

SHATIN TSUNG TSIN SECONDARY SCHOOL
Physical Education Scheme of Work (2018-2019) 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(20%)		
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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Cycle	Unit	Content	Assessment	Pre-lesson / Assignment	Remark
15	Volleyball	dig & Volley Pass			
16	Long Distance Running	Long distance running skills, breathing skills			
17	Volleyball	Underarm serve & Overarm serve			
18	Volleyball	Serve and pass			
19	Badminton	Service			
20	Badminton	Clear			
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 2 (20%)		
24	Endurance Running	9' Run	10%		
25	Fitness Test	Fitness test: Sit up, push up, sit & reach	10%		
26	Handball	Passing & Shooting			
27	Handball	3 men fast break +Shooting			

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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	Long Distance Running	Long distance running skills, breathing skills			
17	Handball	Shooting No step shot, 1-step shot, 3-step shot			
18	Handball	Short pass with moving & shooting Mini competition			
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	Badminton	Service			
27	Badminton	Forehand Clear			