

Peicai Secondary School
Subject Overview for Semester 2 / 2022
Physical Education [Secondary 4C3 and 5B1]

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"> • Welcome back/ Setting Expectations • Go through new routines • Share Overview of term’s activities 	E.g. Use of locker for PLD/Valuables before coming to PE, Report directly to venue after 2 weeks.
Week 2 [4 Jul - 8 Jul] <i>4 Jul- Youth Day Holiday</i>	<ul style="list-style-type: none"> • Go through new routines • Height and Weight/BMI • Intro to Tchoukball 	Calculate individuals’ BMI and set individual target 7 th July HBL 1 – Intro to Tchoukball video
Week 3 [11 Jul - 15 Jul] <i>11 Jul- Hari Raya Haji</i>	<ul style="list-style-type: none"> • Passing/Drills & Practice Task/Mini Games 	
Week 4 [18 Jul - 22 Jul]	<ul style="list-style-type: none"> • Passing/Drills & Practice Task/Mini Games 	20 th July HBL 2 – Video on offensive and defensive strategies in Tchoukball
Week 5 [25 Jul - 29 Jul]	<ul style="list-style-type: none"> • Defensive Strategies • Offensive Strategies • Tchoukball small sided game play 	
Week 6 [1 Aug – 5 Aug]	<ul style="list-style-type: none"> • Defensive Strategies • Offensive Strategies • Tchoukball small sided game play 	1 st Aug HBL 3- Video on positive attitude and teamwork in PE/Tchoukball
Week 7 [8 Aug – 12 Aug]	<ul style="list-style-type: none"> • Intra – Class Games • Attitude and Teamwork 	
Week 8 [15 Aug – 19 Aug]	<ul style="list-style-type: none"> • Intra – Class Games • Attitude and Teamwork 	
Week 9 [22 Aug – 26 Aug]	<ul style="list-style-type: none"> • Final Year Exams 	
Week 10 [29 Aug - 2 Sep] <i>2 Sep – Teachers Day</i>	<ul style="list-style-type: none"> • Final Year Exams 	
Term 4 [12 September – 28 October]		
Week	Chapter/Topic/Skill/Area	Assignment/Homework

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Week 1 [12 Sep - 16 Sep]	<ul style="list-style-type: none">• Intra Class Games• Floorball/Tchoukball /Frisbee	<ul style="list-style-type: none">• Min 1 game per student
Week 2 [19 Sep - 23 Sep]	<ul style="list-style-type: none">• Intra Class Games• Floorball/Tchoukball /Frisbee	<ul style="list-style-type: none">• Min 1 game per student
Week 3 [26 Sep - 30 Sep]	<ul style="list-style-type: none">• Intra Class Games• Floorball/Tchoukball /Frisbee	<ul style="list-style-type: none">• Min 1 game per student

This subject overview is tentative and is subject to changes.