

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, Expectations and Administration	1	PHF	PHF (NAPFA - 2.4km)
2	PHF	Floorball	2	PHF	PHF (NAPFA - 2.4km)
3	PHF	Floorball	3	PHF	PHF (NAPFA - 2.4km)
4	PHF	Floorball	4 (Good Fri)	NIL	Floorball
5 (CNY - Mon & Tue)	NIL	Floorball	5	PHF	Floorball
6	Outdoor Education (Outdoor Cooking)	Floorball	6 (MYE)	PHF	Floorball
7	Outdoor Education (Outdoor Cooking)	Floorball	7 (Labour Day & Hari Raya) (MYE)	NIL	Floorball
8	Outdoor Education	Floorball	8 (MYE)	PHF	Floorball
9	Outdoor Education (Packing for OBS)	Floorball	9 (Vesak Day) (MYE Script checking)	NIL	Floorball
10	PHF	PHF (NAPFA - 2.4km)	10	PHF	Floorball
