

**Woodgrove Secondary School**  
**Scheme of Work for Physical Education Sec 1 (Semester 1)**

Term 1			Term 2		
Week	Module	Module	Week	Module	Module
1	SOAR	Safety, Expectations and Administration	1	PHF (NAPFA)	PHF
2	Height and Weight (BMI)	Modified Netball	2	PHF (NAPFA)	PHF
3	Outdoor Education (Safety in physical activities)	Modified Netball	3	PHF (NAPFA)	PHF
4	Outdoor Education (Map Reading)	Modified Netball	4 (Good Fri)	Nil	PHF
5 (CNY - Mon & Tue)	Nil	Modified Netball	5	PHF	Modified Netball
6	Outdoor Education (Lightning warning system and AED)	Modified Netball	6 (MYE)	PHF	Modified Netball
7	Outdoor Education (Pacing)	Modified Netball	7 (Labour Day & Hari Raya) (MYE)	Nil	Modified Netball
8	PHF	Modified Netball	8 (MYE)	PHF	Modified Netball
9	PHF	Modified Netball	9 (Vesak Day) (MYE Script checking)	Nil	Modified Netball
10	PHF	Modified Netball	10	PHF	Modified Netball