

Shatin Tsung Tsin Secondary School
Physical Education
S1 Teaching Schedule (Boys)
2009 - 2010

Cycle	Unit	Content
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	Football	Passing: Lob pass & close pass
4		Shooting: Inside & outside of the foot shot
5	Volleyball	Underhand Pass
6		Side underhand service
7	Badminton	Serve 、 High Clear
8	Table Tennis	Forehand topspin service 、 Forehand stroke
9	First Term Exam (PE)	-Skills Test (Volleyball): Underhand Service and Pass
10		Nine Minute Run
11	First Term Exam	
12	Track and Field	Crouching Start 、 50 m Sprint test
13	Track and Field	Long Jump 、 Relay
14	Basketball	Passing : Chest Pass 、 Shoulder pass 、 Bounce Pass Dribbling : High & Low Level
15	Basketball	Shooting : One-hand Shot
16	Long Distance Run	Breathing Skills & Running Skills
17	Orienteering	Introduction of Orienteering (History and Rules) 6 Check points of Orienteering (Man Lai Court-Shing Mun River)
18	Orienteering	10 check points of Orienteering (Sand Martin Bridge)
19	Handball	Games of Ball Sense Shooting : No Step Shot
20	Endurance Run	Endurance Run Test
21	Handball	Passing : Shoulder pass & Underhand pass Shooting : 3-step shot Rules and Regulation
22	Rope Skipping	Speed Jumps
23	Rope Skipping	Basic Skipping -Bell & Twister, two Foot, Jump & Skier, Side Straddle & Scissors
24	Final Term Exam	Skipping Test : Speed Test
25		Fitness Test

Shatin Tsung Tsin Secondary School
Physical Education
S1 Teaching Schedule (Girls)
2009 - 2010

Cycle	Unit	Content
1	Introduction	<input type="checkbox"/> Introduction of class regulation <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
3	Handball	Dribbling: Dribbling games Shooting: No step shot
4		Passing: Catching, Shoulder pass, Underhand pass Shooting: 3-steps shot Introduction of regulation & Mini competition
5	Badminton & Table-tennis	Grip, Service, Footwork, Stroke
6		Reception of service, Doubles
7	Volleyball	Underhand pass
8		Underhand service Introduction of regulation & Mini competition
9	P.E. Exam	Skill Test: Underhand pass
10		9-Minute Run
11	Examination	
12	Track & Field	Crouch Start & 50m Sprint Test
13		Long Jump, Relay
14	Dance	Creativity Dance: Body Parts, Levels
15		Creativity Dance: Travel, Space
16	Long Distance Running	Long distance running skills, Breathing skills
17	Orienteering	Introduction of Orienteering (History and Rules) 6 check points of Orienteering (Man Lai Court - Shing Mun River)
18		Orienteering 10 check points of Orienteering (Sand Martin Bridge)
19	Basketball	Passing: Chest pass, Shoulder pass, Bounce pass Dribbling: High level, Low level Shooting: Two-hand shooting
20	Endurance Running	9-Minute Run
21	Basketball	Shooting: One-hand shooting Defencing footwork
22	Rope Skipping	Speed Jumps
23		Basics Skipping: Two foot jump, Skier, Bell, Twister, Side straddle, Scissors
24	P.E. Exam	Skill Test: Rope Skipping
25		Fitness Test