







The Chongzheng PAM Experience







PAM Experience @ CZPS

- In Chongzheng, we place great emphasis on the holistic development of our students.
 - PE, Art and Music lessons provide opportunities and platforms for our students to discover and develop their interest and passion in sports and the arts
 - help to develop their character and acquire values such as sportsmanship, team work, respect, responsibility, graciousness etc
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CZ PE Experience



- The purpose of Physical Education is to enable students to demonstrate individually and with others, the physical skills, practices and values to enjoy a lifetime of active, healthy living.
 - The Chongzheng PE unit aims to develop healthy and active individuals through:
 - creating platforms for mass participation in physical activities and sports,
 - organising health awareness programme and activities
 - providing opportunities to excel in sports through our sports CCAs.
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Sports & Games

Gymnastics

Dance

Outdoor Education


PHF

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PE programme/events @ CZPS



- PAM Fest! Sports Challenge
 - P5 Cohort Camp
 - Recess Active Play (R.A.P)
 - SwimSafer programme
 - CCA Fiesta!
 - Health & Wellness Week
 - Eat a Rainbow Challenge (Fruitty Veggies in collaboration with HPB)
 - ActiveStar Challenge (in collaboration with SportsSG)
 - Assembly Talks/ Roving Exhibitions on health awareness
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CZ Art Experience

- The aims of art education in Singapore schools are to enable every child to enjoy art, communicate visually, and make meaning through connecting with society and culture.
 - The Chongzheng Art unit aims to develop students' confidence and skills to express themselves in varied modes by creating maximum participation for all. It also encourages imagination and cultivates in students the capacity to innovate and improvise.
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Art programme/events @ CZPS



- **P1:** Digital Art on MS Paint
 - **P2:** Digital Art on MS PowerPoint
 - **P3:** Digital Art on Powerpoint, Print making & Art Pass programme
 - **P4:** Digital Art on Photoshop (Poster Making), & Metal Tooling
 - **P5:** Digital Art on Photoshop, Photography & Clay Making
 - **P6:** Digital Art on Photoshop, Photography & Silk Screen Printing
 - **All:** Progressive art skills, Art Appreciation, Integration of Art in NE, Music, and Environmental Education
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CZ Music Experience



- The aim of Music Education is to provide every child a basic music education, giving them opportunities to develop a connection to music. This contributes to the future development and preservation of Singapore's cultural heritage.
- Music, being an integral part of many cultures, also provides a means to raise global awareness amongst students. The processes involved in music performing and creating develop skills such as listening skills, fine motor skills, creative thinking skills and social skills.

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Music programme/events @ CZPS:



- P1 and P2 Xylophones and percussion instruments
 - P3 and P4 Keyboard programme
 - P5 and P6 Ukulele programme
 - CZ Talent Share
 - Mass performances during commemorative days e.g. National Day celebration, Racial Harmony Day celebration, Total Defence Day celebration, Honours Day etc
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Programme for Active Learning (PAL)

- PAL is part of the P1 and P2 curriculum
 - In PAL, students are exposed to varied and fun learning experiences in four domains: Sports and Games, Outdoor Education, Performing Arts and Visual Arts.
 - Students also learn socio-emotional competencies such as respecting others and responsible decision making.
 - PAL nurtures confidence, curiosity and cooperation skills in students.
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Thank you

