

**Peicai Secondary School**  
**Subject Overview for Semester 2 / 2022**  
**Physical Education [Sec 4B1]**

<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>• New Routines Setting</li> <li>• Sharing of semester 2 subject overview</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>• Introduction to Ultimate Frisbee</li> <li>• Focusing on Passing and Catching</li> </ul>	
Week 3 [11 Jul - 15 Jul] <i>11 Jul- Hari Raya Haji</i>	<ul style="list-style-type: none"> <li>• NAPFA Testing</li> <li>• Ultimate Frisbee Games</li> <li>• Passing and Catching</li> <li>• How to score a goal</li> </ul>	
Week 4 [18 Jul – 22 Jul]	<ul style="list-style-type: none"> <li>• NAPFA Testing</li> <li>• Ultimate Frisbee Games</li> <li>• Pass and Catching</li> <li>• Games Strategies</li> </ul>	
Week 5 [25 Jul – 29 Jul]	<ul style="list-style-type: none"> <li>• Intra-Class Games / Exams</li> </ul>	
Week 6 [1 Aug – 5 Aug]	<ul style="list-style-type: none"> <li>• Intra-Class Games / Exams</li> </ul>	
Week 7 [8 Aug – 12 Aug]	<ul style="list-style-type: none"> <li>• Intra-Class Games / Exams</li> </ul>	
Week 8 [15 Aug – 19 Aug]	<ul style="list-style-type: none"> <li>• Intra-Class Games / Exams</li> </ul>	
Week 9 [22 Aug – 26 Aug]	<ul style="list-style-type: none"> <li>• Intra-Class Games</li> </ul>	
Week 10 [29 Aug – 2 Sep]	<ul style="list-style-type: none"> <li>• Intra-Class 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>• N Level Exams</li> </ul>	
Week 2 [19 Sep – 23 Sep]	<ul style="list-style-type: none"> <li>• N Level Exams</li> </ul>	

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

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