

**MADAM LAU KAM LUNG SECONDARY SCHOOL
OF MIU FAT BUDDHIST MONASTERY
Form 1 Physical Education Teaching Schedule, 2011-2012**

Date	Week Number	Topic
02/09/2011 - 09/09/2011	1-2	Introduction a) Rules and Regulations b) Safety precaution c) Height and weight measurement
12/09/2011 - 11/10/2011	3-7	Athletics - Sprinting(running fast; short distance run) - Shot-put(stand throw) - Long jump(arm movement; fast running; take-off; landing in both legs) - Relay(passing the baton within standard distance)
Annual Athletic Meet 12-10-2011 & 14-10-2011		
17/10/2011 - 28/10/2011	8-9	Fitness activities - Introduction of Fitness Exam. (1 min. Sit-up; 1 min. Skipping; 1 min. Press-up; Sit & Reach test; 9 mins. Run)
31/10/2011 - 11/11/2011	10-11	Rope Skipping - Individual - Group - Figures - Students' Design

14/11/2011 - 18/11/2011	12	Practice of Skill Exam
21/11/2011 - 02/12/2011	13-14	Skill Exam - Long jump
05/12/2011 - 16/12/2011 * 22/12/2011- 2/1/2012 New Year Holidays	15-16	Examination - Fitness exam.
09/01/2012 - 19/01/2012	19-20	Mid Year Examination
01/02/2012 - 17/02/2012 21/01/2012 - 31/01/2012 Lunar New Year Holidays	21-23	Volleyball - Underhand pass(ready position; leg movement; arm posture) - Underhand Serve(leg movement; waist movement; hinting the lower middle of the ball)
21/02/2012 - 02/03/2012	24-25	Fitness Test (a) 1 min. Sit-up (b) 1 min. Skipping (c) 1 min. Press-up (d) Sit & Reach Test

		(e) 9 mins. Run/Walk
05/03/2012 - 30/03/2012 <u>School Holidays</u> 31/03/2012 - 15/04/2012	26-29	Basketball - Ball sense activities - Chest pass - Overhead pass - Shooting
16/04/2012 - 04/05/2012	31-33	Floor exercise - Individual stretching - Pair up stretching - Balance
07/05/2012 - 18/05/2012	34-35	Skill Exam. - Skipping - Basketball
21/05/2012 - 08/06/2012	36-37	Fitness Exam. - 1 min. Sit-up - 1 min. Skipping - 1 min. Press-up - Sit & Reach Test - 9 mins. Run/Walk