

Peicai Secondary School
Subject Overview for Semester 1 / 2023
PE [Class: 3C1, 3C5]

| 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 | 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 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) | Nil |
| 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. | Nil |

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| 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 | 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 Ultimate Frisbee League (Round Robin) | Nil |