

New Town Secondary School
Department Of Physical Education
Home Based Learning (HBL) 2020

PE HBL SCHEDULE 2020 (TERM 2)

SCHEDULE	LESSON NO.	SECONDARY 1	SECONDARY 2	SECONDARY 3	SECONDARY 4-5s
T2W2	Lesson 1	T: Importance of PE P: StayHome Exercises	T: Importance of PE P: StayHome Exercises	T: Importance of PE P: StayHome Exercises	T: Importance of PE P: StayHome Exercises
T2W3	Lesson 1	T: The Prize P: Avengers Exercises	T: The Prize P: Avengers Exercises	T: The Prize P: Avengers Exercises	T: The Prize P: Avengers Exercises
T2W4	Lesson 1	T: COVID-19 P: Exercise Task Cards	T: COVID-19 P: NAPFA Exercises	T: COVID-19 P: Exercise Task Cards	T: COVID-19 P: NAPFA Exercises
	Lesson 2	T: Sports Module L1 P: Exercise Task Cards	T: Sports Module L1 P: Exercise Task Cards	T: Sports Module L1 P: Exercise Task Cards	T: Sports Module L1 P: Exercise Task Cards
T2W5	Lesson 1	T: No Days Off! P: Baby Shark + EJC TABATA	T: No Days Off! P: NAPFA Exercises	T: No Days Off! P: Baby Shark + EJC TABATA	T: No Days Off! P: NAPFA Exercises
	Lesson 2	T: Sports Module L2 P: Baby Shark + EJC TABATA	T: Sports Module L2 P: Baby Shark + EJC TABATA	T: Sports Module L2 P: Baby Shark + EJC TABATA	T: Sports Module L2 P: Baby Shark + EJC TABATA
T2W6	Lesson 1	T: Paralympics & Inclusive Sports P: 10-min CORE workout (Ms Yap) C: #NewTownPaperBall Challenge	T: Paralympics & Inclusive Sports P: NAPFA Exercises C: #NewTownPaperBall Challenge	T: Paralympics & Inclusive Sports P: 10-min CORE workout (Ms Yap) C: #NewTownPaperBall Challenge	T: Paralympics & Inclusive Sports P: NAPFA Exercises C: #NewTownPaperBall Challenge
	Lesson 2	T: Sports Module L3 P: 10-min CORE workout (Ms Yap) C: #NewTownPaperBall Challenge	T: Sports Module L3 P: 10-min CORE workout (Ms Yap) C: #NewTownPaperBall Challenge	T: Sports Module L3 P: 10-min CORE workout (Ms Yap) C: #NewTownPaperBall Challenge	T: Sports Module L3 P: 10-min CORE workout (Ms Yap) C: #NewTownPaperBall Challenge
T2W7	Lesson 1	P: THIS or THAT Workout	P: THIS or THAT Workout	P: THIS or THAT Workout	P: THIS or THAT Workout
		# NEW TOWN PAPERBALL CHALLENGE			

T: Theory

P: Physical Activity

C: Challenge

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PE HBL SCHEDULE 2020 (TERM 3)

SCHEDULE	LESSON NO.	SECONDARY 1	SECONDARY 2	SECONDARY 3
T3W1	Lesson 1	Back To School	Back To School	T: Ergonomics
	Lesson 2	Back To School	Back To School	P: 4 choose 2 Workout Exercises
T3W2	Lesson 1	T: Ergonomics	T: Ergonomics	Back To School
	Lesson 2	P: 4 choose 2 Workout Exercises	P: 4 choose 2 Workout Exercises	Back To School
T3W3	Lesson 1	Back To School	Back To School	T: Taking Care Of The SENSES-ational Me!
	Lesson 2	Back To School	Back To School	P: 4 choose 2 Workout Exercises
T3W4	Lesson 1	T: Taking Care Of The SENSES-ational Me!	T: Taking Care Of The SENSES-ational Me!	Back To School
	Lesson 2	P: 4 choose 2 Workout Exercises	P: 4 choose 2 Workout Exercises	Back To School
T3W5	Lesson 1	Back To School	Back To School	Back To School
	Lesson 2	Back To School	Back To School	Back To School

T: Theory

P: Physical Activity