

Peicai Secondary School
Subject Overview for Semester 1 / 2023
PE [Class: 4A1_4A2]

| 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 Floorball – Equipment and Basic Game Play and Rules / Fitness and Conditioning | Nil |
| Week 6 [6 Feb – 10 Feb] | Floorball - Passing and Receiving / Fitness and Conditioning | Nil |
| Week 7 [13 Feb – 17 Feb] | Floorball – Basic game play/movement – attack (moving into space to support teammate/s when the team is with the ball) / Fitness and Conditioning | Nil |
| Week 8 [20 Feb – 24 Feb] | Floorball - Basic game play/movement - defence (moving into space to defend when the team is without the ball)/ Fitness and Conditioning | Nil |
| Week 9 [27 Feb – 3 Mar] | Floorball – Modified Games to put skills learnt into use during game play / Fitness and Conditioning | Nil |
| Week 10 [6 Mar – 10 Mar] | Floorball – Modified Games to put skills learnt into use during game play / Fitness and Conditioning / Fitness and Conditioning | 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] | Athletics (Track running for Individual) / Fitness and Conditioning | Nil |
| Week 2 [27 Mar – 31 Mar] | Athletics (Track running for Relay) / Fitness and Conditioning | Nil |
| Week 3 [3 Apr – 7 Apr] <i>7 Apr Good Friday</i> | NAPFA Testing | Nil |
| Week 4 [10 Apr – 14 Apr] | NAPFA Testing | Nil |
| Week 5 [17 Apr – 21 Apr] | NAPFA Testing | Nil |
| Week 6 [24 Apr – 28 Apr] <i>24 Apr Hari Raya Off-In-Lieu</i> | NAPFA Testing | Nil |
| Week 7 [1 May – 5 May] <i>1 May Labour Day</i> | NAPFA Testing / Preparation for Sports Day | Nil |
| Week 8 [8 May – 12 May] | NAPFA Testing / Preparation for Sports Day | Nil |
| Week 9 [15 May – 19 May] <i>16 May Sports Day</i> | Sports Day / Intra Class Games | Nil |
| Week 10 [22 May – 26 May] | Intra Class Games | Nil |

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