

SHATIN TSUNG TSIN SECONDARY SCHOOL
Physical Education Scheme of Work (2017-2018) 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	Endurance Running	9' Run	10%		
4	Swimming	Freestyle: Breathing, body position, leg & arm action			
5	Swimming	Freestyle: Breathing, body position, leg & arm action			
6	Swimming	Freestyle: Breathing, body position, leg & arm action	Skill test 1(10%)		
7	Track & Field	Crouch start & 50m sprint test			
8	Track & Field	Shot Put			
9	Basketball	Dribbling (X-over, back hand X over)			
10	Basketball	Layup (upper and lower hand)			
11		Examination			
12		Examination			
13	Football	Shot: crashing, long shot & set shot			
14	Football	Pass: Long and Short Pass			

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15	Volleyball	dig & Volley Pass			
16	Volleyball	Underarm serve & Overarm serve			
17	Volleyball	Test: Dig & Underarm pass	Skill Test 2 (10%)		
18	Long Distance Running	Long distance running skills, breathing skills			
19	Handball	Passing & Shooting			
20	Handball	3 men fast break +Shooting			
21	Rope Skipping	Speed jump Basic skipping: Skier, bell,			
22	Rope Skipping	Speed jump Basic skipping: Skier, bell, side straddle, scissors			
23	Rope Skipping	Skill Test	Skill Test 3(10%)		
24	Endurance Running	9' Run	10%		
25	Fitness Test	Fitness test: Sit up, push up, sit & reach	10%		
26	Badminton	Service			
27	Badminton	Clear			

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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	Fitness Test	Introduction of physical fitness & safety in sports Fitness test: Sit up, push up, sit & reach	10%		
7	Track & Field	Crouch start & 50m sprint test			
8	Track & Field	Long Jump			
9	Aerobic Dance	Bronze badge			
10	Aerobic Dance	Bronze badge with different formations			
11	Examination				
12					
13	Aerobic Dance	Group practice			
14	Aerobic Dance	Group performance			

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15	Handball	Passing Catching, shoulder pass, underarm pass, bounce pass, overhead pass, 3-step pass			
16	Handball	Shooting No step shot, 1-step shot, 3-step shot			
17	Handball	Short pass with moving & shooting Mini competition			
18	Long Distance Running	Long distance running skills, breathing skills			
19	Volleyball	Games of ball sense Forearm pass (dig)			
20	Volleyball	Forearm pass Underarm serve			
21	Rope Skipping	Speed jump			
22	Rope Skipping	Basic skipping: Skier, bell, side straddle, scissors, etc.			
23	Rope Skipping	Assessment	Skill Test 2 (30%)		
24	Fitness Test	Fitness test: Sit up, push up, sit & reach	10%		
25	Endurance Running	9' Run	10%		
26	Table Tennis	Service (topspin, backspin)			
27	Table Tennis	Forehand & backhand push			