

**Peicai Secondary School**  
**Subject Overview for Semester 2 / 2022**  
**Physical Education [Sec 2C2, 2C3, 2C5]**

<b>Semester 2</b>		
<b>Term 3 [27 June – 2 September]</b>		
<b>Week</b>	<b>Chapter/Topic/Skill/Area</b>	<b>Homework / Assignment</b>
Week 1 [27 Jun - 1 Jul]	<ul style="list-style-type: none"> <li>• Height &amp; Weight Taking</li> <li>• Fitness &amp; Conditioning</li> </ul>	
Week 2 [4 Jul – 8 Jul] <i>4 Jul- Youth Day Holiday</i>	<ul style="list-style-type: none"> <li>• NAPFA Testing</li> <li>• Volleyball Passing and Receiving</li> </ul>	HBL SLS Package
Week 3 [11 Jul - 15 Jul] <i>11 Jul- Hari Raya Haji</i>	<ul style="list-style-type: none"> <li>• NAPFA Testing</li> <li>• Volleyball Serving and Receiving</li> </ul>	
Week 4 [18 Jul – 22 Jul]	<ul style="list-style-type: none"> <li>• NAPFA Testing</li> <li>• Volleyball Game and Basic Rules</li> </ul>	HBL SLS Package
Week 5 [25 Jul – 29 Jul]	<ul style="list-style-type: none"> <li>• Volleyball Games and Assessment</li> </ul>	
Week 6 [1 Aug – 5 Aug]	<ul style="list-style-type: none"> <li>• Volleyball Games and Assessment</li> </ul>	HBL SLS Package
Week 7 [8 Aug – 12 Aug]	<ul style="list-style-type: none"> <li>• Volleyball Games and Assessment</li> </ul>	
Week 8 [15 Aug – 19 Aug]	<ul style="list-style-type: none"> <li>• Outdoor Cooking</li> <li>• Orienteering</li> </ul>	
Week 9 [22 Aug – 26 Aug]	<ul style="list-style-type: none"> <li>• Fitness and Conditioning</li> <li>• Volleyball and Basketball Games</li> </ul>	HBL SLS Package
Week 10 [29 Aug – 2 Sep]	<ul style="list-style-type: none"> <li>• Fitness and Conditioning</li> <li>• Volleyball and Basketball Games</li> </ul>	
<b>Term 4 [12 September – 28 October]</b>		
<b>Week</b>	<b>Chapter/Topic/Skill/Area</b>	<b>Assignment/Homework</b>
Week 1 [12 Sep – 16 Sep]	<ul style="list-style-type: none"> <li>• Fitness and Conditioning</li> <li>• Preparation for Sports Challenge</li> </ul>	
Week 2 [19 Sep – 23 Sep]	<ul style="list-style-type: none"> <li>• Fitness and Conditioning</li> <li>• Preparation for Sports Challenge</li> </ul>	
Week 3 [26 Sep – 30 Sep]	<ul style="list-style-type: none"> <li>• EOY Exams</li> </ul>	
Week 4 [3 Oct – 7 Oct]	<ul style="list-style-type: none"> <li>• EOY Exams</li> </ul>	
Week 5 [10 Oct – 14 Oct]	<ul style="list-style-type: none"> <li>• Preparation for Sports Challenge</li> </ul>	
Week 6 [17 Oct – 21 Oct]	<ul style="list-style-type: none"> <li>• Preparation for Sports Challenge</li> </ul>	
Week 7 [24 Oct – 28 Oct]	<ul style="list-style-type: none"> <li>• Sports Challenge</li> </ul>	

*This subject overview is tentative and is subject to changes.*