

SHATIN TSUNG TSIN SECONDARY SCHOOL  
Physical Education Scheme of Work (2016-2017)      Class : S.1 Boys

Cycle	Unit	Content	Assessment	Pre-lesson / Assignment	Remark
1	Introduction	Class regulations, grouping, measurement of height & weight			
2	Fitness Test	Introduction of physical fitness & safety in sports Fitness test: Sit up, push up, sit & reach	10%		
3	Track & Field	Crouch start & 50m sprint test			
4	Track & Field	Shot Put			
5	Swimming	Freestyle: Breathing, body position, leg & arm action			
6	Swimming	Freestyle: Breathing, body position, leg & arm action			
7	Swimming	Freestyle: Breathing, body position, leg & arm action	Skill test 1(10%)		
8	Endurance Running	9' Run	10%		
9	Basketball	Dribbling (X-over, back hand X over)			
10	Basketball	Layup (upper and lower hand)			
11		Examination			
12	Basketball	Dribbling (practice and test)			
13	Basketball	Layup and competition	Skill Test 2(15%)		

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Cycle	Unit	Content	Assessment	Pre-lesson / Assignment	Remark
14	Indoor Rowing	Promotion by HKCRA			
15	Long Distance Running	Long distance running skills, breathing skills			
16	Volleyball	dig & Volley Pass			
17	Volleyball	Underarm serve & Overarm serve			
18	Fencing	Promotion by AFC			
19	Fencing	Promotion by AFC			
20	Rope Skipping	Speed jump Basic skipping: Skier, bell,			
21	Rope Skipping	Speed jump Basic skipping: Skier, bell, side straddle, scissors			
22	Rope Skipping	Skill Test	Skill Test 3(15%)		
23	Endurance Running	9' Run	10%		
24	Fitness Test	Fitness test: Sit up, push up, sit & reach	10%		
25	Badminton	Service			
26	Badminton	Clear			
27	Badminton	Competition			

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1	Swimming	Freestyle: Breathing, body position, leg & arm action			
2	Swimming	Freestyle: Breathing, body position, leg & arm action			
3	Swimming	Freestyle: Breathing, body position, leg & arm action	Skill Test 1 (10%)		
4	Introduction	Class regulations, grouping, measurement of height & weight			
5	Endurance Running	9' Run	10%		
6	Track & Field	Crouch start & 50m sprint test			
7	Track & Field	Long Jump			
8	Fitness Test	Introduction of physical fitness & safety in sports Fitness test: Sit up, push up, sit & reach	10%		
9	Aerobic Dance	Bronze badge			
10	Aerobic Dance	Bronze badge with different formations			
11	Examination				
12	Aerobic Dance	Group practice			
13	Aerobic Dance	Group performance	Skill Test 2 (15%)		
14	Indoor Rowing	Lesson plan will be provided by HKCRA			

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15	Long Distance Running	Long distance running skills, breathing skills			
16	Handball	Passing Catching, shoulder pass, underarm pass, bounce pass, overhead pass, 3-step pass			
17	Handball	Shooting No step shot, 1-step shot, 3-step shot			
18	Fencing	Lesson plan will be provided by AFC			
19	Fencing	Lesson plan will be provided by AFC			
20	Rope Skipping	Speed jump			
21	Rope Skipping	Basic skipping: Skier, bell, side straddle, scissors, etc.			
22	Rope Skipping	Assessment	Skill Test 3 (15%)		
23	Fitness Test	Fitness test: Sit up, push up, sit & reach	10%		
24	Endurance Running	9' Run	10%		
25	Table Tennis	Service (topspin, backspin)			
26	Table Tennis	Forehand & backhand push			
27	Table Tennis	Mini competition			