



# PROGRAMME FOR ACTIVE LEARNING (PAL)

Mr Alvin Thio



@BGPS



**EMPOWER**

**Empowered Learners,  
Persons of Strength and Character**

# PROGRAMME FOR ACTIVE LEARNING (PAL)



To encourage learning beyond the classroom, we carry out Programme for Active Learning (PAL), which will give your child the chance to hone his/her **Social Emotional Competencies** while discovering new skills and interests.



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# MULTIFRAMEWORK FOR THE 21 CENTURY COMPETENCIES AND STUDENT OUTCOMES



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# SOCIAL EMOTIONAL COMPETENCIES



Self Awareness

Self Management

Social Awareness

Relationship Management

Responsible Decision Making



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# PAL MODULES

PAL is **experiential in nature** where students learn in a **creative** way.

PAL lessons are designed to be **fun and enjoyable** while developing SEL competencies.

PAL aims to nurture 3Cs in students, namely, **Curiosity**, **Cooperation** and **Confidence**.



# PAL MODULES

Physical Domain		Aesthetics Domain	
Sports and Games	Outdoor Education	Visual Arts	Performing Arts



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- Time Period: **Two hours** of curriculum time per week
- Number of modules:
  - A total of **8 modules** implemented from **P1 to P2**,
  - Each module spanning between **7 - 10 weeks**.
- Facilitators: BGPS FTs and subject teachers
- PAL is **non-examinable**.



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# Primary 1 PAL SCHEDULE

PAL DOMAINS	
VISUAL ARTS	SPORTS & GAMES
DANCE	DRAMA





# Primary 2 PAL SCHEDULE

PAL MODULES	
DANCE	DRAMA
OUTDOOR EDUCATION	VISUAL ARTS



# PROGRAMME FOR ACTIVE LEARNING (PAL)

## Short Clip



Source:

<https://www.youtube.com/watch?v=eSCrggjVZVM>



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# THANK YOU!



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