

Woodgrove Secondary School
Scheme of Work for Physical Education Sec 3 (Semester 1)

Term 1			Term 2		
Week	Module	Module	Week	Module	Module
1	Height & Weight (BMI) Safety, Expectation & Admin	PHF-INFUSED	1	PHF	PHF
2	Floorball	Floorball	2 (Good Fri)	PHF	PHF
3	Floorball	Floorball	3	PHF	PHF
4	Floorball	Floorbal & NYAA	4	PHF	PHF
5	Floorball	Floorball	5	PHF	PHF
6 (CNY - Thu)	Outdoor Education (Outdoor Cooking)	Outdoor Education (Outdoor Cooking)	6	PHF	PHF
7 (CNY - Mon)	Outdoor Education (Packing for OBS)	Outdoor Education	7 (MYE)	NIL	NIL
8	Floorball	Floorball	8 (MYE & Hari Raya)	NIL	NIL
9	PHF-INFUSED	PHF	9 (MYE Script checking)	NIL	NIL
10	PHF	PHF	10 (Vesak Day)	NIL	NIL