

**PGDE PROGRAMME SPECIALISING IN TEACHING OF  
PHYSICAL EDUCATION AT PRIMARY LEVEL**

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## CURRICULUM STRUCTURE

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The curriculum structure of the PGDE (Teaching of Physical Education at Primary Level) programme is shown in Table 7 below :

**Table 7 : Curriculum Structure of the PGDE (Teaching of Physical Education at Primary Level) Programme**

***Year 1***

Category/ Subject	Module Code	Title	No. of AUs
<b>EDUCATION STUDIES</b>			
	PED503	Instructional Technology	2
	PED504	Social Context of Teaching & Learning	2
	PED505	The Psychology of Pupil Development and the Learning Process	2
	PED506	Teaching & Classroom Management	2
<b>CURRICULUM STUDIES</b>			
Physical Education	PPC501	Curriculum Gymnastics I	1
	PPC502	Track & Field	1
	PPC504	Outdoor Education	1
	PPC505	Instructional Strategies & Methods in Physical Education	2
	PPC506	Developmental Games for Primary Children	1
	PPC508	Residential Camp Experience	0
	PPC509	Swimming	1
<b>CURRICULUM STUDIES (Select 3)</b>			
Physical Education	PPC530	Basketball	1
	PPC531	Netball	1
	PPC532	Soccer	1
	PPC533	Rugby	1
	PPC534	Hockey	1
<b>ACADEMIC SUBJECTS</b>			
Physical Education	PPA501	Human Functional Anatomy	2
	PPA502	Health Education	2
	PPA503	Introduction to Physical Education and Sport	2
	PPA504	Physiology of Exercise, Health & Nutrition	2
	PPA505	Skill Acquisition	2
<b>LANGUAGE ENRICHMENT AND ACADEMIC DISCOURSE SKILLS</b>			
Use of English in Teaching	PCU501☒	Use of English in Teaching	0

- ☒ This module is offered on a Pass/Fail basis. The module must be passed in order to fulfil programme requirements.

## Year 2

Category/ Subject	Module Code	Title	No. of AUs
<b>CURRICULUM STUDIES</b>			
Physical Education	PPC600	Net/Striking Games for Primary School Children	1
	PPC601	Volleyball	1
	PPC602	Dance	1
	PPC603	Fitness and Conditioning	1
	PPC604	Badminton	1
	PPC605	Effective Teaching of Physical Education	2
	PPC606	Curriculum Gymnastics II	1
<b>CURRICULUM STUDIES (Select 2)</b>			
Physical Education	PPC630	Sepak Takraw	1
	PPC631	Boardsailing	1
	PPC632	Tennis	1
	PPC633	Table Tennis	1
	PPC634	Squash	1
	PPC635	Sailing	1
	PPC636	Advanced Gymnastics	1
	PPC637	Aerobics	1
	PPC638	Weight Training	1
	PPC639	Canoeing	1
	PPC640	Softball	1
	<b>CURRICULUM STUDIES (Select either English Language or Mathematics)</b>		
English Language	PCE501	Integrating the Primary Language Arts : Teaching Reading and Writing	5
	PCE502	Developing Literacy through the Creative Arts	2
Mathematics	PCM505	Principles and Practice of Primary Mathematics	3
	PCM506	Fostering Mathematical Thinking	3
	PCM507	Assessment in Mathematics	2
<b>ACADEMIC SUBJECTS</b>			
Physical Education	PPA603	Social and Psychological Foundation of Physical Education and Sports	2
	PPA606	Biomechanics	2
<b>PRACTICUM</b>			
	PPR601 ❖	Practicum	0

- ❖ Although the Practicum carries zero AUs, a trainee teacher must pass the Practicum before he/she can be awarded the PGDE.

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## **CONTENTS OF CORE MODULES AND PRESCRIBED ELECTIVES**

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### **EDUCATION STUDIES**

For Education Studies modules PED503-506, please refer to the section on Education Studies under the PGDE Programme Specialising in Primary School Teaching.

### **CURRICULUM STUDIES**

#### **The Teaching of English Language**

For modules PCE501-502, please refer to the Curriculum Studies section under the PGDE Programme Specialising in Primary School Teaching.

#### **The Teaching of Mathematics**

For modules PCM505-507, please refer to the Curriculum Studies section under the PGDE Programme Specialising in Primary School Teaching.

## Curriculum Studies: The Teaching of Physical Education

Year	Module Code	Title	Module Category	No. of AUs	Pre-requisites
1	PPC501	Curriculum Gymnastics I	Core	1	-
	PPC502	Track and Field	Core	1	-
	PPC504	Outdoor Education	Core	1	-
	PPC505	Instructional Strategies and Methods in Physical Education	Core	2	-
	PPC506	Developmental Games for Primary Children	Core	1	-
	PPC508	Residential Camp Experience (7-day camp)	Core	0	-
	PPC509	Swimming	Core	1	-
	PPC530	Basketball	Prescribed	1	-
	PPC531	Netball	Prescribed	1	-
	PPC532	Soccer	Prescribed	1	-
	PPC533	Rugby	Prescribed	1	-
	PPC534	Hockey	Prescribed	1	-
2	PPC600	Net/Striking Games for Primary School Children	Core	1	-
	PPC601	Volleyball	Core	1	-
	PPC602	Dance	Core	1	-
	PPC603	Fitness and Conditioning	Core	1	-
	PPC604	Badminton	Core	1	-
	PPC605	Effective Teaching of Physical Education	Core	2	PPC505
	PPC606	Curriculum Gymnastics II	Core	1	PPC501
	PPC630	Sepak Takraw	Prescribed	1	-
	PPC631	Boardsailing	Prescribed	1	-
	PPC632	Tennis	Prescribed	1	-
	PPC633	Table Tennis	Prescribed	1	-
	PPC634	Squash	Prescribed	1	-
	PPC635	Sailing	Prescribed	1	-
	PPC636	Advanced Gymnastics	Prescribed	1	PPC606
	PPC637	Aerobics	Prescribed	1	-
	PPC638	Weight Training	Prescribed	1	-
	PPC639	Canoeing	Prescribed	1	-
PPC640	Softball	Prescribed	1	-	

### **PPC501 Curriculum Gymnastics I**

Instruction of educational gymnastics based on movement themes. Problem solving and discovery techniques to allow individuals and small groups to develop themes appropriate for both apparatus and floor work.

### **PPC502 Track and Field**

The basic mechanics of running, jumping and throwing in relation to the teaching of track and field events in the primary school.

### **PPC504 Outdoor Education**

Basic orienteering, campcraft, trust and co-operation games, problem solving skills and the organisation of school camps.

### **PPC505 Instructional Strategies and Methods in Physical Education**

The generic skills of teaching; the principles of organisation, control and planning; the skills of observation, providing feedback, correction and encouragement; monitoring pupils' on-task behaviour; the use of games as an educational experience; and the content of physical education lessons and programmes. Lectures, seminars and micro-teaching experiences.

### **PPC506 Developmental Games for Primary Children**

Teaching activities suitable for the developmental stages of the primary school child. Lower primary fundamental skills and upper primary conditioned games. The content material suitable for the 6-10 year age range.

### **PPC508 Residential Camp Experience (A 7-day Camp)**

An extension of the outdoor education course. Exposure to environmental, residential learning; skill learning; expedition organisation and safety considerations. The educational potential of Adventure Education.

### **PPC509 Swimming**

Water confidence activities, introduction to swimming, the techniques and progression for teaching front crawl, back crawl and breast stroke. Introduction to diving from the pool side and basic life-saving skills.

### **PPC530 Basketball**

The basic manipulative skills of a ball-handling game. How to introduce primary classes to receiving and passing, and moving into space in this territorial invasion game.

### **PPC531 Netball**

How to teach the game of netball at primary school level. Basic skills, attacking and defending play, use of modified and conditioned games, use of modified equipment, organisation and basic rules of play.

### **PPC532 Soccer**

The foundation skills of soccer. How to introduce soccer in primary schools in an efficient, enjoyable way through small-sided and conditioned games.

### **PPC533 Rugby**

How to teach rugby in primary schools. The fun aspect of playing a running, handling game and the development of individual skill through the medium of non-contact/limited-contact structured games.

### **PPC534 Hockey**

How to introduce the game of hockey to primary school classes. Safety. Presentation of skills in a simple yet enjoyable manner.

## **PPC600 Net/Striking Games for Primary School Children**

An introduction to various net and striking games suitable for primary school children. Emphasis will be on modified and lead-up activities to various formal games.

## **PPC601 Volleyball**

The content and method necessary to teach volleyball in primary schools. An activity-based course in which students will have the opportunity to progress in a variety of skill learning games.

## **PPC602 Dance**

An introduction to the teaching of international folk dances and basic dance technique for children, with a focus on fundamental principles of safe, efficient and aesthetic movement.

## **PPC603 Fitness and Conditioning**

How to teach Fitness and Conditioning in primary schools. The influence of the maturation process on the parameters of fitness. Strategies to promote the development of fitness through an integrated physical education programme.

### **PPC604 Badminton**

The development of badminton skills in students and an understanding of the nature of the game: the court, strokes and basic tactics. Awareness and skills to teach badminton at beginners' level.

### **PPC605 Effective Teaching of Physical Education**

Opportunities for students to build on the knowledge and skills gained in the Instructional Strategies and Methods in Physical Education course. Further opportunities for students to teach in micro-teaching settings; to plan, implement and discuss lessons. The use of variability in teaching. Knowledge and understanding of various teaching and learning styles and how they can be incorporated in classes. The use of observer systems to analyse teaching/learning process.

### **PPC606 Curriculum Gymnastics II**

Development of the basic techniques already taught in the first course by exploring different themes on simple as well as complex apparatus designs. Aspects of partner work and rhythmic apparatus.

### **PPC630 Sepak Takraw**

The basics of sepak takraw as a class activity in school. The elementary tactics of this popular indigenous game.

### **PPC631 Boardsailing**

For students with little or no previous experience. How to sail competently on all points of sail.

### **PPC632 Tennis**

Rules and regulations; grip (one hand or both hands); basic strokes; forehand; backhand; service; ground strokes; the volleys; the lob and overhead shots; elementary tactics; scoring in the singles game and the doubles game.

### **PPC633 Table Tennis**

The basic techniques and tactics. Grip; use of spin; service; rallying; mobility; rules and scoring.

### **PPC634 Squash**

Basic technical and tactical elements; grip; swing; basic mechanics; forehand backhand drive; drop; lob; boast; overhead; court movement; control of centre; moving your opponent; rules and marking; refereeing.

### **PPC635 Sailing**

Introductory basic course in dinghy sailing. Terms and terminology in sailing, knots, parts of a dinghy, safety aspects, launching and recovery, the main points of sail and basic right

of way rules. Target: ability to sail a prescribed course in light to moderate wind.

### **PPC636 Advanced Gymnastics**

Personal performance and advanced skills on floor and selected apparatus.

### **PPC637 Aerobics**

How to teach aerobics classes in school. Fitness principles from the 'Fitness and Conditioning' module adapted to an aerobics setting. Low and high impact activity and insights into class flow and choreographing a routine. Resistance training and the construction and organisation of routines in a workshop setting.

### **PPC638 Weight Training**

Weight training techniques and methods. Safety procedures related to the use of both fixed equipment and free weights. The principles of maximum strength training, maximum endurance training, a combination of strength and endurance training, power training and circuit training.

### **PPC639 Canoeing**

An introductory course to the basic canoeing skills as well as various capsized rescue drills. Various fun and challenging canoeing games

and activities will be introduced. Trainee teachers will also be exposed to pool and open sea canoeing experiences.

## **PPC640 Softball**

Basic techniques: overarm throwing, catching, pitching, bunting, hitting, running bases. Application of rules of the game. Basic tactics such as advancing a runner, taking pitches, stealing. Learning experiences in drills and simulated game situations in small groups and the full game.

## ACADEMIC SUBJECT

### Physical Education

Year	Module Code	Title	Module Category	No. of AUs	Pre-requisites
1	PPA501	Human Functional Anatomy	Core	2	-
	PPA502	Health Education	Core	2	-
	PPA503	Introduction to Physical Education & Sport	Core	2	-
	PPA504	Physiology of Exercise, Health and Nutrition	Core	2	PPA501
	PPA505	Skill Acquisition	Core	2	-
2	PPA603	Social and Psychological Foundation of Physical Education and Sports	Core	2	-
	PPA606	Biomechanics	Core	2	-

#### PPA501 Human Functional Anatomy

Variation in the form and structure of the body and how this affects physical performance. Anatomical terminology and techniques of observation and manipulation. The locomotor, muscular and cardiovascular systems, bone growth and development, and the relationship of anatomy to physical education and sports.

#### PPA502 Health Education

Healthy living, fitness, nutrition, stress management and the use of alcohol, smoking and drugs and their inherent problems. Family life, sexuality, first aid and sports medicine. The basic first aid principles, the prevention, treatment and rehabilitation of acute sports injuries and heat illness.

### **PPA503 Introduction to Physical Education and Sport**

A course emphasising concepts related to the broad field of physical education and sport. It provides an overview of the disciplines that study the field's philosophical, historical, cultural, and scientific foundations and its application in the field. Examines the structure of national sport organisations and their relationships to promoting participation in sports from the recreational to high performance levels. The daily work in physical education and sport, the traditional field of teaching and coaching are highlighted. Current issues and future directions in the field for the twenty-first century are also explored.

### **PPA504 Physiology of Exercise, Health and Nutrition**

Aspects of exercise physiology that are most relevant to the Physical Education teacher in Singapore, namely, thermoregulation in children and adolescents; children and physical performance; nutrition and dietary imbalances; cardiovascular diseases.

### **PPA505 Skill Acquisition**

Introductory studies on the relevance of selected areas to the processes of learning and performing motor skills. The individual as a complex organism which operates under varied environmental conditions. Particular reference to learning theories, motor control, practice

conditions, transfer of learning, memory and retention.

**PPA603 Social and Psychological Foundation of Physical Education and Sports**

The social psychology of physical activity with particular reference to the dynamics of group interaction in the sporting arena. Motivation, arousal, personality, competition, and anxiety control and implications for human behaviour in social settings.

**PPA606 Biomechanics**

The fundamental mechanical concepts and principles which govern human movement. The effect of internal and external forces which act on the human body when moving on land, in water and in the air.

## PRACTICUM

Module Code	Title	Module Category	No. of AUs	Pre-requisites
PPR601 ❖	Practicum	Core	0	-

- ❖ Although the Practicum carries zero AUs, a trainee teacher must pass the Practicum before he/she can be awarded the PGDE.

### PPR601 Practicum

The main objective of the Practicum is to provide trainee teachers with an opportunity to link the theory of teaching with the practice of teaching as well as to develop competence in classroom teaching. During the Practicum, the trainee teacher will reflect on the skills of planning, managing, organising and evaluating their lessons in physical education.

# **LANGUAGE ENRICHMENT AND ACADEMIC DISCOURSE SKILLS**

## **Use of English in Teaching**

The module for this subject (PCU501) is described in the Language Enrichment and Academic Discourse Skills section under the PGDE Programme Specialising in Primary School Teaching.