**

Learn, Grow and Blossom..

- Future-Ready with strong fundamentals
- Thinkers
- Leaders
- Contributors



Thank you!



We look forward to your support and partnership in your child's learning journey.