

Peicai Secondary School
Subject Overview for Semester 2 / 2023
Physical Education [Secondary 3A1 / 3A2]

Semester 2		
Term 3 [23 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 • Outdoor Education Module - Tent Pitching / Shelter Building for MOE-OBS Challenge Programme 	Video on tent-pitching
Week 2 [3 Jul – 7 Jul] <i>3 Jul- Youth Day Holiday</i>	<ul style="list-style-type: none"> • Height and Weight/BMI • Intro to Volleyball and rubrics • Self-Evaluation 1 of Volleyball 	Calculate individuals' BMI and set individual target Intro to Volleyball video Rubrics for self evaluation
Week 3 [10 Jul - 14 Jul]	<ul style="list-style-type: none"> • Service • Bump Pass / Dig • Upper hand Pass / Set 	Nil
Week 4 [17 Jul – 21 Jul]	<ul style="list-style-type: none"> • Bump Pass / Dig • Upper hand Pass / Set 	Video on gameplay, rules on rotation, communication/teamwork in volleyball
Week 5 [24 Jul – 28 Jul]	<ul style="list-style-type: none"> • Combination of Bump / Set Gameplay • Rotation Rules • Communication/ Teamwork 	Nil
Week 6 [30 July Aug – 4 Aug]	<ul style="list-style-type: none"> • Combination of Bump / Set Gameplay • Rotation Rules • Communication/ Teamwork • Self-Evaluation 2 (Formative) 	Video on positive attitude and teamwork in PE/softball Refer to rubrics for Volleyball self-evaluation 2
Week 7 [7 Aug – 11 Aug] <i>9th to 10th Aug – National Day Holiday</i>	<ul style="list-style-type: none"> • Gym Work • Intra-Class volleyball games 	Nil
Week 8 [14 Aug – 18 Aug]	<ul style="list-style-type: none"> • Gym Work • Intra-Class volleyball games 	Nil
Week 9 [21 Aug – 25 Aug]	<ul style="list-style-type: none"> • Intra class volleyball games • Self-Evaluation 3 (Summative) 	Refer to rubrics for evaluation of skills for Volleyball Enter grades for Volleyball Sec 3
Week 10 [28 Aug – 1 Sep] <i>1st Sep – Teachers Day Holiday</i>	<ul style="list-style-type: none"> • Fitness and Conditioning 	NAPFA 5 stations Videos

Peicai Secondary School
Subject Overview for Semester 2 / 2023
Physical Education [Secondary 3A1 / 3A2]

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"> • Intra-class Games - Volleyball 	Nil
Week 2 [18 Sep – 22 Sep]	<ul style="list-style-type: none"> • Intra-class Games - Volleyball 	Nil
Week 3 [25 Sep – 29 Sep]	<ul style="list-style-type: none"> • End of Year Exams 	Nil
Week 4 [2 Oct – 6 Oct]	<ul style="list-style-type: none"> • End of Year Exams 	Nil
Week 5 [9 Oct – 13 Oct]	<ul style="list-style-type: none"> • Intra-class Games – Volleyball • Fitness and Conditioning for NAPFA 	Nil
Week 6 [16 Oct – 20 Oct]	<ul style="list-style-type: none"> • Intra-class Games – Volleyball • Fitness and Conditioning for NAPFA 	Nil
Week 7 [23 Oct – 27 Oct]	<ul style="list-style-type: none"> • Fitness and Conditioning for NAPFA 	NAPFA Video

This subject overview is tentative and is subject to changes.