

**Peicai Secondary School**  
**Subject Overview for Semester 2 / 2023**  
**PE [Class: 4B1+4C1+4C3+5B1]**

<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>	
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> <li>• Handball (7 aside Game); Defending Strategies (Defense) - Continuation from Sem 1</li> </ul>	
Week 3 [10 Jul - 14 Jul]	<ul style="list-style-type: none"> <li>• NAPFA Testing or Retest</li> <li>• Handball (7 aside Game); Attacking Strategies (Offense) - Continuation from Sem 1</li> </ul>	
Week 4 [17 Jul – 21 Jul]	<ul style="list-style-type: none"> <li>• Handball Intra Class Games</li> </ul>	
Week 5 [24 Jul – 28 Jul]	<ul style="list-style-type: none"> <li>• Handball Intra Class Games</li> </ul>	
Week 6 [30 July Aug – 4 Aug]	<ul style="list-style-type: none"> <li>• Floorball (Intro to floorball) -Ball Handling Techniques; Ball Control, Body Positioning, Ball Movement -Basic Stick Handling Techniques (Rules)</li> </ul>	
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>• Floorball -Basic Stick Handling (Passing and Receiving) -Shots Techniques</li> </ul>	
Week 8 [14 Aug – 18 Aug]	<ul style="list-style-type: none"> <li>• Floorball</li> <li>• Teamwork</li> <li>• 5 v 5 Team Game</li> </ul>	
Week 9 [21 Aug – 25 Aug]	<ul style="list-style-type: none"> <li>• Prelims</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>• Prelims</li> </ul>	
<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>• Floorball -Basic Defend Strategies</li> </ul>	
Week 2 [18 Sep – 22 Sep]	<ul style="list-style-type: none"> <li>• Floorball -Basic Attack Strategies</li> </ul>	
Week 3 [25 Sep – 29 Sep]	<ul style="list-style-type: none"> <li>• Floorball</li> <li>• Intra-Class Games</li> </ul>	

subject overview is tentative and is subject to changes.

**Peicai Secondary School**  
**Subject Overview for Semester 2 / 2023**  
**PE [Class: 4B1+4C1+4C3+5B1]**

Week 4 [2 Oct – 6 Oct]	• O Level Practical	
---------------------------	---------------------	--

subject overview is tentative and is subject to changes.

**Peicai Secondary School**  
**Subject Overview for Semester 2 / 2023**  
**PE [Class: 4B1+4C1+4C3+5B1]**

<b>Semester 1</b>		
<b>Term 2 [20 March – 26 May]</b>		
<b>Week</b>	<b>Chapter/Topic/Skill/Area</b>	<b>Homework / Assignment</b>
Week 1 [20 Mar – 24 Mar]	4 v 4 small sided Gameplay with GCA approach to Attacking and defending strategies/ NAPFA Test	Nil
Week 2 [27 Mar – 31 Mar]	4 v 4 or 5 V5 small sided Floorball Gameplay with goal post &/Napfa Test	Nil
Week 3 [3 Apr – 7 Apr] <i>7 Apr Good Friday</i>	Intra-Class Floorball Competition &/ Napfa Tests	Nil
Week 4 [10 Apr – 14 Apr]	Athletics (Starting Blocks Training) / Fitness and Conditioning for Track Events	Nil
Week 5 [17 Apr – 21 Apr]	Athletics (Individual Race Skillsets) / Fitness and Conditioning for Track Events	Nil
Week 6 [24 Apr – 28 Apr ] <i>24 Apr Hari Raya Off-In-Lieu</i>	Athletics (Baton Passing and Relay Race) / Fitness and Conditioning for Track Events	Nil
Week 7 [1 May – 5 May] <i>1 May Labour Day</i>	Preparation for Sports Day (Individual and Team Events)	Nil
Week 8 [8 May – 12 May]	Preparation for Sports Day (Individual and Team Events)	Nil
Week 9 [15 May – 19 May] <i>16 May Sports Day</i>	Sports Day / Intra-Class Floorball (Round Robin)	Nil
Week 10 [22 May – 26 May]	Intra-Class Floorball League (Round Robin)	Nil

subject overview is tentative and is subject to changes.