



Fern Green

# Programme for Active Learning (PAL)

Our lower primary students undergo 6 modules of PAL lessons in P1 & P2. The lessons aim to prepare our children for a more **dynamic future**. PAL aims to balance the acquisition of **knowledge** with the development of **skills and values**.

## PAL Modules

Visual Arts

Performing Arts

Sports & Games

Outdoor Education





Fern Green

# Programme for Active Learning (PAL)

---

More opportunities for your child to participate in non-academic activities during curriculum time.

Discover new interests, develop a range of skills and build character.





Fern Green

# Physical Health & Fitness (PHF)

## Objectives of Physical Education

### Students to

- Acquire a range of **motor skills** to participate in a **variety of physical activities**
- **Acquire and maintain health and fitness** through **regular participation** in physical activities
- Demonstrate **safe practices** in physical activities for self, others and the environment
- Display **positive personal and social behaviours**





Fern Green

# Physical Health & Fitness (PHF)

## HIGHLIGHTS & PROGRAMMES

### SAFE CYCLING PROGRAMME

Through this milestone programme, we hope to [instill confidence](#) in our students and at the same time help them [acquire a life-skill](#) through cycling so as to maintain a healthy lifestyle

### ROPE SKIPPING PROGRAMME

We would like our students to be able to enjoy this simple activity during their own free time with their peers so as to [promote social interactions](#) and [improve student relationships](#)

### OLYMPIC DAY

This mini sports day is the highlight of the year. Students [learn about the ideals of the Olympics](#), namely [Friendship](#), [Respect](#) and [Excellence](#).





Fern Green

# Art

## Objectives of Art Education

- Provide students with positive experiences in the learning of art;
- Allow students to explore and be given **opportunities to express themselves** through different art forms;
- Create awareness in students of art and culture around them and help them to **make meaningful connections between art and their everyday life.**



# Art



Fern Green

## Highlights & Programmes

- **Printmaker's Programme**
  - Students will be exposed to different printmaking modules and learn about the different printmaking techniques throughout their six years of art education.
- **Art Inquiry Lesson Modules**
  - Students will be exposed to different art forms (2D, 3D, Digital) in an exploratory approach where art inquiry is infused into the different art modules.
- **Art Learning Journeys**
  - Students will be going to venues such as art museums, Singapore Tyler Print Institute and Gardens By the Bay to learn about and see the relevance of art and culture in the community, and how art has an impact in our lives through experiential learning.





Fern Green

# Music

## Objectives of Music Education

- Cultivate and develop students' **musical skills and knowledge** by providing them with direct experiences in the components of 'Listening' and 'Music-Making'.
- Develop in students the **ability and enthusiasm to create and improvise** rhythmic and melodic phrases as well as sound effects.





Fern Green

# Music

## Highlights & Programmes

- RECESS RECITALS SHOWCASE

Talented students will be able to **perform their musical items in any form, such as singing, dancing or instrumental playing.**

Through this programme, students will develop their creativity and 21st century competencies.

- MUSIC EXPOSURE MILESTONE PROGRAMME

Students will be **exposed** to non conventional music instruments using everyday items via hands-on music-making experiences.

