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EMBARGOED TILL AFTER AWARD ON 29 AUGUST 2017, 5.30 PM

# Press Release

## 2017 Outstanding Physical Education Teacher Award (OPETA)

The Singapore Physical Education Association (SPEA) presented the 2017 Outstanding Physical Education Teacher Award at the Physical and Sports Education (PSE) Conference today.

Presented by Mrs Chua Yen Ching, Deputy Director-General of Education (Professional Development) and Executive Director, Academy of Singapore Teachers, Ministry of Education (MOE), the Award aims to enhance the professionalism of the PE fraternity, and to encourage and motivate PE teachers to raise their level of practice.

This year's winners are Mr Lincoln Lai Yeng Yew from Fernvale Primary School and Mr Louis Ho J Yen from Seng Kang Secondary School. A Merit Award was also presented to Mr Muhammad Nizam B Shahri from Monfort Junior School.

The Information Sheet provides more details about the Award and the citations of the awardees for OPETA 2017 can be found in [Annex A](#).

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# INFORMATION SHEET

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24 August 2017

## **2017 Outstanding Physical Education Teacher Award (OPETA)**

1. The Outstanding Physical Education Teacher Award (OPETA) by the Singapore Physical Education Association (SPEA) was started in 1996 to enhance the professionalism of the PE fraternity, and to encourage and motivate PE teachers to raise their level of practice. The 2017 OPETA would be presented at the 2017 Physical and Sports Education Conference on 29 August at the Singapore Sports School.

2. The 2017 OPETA is supported by Sport Singapore (SportSG), and open to all PE teachers from the Ministry of Education (MOE) and the Institute of Technical Education (ITE). Nominees for the award are PE specialists with at least 5 years of teaching experience and must:

- a) Possess strong content knowledge, pedagogical content knowledge and teaching competencies, and be able to deliver developmentally appropriate lessons using a variety of effective, innovative and creative teaching strategies;
- b) Inspire students in cultivating a love for learning;
- c) Show evidence of positive teacher effect over time related to students' learning and achievements; and
- d) Be a leader and role model in the PE community.

3. The Selection Panel for the 2017 OPETA comprised representatives from SPEA, PESTA, National Institute of Education's Physical Education and Sports Science Academic Group (PESS/NIE), school principals and experienced PE teachers. In addition to reviewing the write-ups of all 40 nominees (20 from primary schools, 16 from secondary schools, one from the ITE, and three from junior colleges) and interviewing the seven shortlisted candidates, the Selection Panel conducted on-site lesson observations of all the 2017 OPETA recipients.

4. For the 2017 OPETA, there are two recipients of the SPEA Outstanding PE Teacher Award and one recipient for the SPEA PE Teacher Award (Merit). Details of the 2017 OPETA recipients are in Annex A.

## **About the Singapore Physical Education Association (SPEA)**

SPEA was started in 1975 by a group of passionate PE teachers who sought to raise the standard of PE and provide support for the professional development of PE teachers in Singapore.

SPEA is a professional organization that serves practitioners and administrators who are involved in PE and sport in Singapore. We are committed to the promotion of good and sound practices in PE and sport to both the professional and community levels. To achieve our vision, we strive to provide quality services, resources, and professional support for members through a wide range of high quality professional development opportunities such as conferences, seminars, and training courses. Aside from knowledge enhancement, we also organise social activities to connect members and establish networks.

To find out more about SPEA, please visit the website [www.spea.org.sg](http://www.spea.org.sg)

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## **Recipients of the 2017 OPETA**

*NB: Recipients are not listed in order of merit. SPEA would be able to arrange for Media representatives to interview the recipients.*

### **1 2017 Outstanding Physical Education Teacher Award**

#### **Mr Lincoln Lai Yeng Yew**

Head of Department, Physical Education & Co-Curricular Activities  
Fernvale Primary School

Mr Lincoln Lai began his career as a young PE teacher in 2006. In 2010, he was posted to Fernvale Primary School, as a PE Coordinator, where he faced the enormous challenge in combating the obesity problem among the students and leading a relatively new committee.

He stayed resilient despite the challenges and demonstrated strong leadership and tenacity to pursue the school goals. He tackled the obesity problem by adopting a school wide approach and led the school in the realization of the vision of an active and healthy student culture, where sports, physical activity and healthy meals become part of their lifestyle and daily routines, anchored on Movement and Games Concept Education and Sporting Ethics and Values.

As an Instructional leader (HOD), he led the team to work collaboratively with the experts from PESTA and PSOEB. The team explored the Invasion Games Concept using the Lesson Study Approach. Their commitment and dedication has enabled the school to be recognised as PESTA Satellite School.

His drive for personal and professional growth has led him to share on various platforms contributing actively to the fraternity. This year, he will be presenting his papers at the 2017 Physical and Sports Education (PSE) conference and at the Asia Pacific Physical Education Conference (APPEC) in Hong Kong.

He is an excellent role model especially to the teaching fraternity. His dedication and commitment in strengthening teaching and learning of PE and building staff capacity continues to be an important asset to the schools he serves.

### **2 2017 Outstanding Physical Education Teacher Award**

#### **Mr Louis Ho J Yen**

Head of Department, Physical Education & Co-Curricular Activities  
Seng Kang Secondary School

Louis is a firm believer of Physical Education being a positive influencer in an individual's life. He is also an advocate of using Sports as a vehicle to promote a more caring and inclusive community.

As a PE educator, he is mindful that the core objective of physical development in Physical Education must first and foremost be attained. To this end, he has continuously restructured and refined the school PE programme to align to the 2014 PE syllabus as well as the school LLP, focusing on Sports and PE. Games Concept Approach,

Teaching Games for Understanding and Formative Assessment are some of the key underlying principles that he uses to design his lessons.

Louis also regularly tapped on the affordance of technology to enhance the engagement and learning of his students. For instance, he adopted the use of Nearpod in his teaching as the tool allows him to deliver more student-centred pedagogies and enable him to collect useful and real-time assessment data to understand his students' progress towards the learning goals during his lessons. Students enjoyed his lessons but more importantly they also developed competencies in thinking and acquiring of physical skills and games concepts.

Beyond the PE lessons, Louis also organises other platforms such as the Sports Fiesta for students to apply what they have learnt in his lessons. For the Sports Fiesta, beside Sports Participation, the emphasis is also to highlight the larger role of sports in building an inclusive community through the incorporation of Paralympic games – which is in line with his personal philosophy for education

Louis is a true professional who care deeply for his students and inspire them in cultivating a love for learning. He is indeed a role model for the PE fraternity.

### 3 **2017 Outstanding Physical Education Teacher Award (Merit)**

#### **Mr Muhammad Nizam B Shahri**

Teacher, Physical Education  
Monfort Junior School

Mr Nizam has a strong passion for wanting to impart the love for sports and wellness to his pupils. His PE lessons are always engaging and well received by pupils across the different levels. He is a keen learner and demonstrates a positive learning attitude by proactively upgrading himself so as to be a more effective PE teacher. On his own initiative, he will search for lesson ideas to help him teach his lessons better and also readily shares the resources with colleagues.

Nizam is always ready to open his class for peer observation and learning. He serves as a mentor and assumes this responsibility readily and spends quality time in guiding others. He also sees it as his responsibility to help the PE fraternity grow and offers his time and effort to work with PESTA to develop resources.

His quiet and unassuming ways help create a safe environment for his students as well as his peers to learn from him. His peers respect him for his deep professional knowledge and confidence in all that he does. Mr Nizam's passion for the teaching of PE, his care and nurturing disposition as an educator and his willingness to share his learning with the PE fraternity makes him a role model for many of us.