

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)	Safety, Expectations and Administration	1	PHF (NAPFA) 5 stations	PHF (NAPFA) 2.4km
2	PHF	Softball/Handball	2	PHF (NAPFA) 5 stations	PHF (NAPFA) 2.4km
3	PHF	Softball/Handball	3	PHF (NAPFA) 5 stations	PHF (NAPFA) 2.4km
4	PHF	Softball/Handball	4 (Good Fri)	NIL	PHF (NAPFA) 2.4km
5 (CNY - Mon & Tue)	NIL	Softball/Handball	5	PHF (NAPFA)	Softball/Handball
6	PHF (NAPFA)	Softball/Handball	6 (MYE)	NIL	NIL
7	PHF (NAPFA)	Softball/Handball	7 (Labour Day & Hari Raya) (MYE)	NIL	NIL
8	PHF (NAPFA)	Softball/Handball	8 (MYE)	NIL	NIL
9	PHF (NAPFA)	Softball/Handball	9 (Vesak Day) (MYE Script checking)	NIL	NIL
10	PHF (NAPFA)	Softball/Handball	10	PHF (NAPFA)	Softball/Handball