

**Peicai Secondary School**  
**Subject Overview for Semester 2 / 2023 Physical Education**  
**[Secondary Two] 2A1, 2B2, 2C1**

<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>	Nil
Week 2 [3 Jul – 7 Jul] <i>3 Jul- Youth Day Holiday</i>	<ul style="list-style-type: none"> <li>NAPFA Testing or Retest</li> </ul>	
Week 3 [10 Jul - 14 Jul]	<ul style="list-style-type: none"> <li>Introduction to Modified Frisbee – Equipment Management and Disc Handling Techniques (Forearm + Backhand Handle)</li> </ul>	Nil
Week 4 [17 Jul – 21 Jul]	<ul style="list-style-type: none"> <li>Closed Skills Introduction to Modified Frisbee (Ranged Passing [Short → Long])</li> </ul>	Nil
Week 5 [24 Jul – 28 Jul]	<ul style="list-style-type: none"> <li>Introduction to Modified Frisbee – Footwork and Closed Skills Defending / Attacking (Rules)</li> </ul>	Students to discuss/create modified Frisbee Rules – Critical Thinking
Week 6 [30 July Aug – 4 Aug]	<ul style="list-style-type: none"> <li>Intermediate Concepts to Modified Frisbee – Running into Space (Attacking Approach)</li> </ul>	Nil
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>Intermediate Concepts to Modified Frisbee – Running into Space (Defensive Approach)</li> </ul>	Nil
Week 8 [14 Aug – 18 Aug]	<ul style="list-style-type: none"> <li>3 v 3 or 4 v 4 Gameplay with variation of Short + Long throws and running into space.</li> </ul>	
Week 9 [21 Aug – 25 Aug]	<ul style="list-style-type: none"> <li>Outdoor Education Module - Outdoor Cooking</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>Outdoor Education Module - Outdoor Cooking</li> </ul>	nil

**Peicai Secondary School**  
**Subject Overview for Semester 2 / 2023 Physical Education**  
**[Secondary Two] 2A1, 2B2, 2C1**

<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>• Preparation for Sports Challenge - Basketball</li> </ul>	nil
Week 2 [18 Sep – 22 Sep]	<ul style="list-style-type: none"> <li>• Preparation for Sports Challenge - Basketball</li> </ul>	nil
Week 3 [25 Sep – 29 Sep]	<ul style="list-style-type: none"> <li>• Preparation for Sports Challenge - Basketball</li> </ul>	nil
Week 4 [2 Oct – 6 Oct]	<ul style="list-style-type: none"> <li>• EOY Exams</li> </ul>	nil
Week 5 [9 Oct – 13 Oct]	<ul style="list-style-type: none"> <li>• EOY Exams</li> </ul>	nil
Week 6 [16 Oct – 20 Oct]	<ul style="list-style-type: none"> <li>• Sports Challenge</li> <li>• Intro to NAPFA stations</li> </ul>	nil
Week 7 [23 Oct – 27 Oct]	<ul style="list-style-type: none"> <li>• Sec 2 Camp - 24<sup>th</sup> – 26<sup>th</sup> October</li> </ul>	Camp Challenge@Sembawang

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