

**Peicai Secondary School**  
**Subject Overview for Semester 1 / 2023**  
**PE [Class: 1-5]**

<b>Semester 1</b>		
<b>Term 1 [3 Jan – 10 March]</b>		
<b>Week</b>	<b>Chapter/Topic/Skill/Area</b>	<b>Homework / Assignment</b>
Week 1 [3 Jan – 6 Jan]	Start Smart@Peicai	Nil
Week 2 [9 Jan – 13 Jan]	Start Smart@Peicai	Nil
Week 3 [16 Jan – 20 Jan]	Routine Setting/Height & Weight Measurement Bonding Games [Getting familiar and comfortable with playing sports with one another]	Nil
Week 4 [23 Jan – 27 Jan] <i>23, 24 Jan CNY</i>	Routine Setting/Height & Weight Measurement Simple Fitness and Conditioning [Getting used to physical activities]	Nil
Week 5 [30 Jan – 3 Feb]	Introduction to Athletics <ul style="list-style-type: none"> <li>- Getting to know different events in athletics</li> <li>- Try-outs on sprinting</li> </ul>	Nil
Week 6 [6 Feb – 10 Feb]	Athletics <ul style="list-style-type: none"> <li>- Sprinting Techniques</li> <li>- Peer evaluation and coaching</li> <li>- Intra-class competitions</li> </ul>	Nil
Week 7 [13 Feb – 17 Feb]	Athletics <ul style="list-style-type: none"> <li>- Relay events</li> <li>- Baton passing techniques</li> <li>- Peer evaluation and coaching</li> <li>- Intra-class competitions</li> </ul>	Nil
Week 8 [20 Feb – 24 Feb]	Introduction to Badminton <ul style="list-style-type: none"> <li>- Routine setting for badminton</li> <li>- Self-exploration of game play</li> <li>- Sharing of assessment rubrics</li> </ul>	Nil
Week 9 [27 Feb – 3 Mar]	Badminton <ul style="list-style-type: none"> <li>- Proper grip</li> <li>- Service (forehand and backhand)</li> <li>- 1 v 1 game play</li> </ul>	Nil
Week 10 [6 Mar – 10 Mar]	Badminton <ul style="list-style-type: none"> <li>- Basic footwork in badminton</li> <li>- 1 v 1 cooperative rally</li> </ul>	Nil

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<b>Semester 1</b>		
<b>Term 2 [20 March – 26 May]</b>		
<b>Week</b>	<b>Chapter/Topic/Skill/Area</b>	<b>Homework / Assignment</b>
Week 1 [20 Mar – 24 Mar]	Badminton <ul style="list-style-type: none"> <li>- Forehand and backhand play (front and mid-court) with proper footwork</li> <li>- 1 v 1 cooperative play</li> </ul>	Nil
Week 2 [27 Mar – 31 Mar]	Badminton <ul style="list-style-type: none"> <li>- Forehand and backhand play (front and mid-court) with proper footwork</li> <li>- Introduction of drop shots</li> <li>- 1 v 1 competitive play</li> </ul>	Nil
Week 3 [3 Apr – 7 Apr] <i>7 Apr Good Friday</i>	Badminton <ul style="list-style-type: none"> <li>- Forehand and backhand play (back court) with proper footwork</li> <li>- 1 v 1 cooperative play</li> </ul>	Nil
Week 4 [10 Apr – 14 Apr]	Badminton <ul style="list-style-type: none"> <li>- Forehand and backhand play (front and mid-court) with proper footwork</li> <li>- Introduction of overhead clear</li> <li>- 1 v 1 competitive play</li> </ul>	Nil
Week 5 [17 Apr – 21 Apr]	Badminton <ul style="list-style-type: none"> <li>- Introduction of badminton single services rules and points systems</li> <li>- 1 v 1 competitive play</li> </ul>	Nil
Week 6 [24 Apr – 28 Apr ] <i>24 Apr Hari Raya Off-In-Lieu</i>	Badminton <ul style="list-style-type: none"> <li>- Intra-class competition</li> </ul>	Nil
Week 7 [1 May – 5 May] <i>1 May Labour Day</i>	Preparation for Sports Day	Nil
Week 8 [8 May – 12 May]	Preparation for Sports Day	Nil
Week 9 [15 May – 19 May] <i>16 May Sports Day</i>	Sports Day Badminton <ul style="list-style-type: none"> <li>- Intra-class competition</li> </ul>	Nil
Week 10 [22 May – 26 May]	Badminton <ul style="list-style-type: none"> <li>- Intra-class competition</li> </ul>	Nil

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