

**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
<b>T2W2</b>	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
<b>T2W3</b>	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
<b>T2W4</b>	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
<b>T2W5</b>	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
<b>T2W6</b>	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
<b>T2W7</b>	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
<b>T3W1</b>	Lesson 1	Back To School	Back To School	T: Ergonomics
	Lesson 2	Back To School	Back To School	P: 4 choose 2 Workout Exercises
<b>T3W2</b>	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
<b>T3W3</b>	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
<b>T3W4</b>	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
<b>T3W5</b>	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