

**Peicai Secondary School**  
**Subject Overview for Semester 2 / 2023**  
**Physical Education [Secondary 3C1 / 3C5]**

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

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

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