

Peicai Secondary School
Subject Overview for Semester 2 / 2023
Physical Education [Sec 1CN]

Semester 2		
Term 3 [26 June – 1 September]		
Week	Chapter/Topic/Skill/Area	Homework / Assignment
Week 1 [26 Jun - 1 Jul] <i>29th June- Hari Raya Haji</i>	<ul style="list-style-type: none"> • Welcome back/ Setting Expectations • Go through routines • Sharing of semester 2 subject overview • Height and Weight/BMI 	
Week 2 [3 Jul – 7 Jul] <i>3 Jul- Youth Day Holiday</i>	<ul style="list-style-type: none"> • Height and Weight/BMI • Introduction to Badminton and Rubrics 	
Week 3 [10 Jul - 14 Jul]	<ul style="list-style-type: none"> • Introduction to Badminton/Assessment Rubrics / Equipment Management (Grip, Maintenance) 	
Week 4 [17 Jul – 21 Jul]	<ul style="list-style-type: none"> • Basic Closed Skills in Game Play (Forehand & Backhand Service) / 1 V 1 Gameplay with focus on training forehand / backhand service 	
Week 5 [24 Jul – 28 Jul]	<ul style="list-style-type: none"> • Basic Footwork in a Badminton Court /1 V 1 game play with focus on forecourt and mid-court rally play. 	
Week 6 [30 July Aug – 4 Aug]	<ul style="list-style-type: none"> • Front and mid court backhand play with proper badminton footwork / 1V1 game play with focus on drop shot 	
Week 7 [7 Aug – 11 Aug] <i>9th to 10th Aug – National Day Holiday</i>	<ul style="list-style-type: none"> • Game play footwork plus emphasis on preparing for a forearm smash /1V1 game play with focus on cross-court play 	
Week 8 [14 Aug – 18 Aug]	<ul style="list-style-type: none"> • Introduction of Badminton Single Services Rules and Points systems/1V1 + Doubles game play with focus on cross-court play and forearm smash. 	
Week 9 [21 Aug – 25 Aug]	<ul style="list-style-type: none"> • Recap of Badminton Single Services Rules and Points systems/ Revision of Closed Skills (Forehand / Backhand Serve + Mid Court Play + Smash/Drop) and Basic Doubles Play Expose 	
Week 10 [28 Aug – 1 Sep] <i>1st Sep – Teachers Day</i>	<ul style="list-style-type: none"> • Intra-Class Badminton League (Round Robin Format) • CPR + AED Training 	
Term 4 [11 September – 27 October]		
Week	Chapter/Topic/Skill/Area	Assignment/Homework
Week 1 [11 Sep – 15 Sep]	<ul style="list-style-type: none"> • Introduction to Orienteering • Pacing and Wayfinding 	
Week 2 [18 Sep – 22 Sep]	<ul style="list-style-type: none"> • Preparation for Sports Challenge (Softball) • Orienteering Activity 	
Week 3 [25 Sep – 29 Sep]	<ul style="list-style-type: none"> • Preparation for Sports Challenge (Softball) 	
Week 4 [2 Oct – 6 Oct]	<ul style="list-style-type: none"> • EOY Exams 	
Week 5 [9 Oct – 13 Oct]	<ul style="list-style-type: none"> • EOY Exams 	
Week 6 [16 Oct – 20 Oct]	<ul style="list-style-type: none"> • Sports Challenge (18th Oct – Softball) 	

Week 7 [23 Oct – 27 Oct]	• Fitness and Conditioning	NAPFA 5 stations Videos
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This subject overview is tentative and is subject to changes.