

Peicai Secondary School
Subject Overview for Semester 1 / 2023
PE [Class: 4C2]

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]	Athletics (Starting Blocks Training) / Fitness and Conditioning for Track Events	Nil
Week 6 [6 Feb – 10 Feb]	Athletics (Individual Race Skillsets) / Fitness and Conditioning for Track Events	https://www.youtube.com/watch?v=tKOkYrflrWO Sprinting techniques, common errors
Week 7 [13 Feb – 17 Feb]	Athletics (Baton Passing and Relay Race) / Fitness and Conditioning for Track Events	https://www.youtube.com/watch?v=P7l73zl7eNA Baton Passing for beginners
Week 8 [20 Feb – 24 Feb]	Athletics (Baton Passing and Relay Race) / Fitness and Conditioning for Track Events	Nil
Week 9 [27 Feb – 3 Mar]	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 10 [6 Mar – 10 Mar]	Floorball - Basic game play/movement - defence (moving into space to defend when the team is without the ball)/ 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]	Floorball – Modified Games to put skills learnt into use during game play / Fitness and Conditioning	Nil
Week 2 [27 Mar – 31 Mar]	Floorball – Modified Games to put skills learnt into use during game play / Fitness and Conditioning / 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>	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 Games	Nil
Week 10 [22 May – 26 May]	Intra Class Games	Nil

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