

Peicai Secondary School
Subject Overview for Semester 1 / 2023
PE [Class: 3C2, 3C3, 3B3]

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]	Routine Setting/Height & Weight Measurement	https://www.healthhub.sg/programmes/93/bmi-calculator *Self-monitoring of BMI via online calculator
Week 4 [23 Jan – 27 Jan] <i>23, 24 Jan CNY</i>	Routine Setting/Height & Weight Measurement	https://www.healthhub.sg/programmes/191/nutrition-hub/eat-more *Research on Eating Healthy – How to loose weight, maintain weight, gain weight healthily.
Week 5 [30 Jan – 3 Feb]	Introduction to Ultimate Frisbee – Equipment Management and Disc Handling Techniques (Forearm + Backhand Handle)	Nil
Week 6 [6 Feb – 10 Feb]	Closed Skills Introduction to Ultimate Frisbee (Ranged Passing [Short → Long])	Nil
Week 7 [13 Feb – 17 Feb]	Introduction to Ultimate Frisbee – Footwork and Closed Skills Defending / Attacking (Rules)	https://www.youtube.com/watch?v=3oM-sNFpvc&t=237s *Rules on Ultimate Frisbee / Integrity and Sportsmanship
Week 8 [20 Feb – 24 Feb]	Intermediate Concepts to Ultimate Frisbee – Running into Space (Attacking Approach)	Nil
Week 9 [27 Feb – 3 Mar]	Intermediate Concepts to Ultimate Frisbee – Running into Space (Defensive Approach)	Nil
Week 10 [6 Mar – 10 Mar]	3 v 3 or 4 v 4 Gameplay with variation of Short + Long throws and running into space.	*Students to discuss/create modified Frisbee Rules – Critical Thinking

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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]	4 v 4 Modified Ultimate Frisbee Games + Emphasis Defensive play and closing the gaps	Nil
Week 2 [27 Mar – 31 Mar]	4 v 4 Modified Ultimate Frisbee Games + End Zone Scoring	Nil
Week 3 [3 Apr – 7 Apr] <i>7 Apr Good Friday</i>	Intra-Class Ultimate Frisbee League (Round Robin)	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	https://www.youtube.com/watch?v=tKOkYrflrW0 Sprinting techniques, common errors
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	https://www.youtube.com/watch?v=P7l73zl7eNA Baton Passing for beginners
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 Ultimate Frisbee League (Round Robin)	Nil