



# SINGAPORE PHYSICAL EDUCATION ASSOCIATION

---

## 2011/2012 ANNUAL REPORT

The Honorary Secretary, on behalf of the Management Committee, presents herewith the Annual Report on the Association's activities held during its 2011-2012 term of office.

### 1.0 THE COMMITTEE

#### 1.1 The Management Committee

The 32<sup>nd</sup> Annual General Meeting was held at the MERSC Lounge, CCAB on Friday, 25 March 2011. The following were elected or subsequently co-opted to office:

Honorary Auditors	1. Mr Tay Lay Hian 2. Mr C Kunalan
Co-opted Members	1. Dr John Tan 2. Mr Randall Lim
Webmaster	1. Ms Judy Ong

#### 1.2 Management Committee Meetings

The Management Committee met formally on 6 occasions in 2011/2012.

### 2.0 MEMBERSHIP

#### 2.1 Membership

The number of members registered with the Association is 306 as calculated on 29 December 2011.

The numbers by membership categories are:

Life Membership	– 225
Ordinary Membership	– 72
Student Membership	– 9

## 2.2 Honorary Life Members

The Honorary Life Members remain as:

- K Kesavadas
- Koh N S John
- Lau Teng Chuan
- Ms Ho Peng, Director General of Education, MOE

## 3.0 MAIN EVENTS

### 3.1 AAHPERD National Convention & Exhibition 2011

SPEA and the Physical Education and Sports Teacher Academy (PESTA) organised a trip for PE teachers to the AAHPERD Convention and Exposition in San Diego on 28 Mar to 5 Apr 2011. The delegation consisted of 29 participants led by Ms Teo Jin Leng, Programme Director, PESTA.

The main objectives of the trip were to:

- (a) Gain deeper insights in Curriculum Design, Pedagogy and Assessment;
- (b) Learn useful and innovative teaching strategies and programmes; and
- (c) Network with fellow educators at the Convention.

The participants also visited 3 schools to observe PE lessons and learn about the implementation of the PE programmes in San Diego.

Please refer to Annex A for the full report by Dr Lee Kok Sonk.

### 3.2 PESTA Launch & PE Conference 2011

The Physical Education and Sports Teacher Academy (PESTA) was launched by the Minister for Education, Mr Heng Swee Keat, at the Inaugural PE Conference on 16 Aug 2011.

PESTA, led by Academy Principal Mr Tan Teck Hock, and is guided by an Advisory Council, aims to build a teacher-led culture of professional excellence to enhance the professional in-service development of Physical Education (PE) and Sports teachers.

SPEA supported the event by encouraging members to attend as well as co-hosting the Gala Dinner to celebrate the successful inaugural PE Conference.

Please refer to Annex B for the full report by Mr Randall Lim.

### 3.3 **SPEA Outstanding PE Teacher Awards 2011**

The SPEA Outstanding PE Teacher Award was first given out in 1996 and aims to inject greater interest in the subject and to encourage and motivate PE teachers to raise their level of professional practice.

From the 66 nominations received, 9 PE teachers were presented with the SPEA Outstanding PE Teacher Awards during a Gala Dinner, co-hosted by SPEA and PESTA on 17 August at the Orchid Country Club.

During the dinner, the Guest of Honour, Mr Hawazi Daipi, Senior Parliamentary Secretary, Ministry of Manpower and Ministry of Education highlighted the pivotal role PE teachers play in the holistic development of students. Beyond enabling students to develop and maintain a basic level of physical fitness through participation in a variety of games, sports, physical and outdoor activities, the teaching moments presented in PE and Sports enable teachers to inculcate positive attitudes and good social values in our students that will stand them in good stead for life.

Mr Hawazi also commended the SPEA's and its founding members' contributions to Singapore's PE and Sports development. The pioneers mentioned include SPEA's first President, Dr Lau Teng Chuan, and other founding members like Mr Yap Boon Chuan, Mr Tan Hwee Hock and the late Mr Joseph David.

Each winner received a plaque and a cash award. The Outstanding PE Teacher Award recipient, Mr Max Chua from Woodlands Primary School, received \$1,000 while the Zonal and Merit Awards were worth \$500 each. The Awards were supported by SSC and PESTA.

The Merit Awards for the Schools categories were replaced by Zonal Awards to recognize more teachers for their outstanding contributions to the development and promotion of PE in Singapore.

The SPEA Management Committee congratulates all Award winners and thanks the Awards Selection Panel comprising the following members for their dedication and commitment in making the SPEA Outstanding PE Teacher Awards possible:

- Ms Connie Yeo, MOE
- Mr Gobinathan Nair, Singapore Sports School
- Mr Goh Tong Wee, MOE
- Dr John Tan, NIE
- Mr Kiran K Gosian, MOE
- Dr Koh Koon Teck, NIE
- Mr Koh Yiak Kheng, MOE
- Ms Lim Ai Lay, MOE
- Mr Mohd Azhar B Yusoff, NIE
- Mr Mohamed Razali, MOE

The SPEA Management Committee also thanks the sponsors who have generously donated prizes for the Gala Dinner (please refer to Annex C for the full listing of sponsors) and especially to Dream Digital Studio Pte Ltd's Mr Gilbert Quek and Ms Pamela Goh for designing and developing the SPEA photo/video montage.

Please refer to Annex D for the Award report by Dr Lee Kok Sonk

#### **4.0 LTC-SPEA PROFESSIONAL DEVELOPMENT FUND**

- 4.1 In honour of the contribution of SPEA's first president, Dr Lau Teng Chuan, the LTC-SPEA Professional Development Fund was set up in 2006. This Fund is meant to alleviate the burdens of PE teachers who are keen in furthering their studies in Physical Education (PE) and Sports.
- 4.2 In 2007, a sum of \$2,000 was awarded to Ms Nicole Ong to enable her to further her studies in the USA. Last year, Steven Lim applied for the Fund to pursue a Master degree in PE and Sports Science in Australia and was awarded \$2,000.
- 4.3 The SPEA with the help of Dr John Tan, has fine-tuned the application process which requires the applicants to include a cover letter to the President expressing their reasons for the application. The current balance in the Fund is \$12,086.64. The Management Committee thanks Dr Lau Teng Chuan who will generously made a donation of \$2000 to the Fund. Fund-raising activities include organizing the Lau Teng Chuan Cup Golf Tournament.

#### **5.0 SPEA NEWSLETTER**

- 5.1 The first issue of the SPEA Newsletter 2011 was sent to schools in April. The issue explored the learning experiences of the three competitions in three different countries which sports teams from the Youth Sports Academies (YSA) have participated in. It also featured the GCE "O" level PE results of the North Vista Secondary School and the launch of the first ever Fundamental Movement Skills Resource Guide by the Singapore Sports Council.
- 5.2 The second issue was completed in Dec 2011. This issue featured the learning experiences of our Singapore Educators at the 12<sup>th</sup> AAHPERD National Convention and Exposition trip. Other stories include the enrichment programme for the Junior Sports Academies students and the successful hosting of the 3<sup>rd</sup> ASEAN Schools Games 201. The issue is expected to send to schools late Jan 2012.
- 5.3 The Management Committee thanks the Research and Publication team, led by VP Dr Lee Kok Sonk, for their untiring efforts in putting together the informative SPEA Newsletter and Ms Judy Ong for her help in ensuring our members get their bi-annual copies of the newsletters.

## **6.0 SPEA BOOK PRIZE 2011 FOR NIE'S POSTGRADUATE DIP IN EDN (PE) AND DIP IN EDN COURSES**

- 6.1 The SPEA Book Prize is awarded for Best Performance in the Physical Education component of the Postgraduate Diploma in Education (Physical Education), including a Distinction or Credit in Practicum by the National Institute of Education Academic Board on the recommendation of the Board of Examiners.
- 6.2 The SPEA Book Prize for AY2010-2011, worth \$400 each, was awarded to Eugene Francesco Lee for being Top in the Post-Graduate Diploma in Education (PE) (Secondary) Course, and to Chia Qing Huang for being Top in the Diploma in Education (PE) Course.
- 6.3 The SPEA Management Committee congratulates Eugene and Qing Huang on winning the SPEA Book Prizes.

## **7.0 SPEA BOOK PRIZE FOR RP'S DIP IN SPORTS & EX SCIENCE COURSE**

- 7.1 In March 2010, Republic Polytechnic's School of Sports, Health & Leisure requested for SPEA's support in sponsoring Book Prize Awards for 3 Top Diploma students, worth \$150 each. The Diploma Award will be presented to the top 3 academically achieving students from the Diploma in the Sports and Exercise Sciences.
- 7.2 The recipients for 2011 are:
  - Christoffer Yap Yeow Chuen
  - Hoo Tun Kun
  - Low Soon Pan

## **8.0 SPEA APPRECIATES ...**

- 8.1 The Management Committee is grateful to all members, organisations and sponsors for their unstinting support and co-operation.
- 8.2 The Management Committee invites members to come forward and assist in organizing SPEA's activities. Through the shared vision of fostering the development of PE and sports, and the professional development of our members, we can make SPEA a more vibrant and exciting organisation.

----- END OF REPORT -----

---

## AAPHERD Convention and Exposition 2011 Report

1. The Singapore Physical Education Association (SPEA) and the Physical Education and Sports Teacher Academy (PESTA) organised a trip for PE teachers to the AAPHERD Convention and Exposition in San Diego on 28 Mar to 5 Apr 2011. There were a total of 29 participants and the group was led by the Programme Director from PESTA.
2. The main objectives of the trip were to:
  - (a) Gain deeper insights in Curriculum Design, Pedagogy and Assessment;
  - (b) Learn useful and innovative teaching strategies and programmes; and
  - (c) Network with fellow educators at the Convention.
3. Participants also visited 3 schools to observe PE lessons and learn about the implementation of the PE programmes in San Diego.
4. Participants noted the following key observations:
  - (a) Valuing Research in Teaching PE;
  - (b) Student Centricity;
  - (c) Harnessing Technology;
  - (d) Leverage on Community Resources;
  - (e) Assessment in PE;
  - (f) Character and Values Education in PE; and
  - (g) Teacher Advocacy in PE
5. Based on the key observations, the following recommendations were made with regards to delivering a high quality PE programme in our schools in Singapore:
  - (a) Providing Adequate PE Curriculum Time for Students;
  - (b) Adapting PE Lessons for a new Generation of Students;
  - (c) Optimal Deployment of PE teachers;
  - (d) Encourage Professional Development of PE Teachers;
  - (e) Growing a Networked Community;
  - (f) Balancing Skills and Character Development with Skills Development in PE;
  - (g) Enhance Student Learning Through PE Assessment and Feedback.
6. Overall, the objectives of the trip were achieved. The experiences, knowledge gained and the key learning points were shared at school, cluster and zonal level.

Report submitted by Dr Lee Kok Sonk

## **Physical Education and Sports Teacher Academy (PESTA) Launch and PE Conference 2011 Report**

1. The Physical Education and Sports Teacher Academy (PESTA) was launched by the Minister for Education, Mr Heng Swee Keat, at the Inaugural PE Conference on 16 Aug 2011. PESTA aims to build a teacher-led culture of professional excellence to enhance the professional in-service development of Physical Education (PE) and Sports teachers.
2. From January 2012, PE and Sports teachers can look forward to an array of newly customised training organised by PESTA. Professional development will be carried out through required, core and optional courses, as well as system-wide mentoring networks. Teachers, will be developed in the three main areas of subject knowledge (HEAD), professional practice (HAND), and advocacy and engagement (HEART).
3. PESTA is led by Academy Principal Mr Tan Teck Hock, and is guided by an Advisory Council. Housed in the interim site at Malan Road, PESTA will be relocated later to the Goh Keng Swee Centre for Education, a new building next to the MOE Building at Bouna Vista Drive.

### **Inaugural PE Conference 2011**

4. The PE Conference was held from the 16th to the 17th of August 2011. The theme of the conference, "PE and Sports in 21<sup>st</sup> Century Schools", underscores the important role of PE and Sports in the school curriculum to develop in our students skills, values and attitudes needed in the 21<sup>st</sup> century. During the conference, about 1300 teacher participants learnt about best practices in Singapore and other countries. Dr. Judith Rink, Emeritus Professor, Department of Physical Education at the University of South Carolina, as well as Dr. Jacalyn Lund, Chair of the Kinesiology and Health Department at the Georgia State University shared their experience and research findings during their keynote addresses as well as concurrent sessions. There were 34 concurrent sessions and 16 poster presentations by schools and various PE and Sports related organisations. Participants also had opportunities to be engaged in 19 pre-conference activities which included Learning Journeys to schools and workshops conducted by four National Sports Associations.

Report submitted by Mr Randall Lim

**SPEA/PESTA Gala Dinner - Table Prizes**

<b>S/n</b>	<b>Company</b>	<b>Contact Person</b>	<b>Item</b>	<b>Qty</b>	<b>Unit Value</b>
1	Orchid Country Club	Ms Serene	2D1N	4	350.00
2	Reflex-O Recreation Pte Ltd	Tony B Y Fong	FreeMotion RIP6010 Rip 60	1	300.00
3	Reflex-O Recreation Pte Ltd	Tony B Y Fong	Tanita BC-532 Bodyfat Inner Scan	1	250.00
4	Reflex-O Recreation Pte Ltd	Ms Cecilia Goh	Tunturi Fit Disc	1	240.00
5	United Lifestyle Pte Ltd	Tay Tat Seng	Thermal Body Fat & Weighing Scale	5	230.00
6	United Lifestyle Pte Ltd	Tay Tat Seng	Sunto M4 HRM	3	229.00
7	Exponent Challenge Technology Asia Pte Ltd	Jeffrey Chua	Feelfree Beach Bag	1	150.00
8	Exponent Challenge Technology Asia Pte Ltd	Jeffrey Chua	Feelfree Beach Bag	2	120.00
9	ICON Books	Melvin Yo	Book Voucher	3	100.00
10	Hong Seng Sports Industries Pte Ltd	Melvin Lau	Aerobics Step Platform	3	95.00
11	Kapap Academy (S'pore) - Gracie Asia	Yun Quan	Voucher	20	80.00
12	Vico Sport-Markt	Cheang Lin Thiam	Foot Massage Roller	2	45.00
13	United Lifestyle Pte Ltd	Tay Tat Seng	Red light medium Gym in the Pocket	10	39.90
14	United Lifestyle Pte Ltd	Tay Tat Seng	Orange light Gym in the Pocket	30	36.90
15	Vico Sport-Markt	Cheang Lin Thiam	Chest Expander	2	29.00
16	Vico Sport-Markt	Cheang Lin Thiam	Abdominal Trimmer	8	28.00
17	Vico Sport-Markt	Cheang Lin Thiam	Swimming Board (Hard)	2	25.00
18	Vico Sport-Markt	Cheang Lin Thiam	Table Tennis Set	2	25.00
19	Exponent Challenge Technology Asia Pte Ltd	Jeffrey Chua	Toiletries Bag	15	20.00
20	Vico Sport-Markt	Cheang Lin Thiam	Swimming Board (Soft)	1	19.00
21	Singapore Teachers' Union	Ms Tay Kim Swan	Multi - Plug Adaptors	30	7.50

Report submitted  
by Mr Patrick Tan



## SPEA Outstanding Physical Education Teacher Awards 2011 Report

1. The SPEA Outstanding PE Teacher Award which started in 1996 aims to inject greater interest in the subject and to encourage and motivate PE teachers to raise their level of professional practice.
2. This year, 9 Physical Education (PE) teachers were presented with the Singapore Physical Education Association (SPEA) Physical Education Teacher Awards during a Gala Dinner, jointly organised by SPEA and the Physical Education and Sports Teacher Academy (PESTA) on 17 August at the Orchid Country Club. The awards recognise the outstanding contributions that PE teachers have made to the development and promotion of PE in Singapore.
3. The winner of the SPEA Outstanding PE Teacher Award this year is Mr Max Chua from Woodlands Primary School. To recognise more PE teachers and their contributions, the inaugural Zonal SPEA PE Teacher awards were presented to seven PE teachers from Primary, Secondary and Junior College/Centralised Institute:

The Recipients were:

### **SPEA Outstanding PE Teacher Award (Primary)**

– Mr Max Chua Thian Keong, Woodlands Pri Sch

### **SPEA PE Teacher Awards (Zonal)**

Zone	Primary	Secondary/JC
North	n.a.	Mr Taufiq Bin Sanusi, Evergreen Sec
South	Mr Victor Yeo Sing Wee, Marymount Covent Sch	Mr Tan Seck Heong, ACS (Barker Road)
East	Mr Shahizan Bin Ahmad, Pasir Ris Pri Sch	Ms Lim Tien Juan, Victoria JC
West	Ms Phoon Soe Leng Sandy, Nan Hua Pri Sch	Mr Chan Kok Tung Tom, Bukit Panjang Govt High

### **SPEA PE Teacher Award (Merit)**

- Mr Mohammad Nadzi Bin Abu Sujad, ITE College East

5. A record 66 nominations were received from schools and the Institutes of Technical Education. Nominees must be PE teachers with at least 5 years of teaching experience and must:
  - be knowledgeable in matters pertaining to physical education and possesses the ability to communicate this knowledge in ways that contributes to students' understanding and skill development;
  - be creative and innovative in the use of teaching strategies to teach both hard and soft skills to enhance learning;
  - have made exemplary contributions to the development and promotion of the school's PE programme during the past 3 years (2008-2010); and

- demonstrate professional practice and conduct and is a role model to the students and peers, and is held in high esteem by members of the PE community. Nominees are also required to submit a video recording of themselves teaching a PE lesson. Based on the submitted videos and subsequent interviews, the Selection Panel, comprising representatives from SPEA, the PE Unit in the Ministry of Education, PESTA, National Institute of Education's Physical Education and Sports Science department, and school principals and teachers who were former Heads of Department in PE, will then shortlist the nominees for the awards. The Selection Panel will also conduct a lesson observation to evaluate the shortlisted nominees and select winners for the SPEA PE teacher awards.

Report submitted by Dr Lee Kok Sonk