

Peicai Secondary School
Subject Overview for Semester 1 / 2023
PE [Class: 4B1, 4C1, 4C3]

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>	Revisit Classroom Routines/Height & Weight Measurement	Nil
Week 5 [30 Jan – 3 Feb]	Introduction to Floorball. -Familiarisation with area of play and safety parameters -Equipment Management and Floorball Stick Handling Techniques	Nil
Week 6 [6 Feb – 10 Feb]	- Introduction to Floorball; teaching proper ground pass techniques and stick handling techniques/ NAPFA preparation (SBJ & 2.4km)	Nil
Week 7 [13 Feb – 17 Feb]	- Introduction to Floorball; teaching proper ground pass techniques and stick handling techniques/ NAPFA preparation (S&R & 2.4km)	Nil
Week 8 [20 Feb – 24 Feb]	- Introduction to Floorball; teaching proper ground pass dribbling techniques to team mates and offense skills / NAPFA preparation (Shuttle run & 2.4km)	Nil
Week 9 [27 Feb – 3 Mar]	- Introduction to Floorball; teaching proper ground pass dribbling techniques to team mates and defense skills / NAPFA preparation (chin-up/pull-up & 2.4km)	Nil
Week 10 [6 Mar – 10 Mar]	Concepts in Floorball; teaching proper ground pass dribbling techniques to team mates and scoring techniques & 4 v 4 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]	4 v 4 small sided Gameplay with GCA approach to Attacking and defending strategies/ NAPFA Test	Nil
Week 2 [27 Mar – 31 Mar]	4 v 4 or 5 V5 small sided Floorball Gameplay with goal post &/Napfa Test	Nil
Week 3 [3 Apr – 7 Apr] <i>7 Apr Good Friday</i>	Intra-Class Floorball Competition &/ Napfa Tests	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 Floorball (Round Robin)	Nil
Week 10 [22 May – 26 May]	Intra-Class Floorball League (Round Robin)	Nil

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