

Peicai Secondary School
Subject Overview for Semester 2 / 2023
Physical Education [Secondary Two] 2C2

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 	Nil
Week 2 [3 Jul – 7 Jul] <i>3 Jul- Youth Day Holiday</i>	<ul style="list-style-type: none"> NAPFA Testing or Retest 	
Week 3 [10 Jul - 14 Jul]	<ul style="list-style-type: none"> Introduction to Modified Frisbee – Equipment Management and Disc Handling Techniques (Forearm + Backhand Handle) 	Nil
Week 4 [17 Jul – 21 Jul]	<ul style="list-style-type: none"> Closed Skills Introduction to Modified Frisbee (Ranged Passing [Short → Long]) 	Nil
Week 5 [24 Jul – 28 Jul]	<ul style="list-style-type: none"> Introduction to Modified Frisbee – Footwork and Closed Skills Defending / Attacking (Rules) 	Students to discuss/create modified Frisbee Rules – Critical Thinking
Week 6 [30 July Aug – 4 Aug]	<ul style="list-style-type: none"> Intermediate Concepts to Modified Frisbee – Running into Space (Attacking Approach) 	Nil
Week 7 [7 Aug – 11 Aug] <i>9th to 10th Aug – National Day Holiday</i>	<ul style="list-style-type: none"> Intermediate Concepts to Modified Frisbee – Running into Space (Defensive Approach) 	Nil
Week 8 [14 Aug – 18 Aug]	<ul style="list-style-type: none"> 3 v 3 or 4 v 4 Gameplay with variation of Short + Long throws and running into space. 	
Week 9 [21 Aug – 25 Aug]	<ul style="list-style-type: none"> Outdoor Education Module - Outdoor Cooking 	
Week 10 [28 Aug – 1 Sep] <i>1st Sep – Teachers Day Holiday</i>	<ul style="list-style-type: none"> Outdoor Education Module - Outdoor Cooking 	Nil

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

This subject overview is tentative and is subject to changes.