

Shatin Tsung Tsin Secondary School

Scheme of Work (2011-2012)

Subject: Physical Education

Class: S.1 (Boys)

Cycle	Unit	Content	Assessment	Pre-lesson/Assignment
1	Introduction	-Introduction of class regulation -Measurement of height & weight		
2	Introduction of Physical fitness & Sports Safety	-Introduction of physical Fitness & Safety in sports -Fitness Test		
3	Track and Field	Crouching Start 、 50 m Sprint test		
4		Long Jump 、 Relay		
5	Basketball	Passing : Chest Pass 、 Shoulder pass 、 Bounce Pass Dribbling : High & Low Level	Basketball	
6		Shooting : One-hand Shot		
7	Volleyball	Underhand Pass		
8		Side underhand service		
9	First Term Exam (PE)	-Skills Test (volleyball): Underhand pass	Handball Test	
10		Nine Minute Run	Endurance Test	
11	First Term Exam			
12	Football	Passing: Lob pass & close pass		
13		Shooting: Inside & outside of the foot shot		
13		Shooting : One-hand Shot		
14	Long Distance Run	Breathing Skills & Running Skills	Long Distance Run Test	

15	Handball	Games of Ball Sense Shooting : No Step Shot		
16		Passing : Shoulder pass & Underhand pass Shooting : 3-step shot Rules and Regulation		
17	Badminton	Serve 、 High Clear		
18	Table Tennis	Forehand topspin service 、 Forehand stroke		
19	Theory lesson	Sport Injury and First aids	Worksheet	
20				
21	Endurance Run	Endurance Run Test	Endurance Run Test	
22	Rope Skipping	Speed Jumps		
23		Basic Skipping -Bell & Twister, two Foot, Jump& Skier, Side Straddle & Scissors		
24	Final Term Exam	Skipping Test : Speed Test	High speed Skipping Test	
25		Fitness Test/Written test	Fitness Test	

SHATIN TSUNG TSIN SECONDARY SCHOOL

Physical Education Scheme of Work (2011 - 2012)

Class : S.1 Girls

Cycle	Unit	Content	Assessment	Pre-lesson / Assignment	Remark
1	Introduction	<input type="checkbox"/> Introduction of class regulations <input type="checkbox"/> Grouping <input type="checkbox"/> Measurement of height & weight			
2	Introduction of Physical Fitness & Sports Safety	<input type="checkbox"/> Introduction of physical fitness & safety in sports <input type="checkbox"/> Fitness test	Fitness Test		
3	Track & Field	Crouch start & 50m sprint test	50m Sprint Test		
4		Long jump, Relay			
5	Volleyball	Underhand pass			
6		Underhand service Introduction of regulations & mini competition			
7	Handball	Games of ball sense Passing: Catching, Shoulder pass, Underhand pass Shooting: No step shot, 1-step shot		Worksheet	
8		Footwork: Side step, Cross step, 3-steps Passing: Short pass with moving Shooting: 1-step shot, 3-step shot			
9	P.E. Exam	Skill Test: Handball 3-steps shot	Handball Test		
10		9-minute run	Endurance Test		

Cycle	Unit	Content	Assessment	Pre-lesson / Assignment	Remark
11	Examination				
12	Badminton	Grip, Service, Reception of services, Stroke			
13	Table-tennis	Grip, Service, Return of services, Block			
14	Long Distance Running	Long distance running skills, Breathing skills	Long Distance Running Test		
15	Basketball	Passing: Chest pass, Baseball pass, Bounce pass Dribbling: High level, Low level Shooting: Two-handed set shot			
16		Passing Games: Monkey ball Defending: Footwork, Guarding the dribbler Shooting: One-handed set shot			
17	Dance	Creativity Dance: Body parts, Levels			
18		Creativity Dance: Travel, Space			
19	Theory	Sports Injury		Worksheet	
20					
21	Endurance Running	9-minute run	Endurance Test		
22	Rope Skipping	Speed jumps			
23		Basics skipping: Two foot jump, Skier, Bell, Twister, Side straddle, Scissors			
24		Group skipping	Rope Skipping Test		
25	P.E. Exam	Fitness Test	Fitness Test		