

# 11th ASEAN Council of Physical Education and Sport (ACPES) International Conference 2025



Contribution ID: 22

Type: Oral

## A National Physical Education Teaching and Learning Syllabus (PE TLS) for Students in Special Education (SPED) Schools in Singapore

Thursday, October 2, 2025 3:30 PM (15 minutes)

This paper presents Singapore's pioneering effort in developing a national PE syllabus tailored for students with moderate-to-severe Special Educational Needs (SEN). While PE is essential for promoting active lifestyles and holistic development, students with SEN often face barriers due to limited awareness of adapted physical activities. This syllabus addresses that gap by enabling meaningful participation and accommodating diverse needs across 26 SPED schools.

**Background:** Students with SEN face motor and/or cognitive delays that hinder physical activity participation. Although regular physical activity enhances physical functioning, mental health, and overall well-being, participation remains limited. This syllabus aims to remove barriers by offering individualized support to foster interest and motivation in PE.

**Objectives:**

Empower students with skills and mindset for healthy, active living

Provide clear direction on essential knowledge, skills, and attributes

Promote pedagogical rigor and collaborative teaming in SPED schools

**Methods:** Development involved internal and external scans, literature review, SPED workgroups, expert validation, co-construction with schools, and parent feedback.

The five learning areas are Movement Education, Games and Sports, Physical Fitness, Outdoor Education, and Aquatics. Each area includes progressive skill development across five levels with adaptations for diverse learners.

**Results:** The syllabus offers a structured framework, clear learning objectives, pedagogical guidance, robust assessment strategies, collaborative practices, and practical teaching resources. It emphasizes person-centered approaches and holistic development, integrating social-emotional and cognitive growth.

**Conclusion:** This comprehensive syllabus advances PE in SPED, balancing structure with flexibility and fostering lifelong healthy living and community participation.

**Acknowledgements:** MOE (Singapore), SPED educators, allied professionals, families, and partners.

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**Session Classification:** Inclusive and Adaptive Physical Activity

**Track Classification:** Inclusive and Adaptive Physical Activity