

Peicai Secondary School
Subject Overview for Semester 2 / 2022
Physical Education [Sec 4C1, 4C2]

Semester 2		
Term 3 [27 June – 2 September]		
Week	Chapter/Topic/Skill/Area	Homework / Assignment
Week 1 [27 Jun - 1 Jul]	<ul style="list-style-type: none"> • Height & Weight Taking • Fitness & Conditioning 	
Week 2 [4 Jul – 8 Jul] <i>4 Jul- Youth Day Holiday</i>	<ul style="list-style-type: none"> • NAPFA Testing • Intra-Class Games 	
Week 3 [11 Jul - 15 Jul] <i>11 Jul- Hari Raya Haji</i>	<ul style="list-style-type: none"> • NAPFA Testing • Intra-Class Games 	
Week 4 [18 Jul – 22 Jul]	<ul style="list-style-type: none"> • NAPFA Testing • Intra-Class games 	
Week 5 [25 Jul – 29 Jul]	<ul style="list-style-type: none"> • Frisbee: Throwing and Catching 	
Week 6 [1 Aug – 5 Aug]	<ul style="list-style-type: none"> • Frisbee: Games and Rules 	
Week 7 [8 Aug – 12 Aug]	<ul style="list-style-type: none"> • Frisbee: Games 	
Week 8 [15 Aug – 19 Aug]	<ul style="list-style-type: none"> • Frisbee: Games 	
Week 9 [22 Aug – 26 Aug]	<ul style="list-style-type: none"> • Prelims 	
Week 10 [29 Aug – 2 Sep]	<ul style="list-style-type: none"> • Prelims 	
Term 4 [12 September – 28 October]		
Week	Chapter/Topic/Skill/Area	Assignment/Homework
Week 1 [12 Sep – 16 Sep]	<ul style="list-style-type: none"> • Intra-Class Games 	
Week 2 [19 Sep – 23 Sep]	<ul style="list-style-type: none"> • Intra-Class Games 	
Week 3 [26 Sep – 30 Sep]	<ul style="list-style-type: none"> • Intra-Class Games 	
Week 4 [3 Oct – 7 Oct]	<ul style="list-style-type: none"> • O Level Practical 	

This subject overview is tentative and is subject to changes.