

**Peicai Secondary School**  
**Subject Overview for Semester 2 / 2023**  
**Physical Education [Sec 1CY\_1CE]**

<b>Semester 2</b>		
<b>Term 3 [26 June – 1 September]</b>		
<b>Week</b>	<b>Chapter/Topic/Skill/Area</b>	<b>Homework / Assignment</b>
Week 1 [26 Jun - 1 Jul] <i>29<sup>th</sup> June- Hari Raya Haji</i>	<ul style="list-style-type: none"> <li>• Welcome back/ Setting Expectations</li> <li>• Go through routines</li> <li>• Sharing of semester 2 subject overview</li> <li>• Height and Weight/BMI</li> </ul>	
Week 2 [3 Jul – 7 Jul] <i>3 Jul- Youth Day Holiday</i>	<ul style="list-style-type: none"> <li>• Height and Weight/BMI</li> <li>• Introduction to Softball and Rubrics</li> </ul>	Short Video - Intro to softball
Week 3 [10 Jul - 14 Jul]	<ul style="list-style-type: none"> <li>• Softball Games</li> <li>• Focusing on Throwing and Catching</li> </ul>	
Week 4 [17 Jul – 21 Jul]	<ul style="list-style-type: none"> <li>• Softball Games</li> <li>• Throwing and Catching</li> </ul>	
Week 5 [24 Jul – 28 Jul]	<ul style="list-style-type: none"> <li>• Softball Games</li> <li>• Batting</li> </ul>	Self-evaluation on throwing and catching
Week 6 [30 July Aug – 4 Aug]	<ul style="list-style-type: none"> <li>• Softball Games</li> <li>• Games Strategy</li> </ul>	Team discussion on games strategies
Week 7 [7 Aug – 11 Aug] <i>9<sup>th</sup> to 10<sup>th</sup> Aug – National Day Holiday</i>	<ul style="list-style-type: none"> <li>• Softball Games</li> <li>• Games Strategy</li> </ul>	
Week 8 [14 Aug – 18 Aug]	<ul style="list-style-type: none"> <li>• Softball Games</li> <li>• Assessment</li> </ul>	
Week 9 [21 Aug – 25 Aug]	<ul style="list-style-type: none"> <li>• Softball Games</li> <li>• Assessment</li> </ul>	
Week 10 [28 Aug – 1 Sep] <i>1<sup>st</sup> Sep – Teachers Day Holiday</i>	<ul style="list-style-type: none"> <li>• CPR &amp; AED Training</li> </ul>	
<b>Term 4 [11 September – 27 October]</b>		
<b>Week</b>	<b>Chapter/Topic/Skill/Area</b>	<b>Assignment/Homework</b>
Week 1 [11 Sep – 15 Sep]	<ul style="list-style-type: none"> <li>• Introduction to Orienteering</li> <li>• Pacing</li> </ul>	
Week 2 [18 Sep – 22 Sep]	<ul style="list-style-type: none"> <li>• Orienteering Activity</li> </ul>	
Week 3 [25 Sep – 29 Sep]	<ul style="list-style-type: none"> <li>• Preparation for Sports Challenge</li> </ul>	
Week 4 [2 Oct – 6 Oct]	<ul style="list-style-type: none"> <li>• EOY Exams</li> </ul>	
Week 5 [9 Oct – 13 Oct]	<ul style="list-style-type: none"> <li>• EOY Exams</li> </ul>	
Week 6 [16 Oct – 20 Oct]	<ul style="list-style-type: none"> <li>• Sports Challenge (18<sup>th</sup> Oct – Softball)</li> </ul>	
Week 7 [23 Oct – 27 Oct]	<ul style="list-style-type: none"> <li>• Fitness and Conditioning</li> </ul>	NAPFA 5 stations Videos

*This subject overview is tentative and is subject to changes.*