

Peicai Secondary School
Subject Overview for Semester 1 / 2023
PE [Class: 2C3]

Semester 1		
Term 1 [3 Jan – 10 March]		
Week	Chapter/Topic/Skill/Area	Homework / Assignment
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]	Revisit Classroom routines/Height & Weight Measurement. Separating students into groups and appointing PE and group leaders	Nil
Week 4 [23 Jan – 27 Jan] <i>23, 24 Jan CNY</i>	Introduction to Basketball -Familiarisation with area of play and safety parameters -revisit classroom routines -Teaching of Basketball Dribbling & Passing; Chest, bounce (drills and practice tasks) - Small sided games -Measure Height & Weight	Nil
Week 5 [30 Jan – 3 Feb]	-Basketball -Revisit Dribbling, Chest & Bounce Pass. Teaching Overhead and Push Pass (drills and practice tasks) -Measure Height & Weight	Nil
Week 6 [6 Feb – 10 Feb]	-Basketball -Revisit Dribbling & Passing (Drills and practice tasks) &/ NAPFA preparation (SBJ & 2.4km)	Nil
Week 7 [13 Feb – 17 Feb]	-Basketball -Introduction to shooting (B.E.E.F) (Drills and practice tasks) -Revisit Dribbling & Passing (Drills and practice tasks) &/ NAPFA preparation (S&R & 2.4km)	Nil
Week 8 [20 Feb – 24 Feb]	-Basketball -Basketball shooting (B.E.E.F); Drills and practice tasks) -Teaching Offense skills; Drills and practice tasks) &/ NAPFA preparation (Shuttle run & 2.4km)	Nil
Week 9 [27 Feb – 3 Mar]	-Basketball -Basketball shooting (lay-up); Drills and practice tasks) -Teaching Defense skills; Drills and practice tasks) &/ NAPFA preparation (chin-up/pull-up & 2.4km)	Nil
Week 10 [6 Mar – 10 Mar]	Basketball 3V3 small sided Gameplay with GCA approach to Attacking and defending strategies &/ NAPFA preparation (sit-up & 2.4km)	Nil

Subject Overview is tentative and is subjected to changes.

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Semester 1		
Term 2 [20 March – 26 May]		
Week	Chapter/Topic/Skill/Area	Homework / Assignment
Week 1 [20 Mar – 24 Mar]	3 v 3 Basketball small sided Gameplay with GCA approach to Attacking and defending strategies &/ Napfa Test	Nil
Week 2 [27 Mar – 31 Mar]	3 v 3 Basketball small sided Gameplay&/ Napfa Test	Nil
Week 3 [3 Apr – 7 Apr] <i>7 Apr Good Friday</i>	3 v 3 Basketball small sided Gameplay&/ Napfa Test	Nil
Week 4 [10 Apr – 14 Apr]	Athletics (Starting Blocks Training) / Fitness and Conditioning for Track Events	Nil
Week 5 [17 Apr – 21 Apr]	Athletics (Individual Race Skillsets) / Fitness and Conditioning for Track Events	Nil
Week 6 [24 Apr – 28 Apr] <i>24 Apr Hari Raya Off-In-Lieu</i>	Athletics (Baton Passing and Relay Race) / Fitness and Conditioning for Track Events	Nil
Week 7 [1 May – 5 May] <i>1 May Labour Day</i>	Preparation for Sports Day (Individual and Team Events)	Nil
Week 8 [8 May – 12 May]	Preparation for Sports Day (Individual and Team Events)	Nil
Week 9 [15 May – 19 May] <i>16 May Sports Day</i>	Sports Day / Intra-Class Ultimate Frisbee (Round Robin)	Nil
Week 10 [22 May – 26 May]	Intra-Class 3V3 Basketball League (Round Robin)	Nil

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