

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

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 Softball and Rubrics 	Short Video - Intro to softball
Week 3 [10 Jul - 14 Jul]	<ul style="list-style-type: none"> • Throwing and Receiving of Softball • Dexterity training on throwing and receiving using different implements 	
Week 4 [17 Jul – 21 Jul]	<ul style="list-style-type: none"> • Throwing and Catching at Bases 	
Week 5 [24 Jul – 28 Jul]	<ul style="list-style-type: none"> • Running within Bases • Introduction to Batting 	Self-evaluation on throwing and catching
Week 6 [30 July Aug – 4 Aug]	<ul style="list-style-type: none"> • Combination of Throwing and Receiving at Bases with Batting • Games Strategy (Innings) 	Team discussion on games strategies
Week 7 [7 Aug – 11 Aug] <i>9th to 10th Aug – National Day Holiday</i>	<ul style="list-style-type: none"> • Introduction to Full Softball Games Format • Games Strategy (Offensive / Defensive) 	
Week 8 [14 Aug – 18 Aug]	<ul style="list-style-type: none"> • Softball Full Inning Try Out • Assessment 	
Week 9 [21 Aug – 25 Aug]	<ul style="list-style-type: none"> • Softball Full Inning Try Out (Switch Over from Pitching to Batting) • Assessment 	Assessment to be managed in accordance with the softball assessment rubrics
Week 10 [28 Aug – 1 Sep] <i>1st Sep – Teachers Day</i>	<ul style="list-style-type: none"> • 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]	<ul style="list-style-type: none"> • Fitness and Conditioning 	NAPFA 5 stations Videos

This subject overview is tentative and is subject to changes.