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Woodlands Primary School

Reference: 08 / 2018

4 January 2018

Dear Parents/Guardians,

PRIMARY 3 FUN SPORTS PROGRAMME

As part of the school's Learning for Life Programme (LLP) in Sports Performance and Character Education (SPACE), we would like to offer the Fun Sports Programme – an introductory programme to Rope Skipping and Kpop X Fitness for all Primary 3 pupils in Term 1.

- 1 Rope Skipping is a sport for children of all ages and abilities, which helps towards the development and improvement of psychomotor skills, coordination, agility, flexibility, stamina and endurance.
- 2 Kpop X Fitness is a dance fitness class introducing K-pop dance moves, cardio and body-toning exercises to Korean Pop songs.
- 3 All Primary 3 pupils are **strongly encouraged** to participate in this programme. The objectives of the programme are stated below.
 - To be equipped with basic rope skipping skills
 - To learn level one single rope tricks, long rope skills and partner skills
 - To develop pupils' confidence, character and positive attitude through sports participation
 - To gain cardiovascular endurance, muscle strength and coordination.
 - To increase physical activities amongst our pupils through a structured programme and enhance the physical health and well-being of our pupils as part of holistic education
- 4 The programme comprises of **6 lessons on Thursdays, from 2.15pm to 3.15pm**. The duration of each lesson is 60 minutes.
- 5 The programme schedule (Annex A) is attached for your reference.
- 6 The cost of the programme is fully subsidized by the school. Please ensure the attendance of your child/ward for all lessons. Your child/ward will need to produce a medical certificate or a letter from parent/guardian to the teachers-in-charge on the following session in the event if he/she is sick and not able to turn up.
- 7 Should you need further information, please contact Ms Chua Min Li at 6269 7410.
- 8 Please submit the completed **Reply Slip** to the form teacher by **8 January 2018**. We look forward to your child/ward's participation.

Yours sincerely,

Mrs Amy Soh
HOD PE, CCA & Aesthetics

Annex A

PRIMARY 3 FUN SPORTS PROGRAMME

Day: Thursday

Time: 2.15 p.m. to 3.15 p.m.

Venue: WISH 1

CLASSES	PASSION 1 & PASSION 3 & PASSION 5		
Term / Week	Date	Day	Lessons / Remarks
Term 1 / Week 3	18/01/18	Thursday	Lesson 1 – Kpop X Fitness
Term 1 / Week 4	25/01/18	Thursday	Lesson 2 – Kpop X Fitness
Term 1 / Week 5	01/02/18	Thursday	Lesson 3 – Kpop X Fitness
Term 1 / Week 6	08/02/18	Thursday	No Lesson
Term 1 / Week 7	15/02/18	Thursday	No Lesson
Term 1 / Week 8	22/02/18	Thursday	Lesson 1 – Rope Skipping
Term 1 / Week 9	01/03/18	Thursday	Lesson 2 – Rope Skipping
Term 1 / Week 10	08/03/18	Thursday	Lesson 3 – Rope Skipping

CLASSES	PASSION 2 & PASSION 4 & PASSION 6A,6B		
Term / Week	Date	Day	Lessons / Remarks
Term 1 / Week 3	18/01/18	Thursday	Lesson 1 – Rope Skipping
Term 1 / Week 4	25/01/18	Thursday	Lesson 2 – Rope Skipping
Term 1 / Week 5	01/02/18	Thursday	Lesson 3 – Rope Skipping
Term 1 / Week 6	08/02/18	Thursday	No Lesson
Term 1 / Week 7	15/02/18	Thursday	No Lesson
Term 1 / Week 8	22/02/18	Thursday	Lesson 1 – Kpop X Fitness
Term 1 / Week 9	01/03/18	Thursday	Lesson 2 – Kpop X Fitness
Term 1 / Week 10	08/03/18	Thursday	Lesson 3 – Kpop X Fitness

Reply Slip

(to be returned to the form teacher by 8 January 2018)

PRIMARY 3 FUN SPORTS PROGRAMME

Name of child: _____

Class: P3 Passion _____

FAS: Yes / No

Please tick only 1:

I **allow** my child to participate in the Fun Sports Programme.

Please take note of my child's medical condition (if any): _____

I **do not allow** my child to participate in the Fun Sports Programme because

(Please tick where applicable)

The timing is not suitable

Others (_____)

Parent's Signature : _____

Parent's Name : _____

Contact Number (1) : _____

Contact Number (2) : _____

Date : _____