



PAL@HPPS

P1 Orientation Briefing

Programme for Active Learning

Presented by: Ms Sim Ee Mei



PAL – Programme for Active Learning

Initiative recommended by the Primary Education Review and Implementation (PERI) Committee to:

Conducted during curriculum time

Address the need for greater emphasis on non-academic programmes for all P1 and P2 students

Provide greater balance between the learning of knowledge and the development of skills and values



Objectives of PAL

- Facilitate all-rounded development of students and support holistic learning
- Provide students with broad exposure and experiences through activities in Sports & Games and Outdoor Education, and Performing and Visual Arts
- Provide fun and varied avenues for students to develop social and emotional (SE) competencies and Character Education (CE) values.
- Balance academic and non-academic learning



Characteristics of PAL

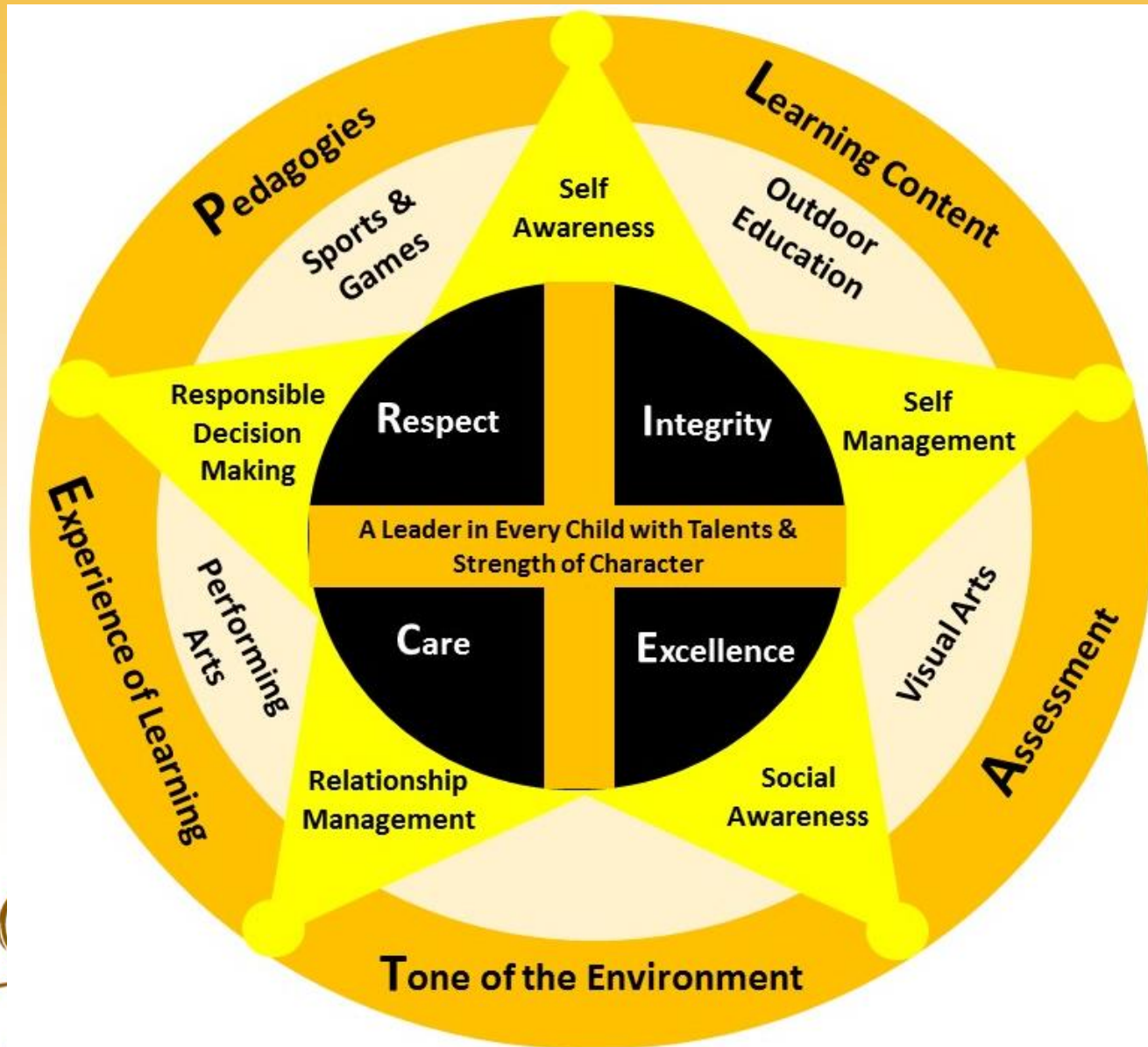
- Experiential in nature
- Encompass learning in a creative way
- Provide opportunities for children to create
- Develop social emotional (SE) competencies
- Incorporate values education
- Fun and enjoyable
- 3Cs – Curiosity, Cooperation and Confidence

*Focus on process of learning,
not the product*

MOE's framework for 21st Century Competencies and Student Outcomes



PAL@HPPS Framework



Adapted from CASEL's Framework for Systemic Social and Emotional Learning

PAL@HPPS Framework



Heart/Plus Sign:

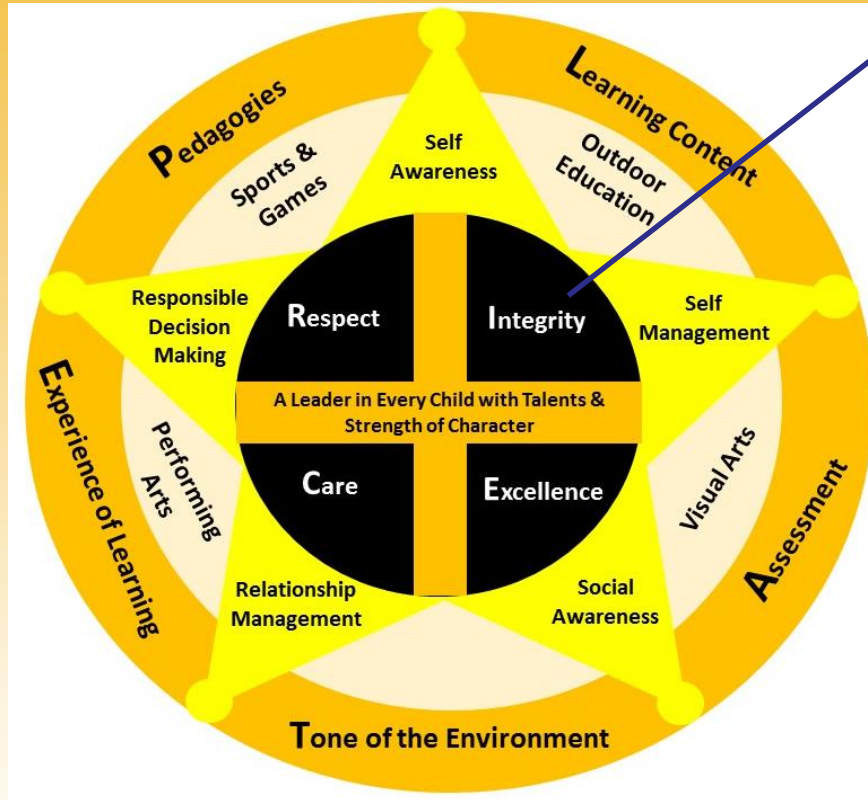
School Vision:

A Leader in Every Child, with Talents and Strength of Character

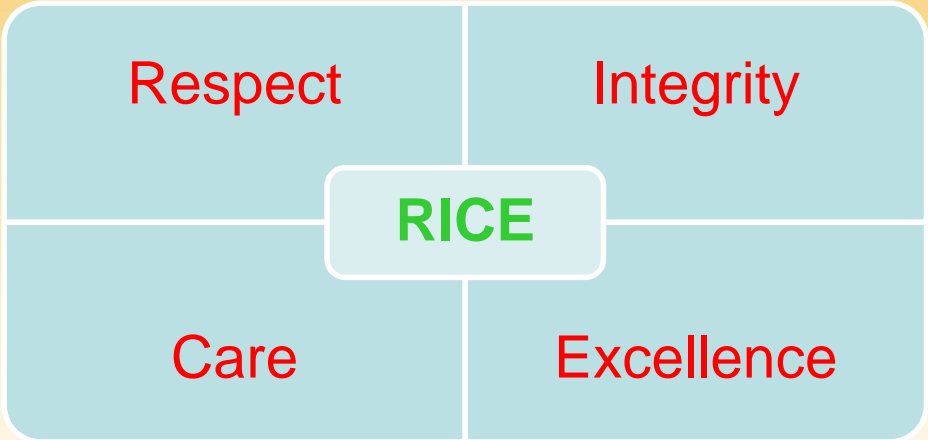
Adapted from CASEL's Framework for Systemic Social and Emotional Learning



PAL@HPPS Framework



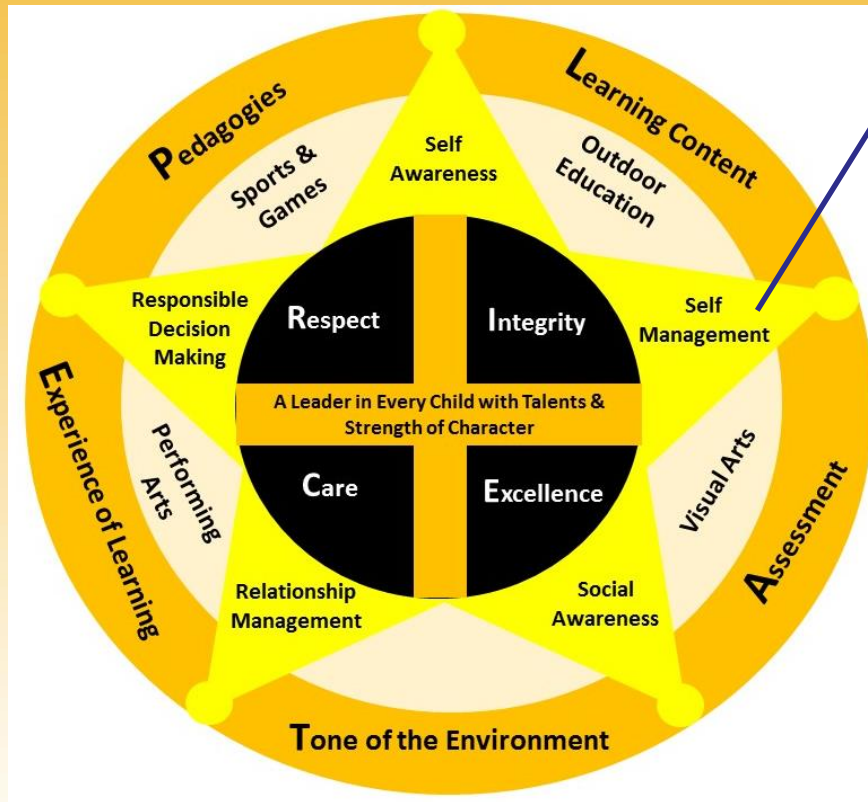
Core: School Values



Adapted from CASEL's Framework for Systemic Social and Emotional Learning



PAL@HPPS Framework



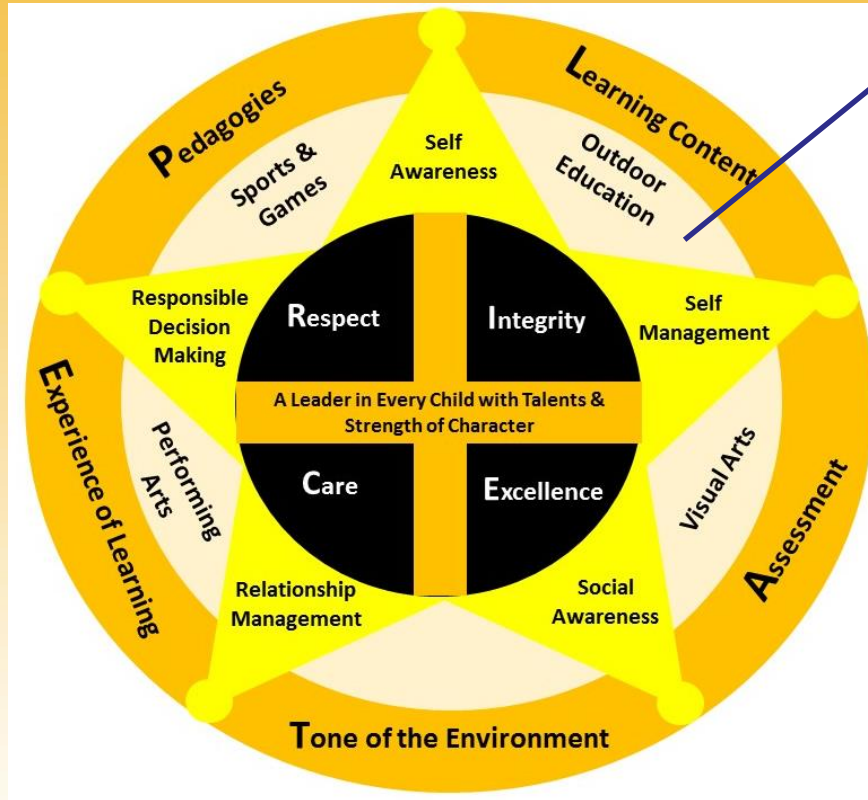
Star:
5 Social and Emotional (SE)
Competencies



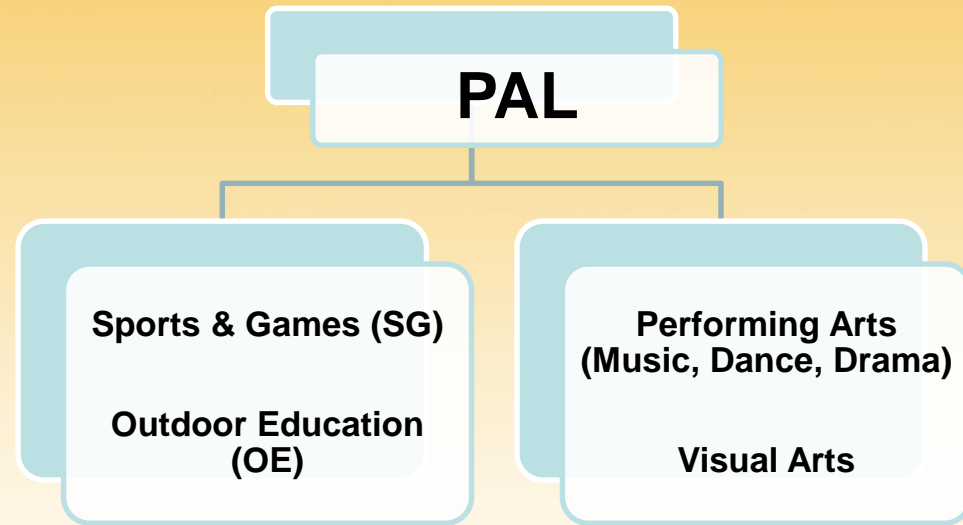
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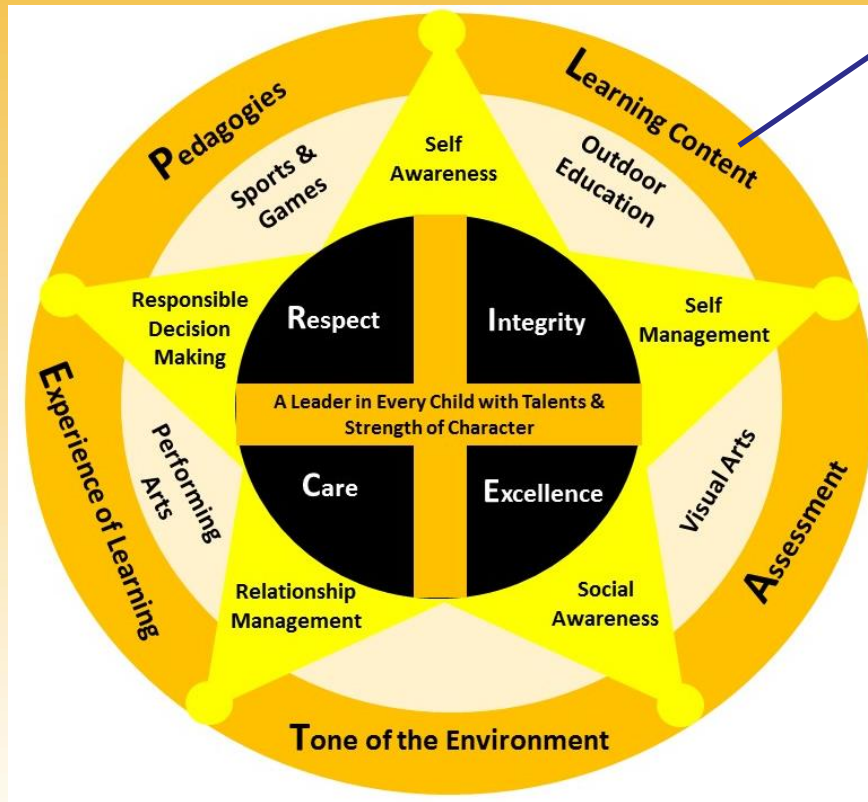
Middle Ring: 4 Learning Domains



Adapted from CASEL's Framework for Systemic Social and Emotional Learning



PAL@HPPS Framework



Outer Ring: PLATE of RICE
(HPPS Teaching and Learning Framework)

Pedagogies

Learning
Content

Assessment

Tone of the
Environment

Experience
of Learning

Adapted from CASEL's Framework for Systemic Social and Emotional Learning



Tips for Enhancing the SE Competencies in your Child using S.A.F.E

Support

- Encourage your child to make new friends
- Encourage your child to apply their knowledge of SE Competencies in every aspect of his/her life
- Get your child to reflect on their daily activities

Affirm

- Recognise small successes that he/she makes
- Affirm and encourage your child further when you witness him/her applying SE Competencies

Familiarise

- Get to know what your child has learnt during PAL lessons by getting him/her to share

Empathise

- Teach your child words to describe his/her feelings
- Listen attentively to your child without judgement
- Acknowledge his/her emotions

Spend Time Chatting using T.A.D

TALK

- Talk about his/her experience during PAL lessons

ASK

- Ask about his/her thoughts and feelings about the experience during PAL

DISCUSS

- Discuss together what can be done if he/she has concerns





Henry Park Primary School

Programme for Active Learning
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A PAL Resource Handbook for Parents



Students in Action

K O U
Q T
B Y I

