

Woodgrove Secondary School

Scheme of Work for Physical Education Sec 4&5 (Semester 1)

Term 1			Term 2		
Week	Module	Module	Week	Module	Module
1	Height and Weight (BMI)	Softball/Handball	1	PHF (NAPFA) 5 stations	PHF (NAPFA) 2.4km
2	Softball/Handball	Softball/Handball	2 (Good Fri)	PHF (NAPFA) 5 stations	NIL
3	Softball/Handball	Softball/Handball	3	PHF (NAPFA) 5 stations	PHF (NAPFA) 2.4km
4	Softball/Handball	Softball/Handball	4	PHF (NAPFA) 5 stations	PHF (NAPFA) 2.4km
5	Softball/Handball	Softball/Handball	5	PHF (NAPFA)	PHF (NAPFA)
6 (CNY - Thu)	Softball/Handball	Softball/Handball	6	PHF (NAPFA)	PHF (NAPFA)
7 (CNY - Mon)	Softball/Handball	PHF (NAPFA)	7 (MYE)	NIL	NIL
8	Softball/Handball	PHF (NAPFA)	8 (MYE & Hari Raya)	NIL	NIL
9	PHF (NAPFA) 2.4km	Softball/Handball / PHF (NAPFA)	9 (MYE Script checking)	NIL	NIL
10	PHF (NAPFA) 2.4km	Softball/Handball / PHF (NAPFA)	10 (Vesak Day)	NIL	NIL
