

**Peicai Secondary School**  
**Subject Overview for Semester 1 / 2023**  
**PE [Class: 2A1, 2C1]**

<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	Nil
Week 4 [23 Jan – 27 Jan] <i>23, 24 Jan CNY</i>	Routine Setting/Height & Weight Measurement	Nil
Week 5 [30 Jan – 3 Feb]	Introduction to Basketball – Ball handling	Nil
Week 6 [6 Feb – 10 Feb]	Introduction to Basketball – Types of Basketball Passing / Catching the passes	Nil
Week 7 [13 Feb – 17 Feb]	Introduction to Basketball - Shooting – The ABCs (aim, balance, and control) of shooting	Nil
Week 8 [20 Feb – 24 Feb]	Introduction to basketball - Basic game play/movement – attack (moving into space to support teammate/s when the team is with the ball)	Nil
Week 9 [27 Feb – 3 Mar]	Introduction of Basketball - Basic game play/movement - defence (moving into space to defend when the team is without the ball)	Nil
Week 10 [6 Mar – 10 Mar]	Introduction to Basketball – Decision making during game time through playing modified game	Nil

Subject Overview is tentative and is subjected to changes.

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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]	Recap of Basketball lessons / Modified basketball games	Nil
Week 2 [27 Mar – 31 Mar]	Modified Basketball Games to put into practice the skills learnt	Nil
Week 3 [3 Apr – 7 Apr] <i>7 Apr Good Friday</i>	Modified Basketball Games to put into practice the skills learnt	Nil
Week 4 [10 Apr – 14 Apr]	Athletics -Introduction to track and field running (Individual)/ Fitness and Conditioning	Nil
Week 5 [17 Apr – 21 Apr]	Athletics -Introduction to track and field running (Relay) / Fitness and Conditioning	Nil
Week 6 [24 Apr – 28 Apr ] <i>24 Apr Hari Raya Off-In-Lieu</i>	Athletics -Introduction to track and field running (Relay) / Fitness and Conditioning	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 / Intra Games	Nil
Week 10 [22 May – 26 May]	Intra Class Games	Nil

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