

Tin Ka Ping Secondary School
2018-2019 Physical Education Schedule (Junior Form)

		Form 1		Form 2		Form 3	
		Boy	Girl	Boy	Girl	Boy	Girl
1	3/9-7/9	Morning Exercise Training, Body Measurement, Regulations, Grouping		Body Measurement, Regulations, Grouping, Physical Fitness Test		No lesson	
2	10/9-14/9	Physical Fitness Test		Physical Fitness Test		Body Measurement, Grouping, Physical Fitness Test	
3	17/9-21/9	Physical Fitness Test		Athletics	Athletics	Physical Fitness Test	
4	24/9-28/9	Discipline Camp		Athletics	Athletics	Athletics	Athletics
5	1/10-5/10	Athletics Meet		Athletics Meet		National Day Holiday	
6	8/10-12/10	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
7	15/10-19/10	Chung Yeung Festival		Athletics	Athletics	Athletics	Athletics
8	22/10-26/10	Athletics	Athletics	Badminton	Volleyball	Badminton	Volleyball
9	29/10-2/11	UT	UT	UT	UT	Badminton	Volleyball
10	5/11-9/11	Table Tennis	Volleyball	Table Tennis	Volleyball	Basketball	Volleyball
11	12/11-16/11	Basketball	Volleyball	Basketball	Badminton	Basketball	Badminton
12	19/11-23/11	Basketball	Badminton	Basketball	Badminton	Basketball	Badminton
13	26/11-30/11	Volleyball	Badminton	Volleyball	Table Tennis	Volleyball	Table Tennis
14	3/12-7/12	Volleyball	Table Tennis	Volleyball	Table Tennis	Volleyball	Table Tennis
15	10/12-21/12	Physical Fitness Award Scheme, Practical Skill Exam (Item 1 & 2), File Checking					
16	2/1-12/1	School Exam (End of First Term)					
17	14/1-18/1	Jump Rope for Heart (Red)		Jump Rope for Heart (Green)		Jump Rope for Heart (Yellow)	
18	21/1-25/1	Rope Skipping Examination					
19	28/1-1/2	Rope Skipping Examination		Lunar New Year Holiday		Rope Skipping Examination	
20	11/2-15/2	Gymnastics	Handball	Gymnastics	Football	Gymnastics	Basketball
21	18/2-22/2	Handball	Basketball	Football	Gymnastics	Handball	Basketball
22	25/2-1/3	No lesson		Football	Dancing	Handball	Gymnastics
23	4/3-8/3	Handball	Basketball	Football	Dancing	Handball	Gymnastics
24	11/3-15/3	Football	Gymnastics	LCSD Sports Demonstration		Football	Handball
25	18/3-22/3	Football	Gymnastics	Easter Holiday		Football	Handball
26	25/3-29/3	UT		Handball	Basketball	UT	
27	1/4-5/4	LCSD Sports Demonstration		Handball	Basketball	LCSD Sports Demonstration	
28	8/4-12/4	Preparation of School Dedication Day		LCSD Sports Demonstration		Preparation of School Dedication Day	
29	22/4-26/4	Preparation of School Dedication Day		Preparation of School Dedication Day		Easter Holiday	
30	29/4-3/5	Labour Day Holiday		Preparation of School Dedication Day		Preparation of School Dedication Day	
31	6/5-10/5	Swimming		Swimming		Practical Skill Exam (Item 1)	
32	13/5-17/5	Swimming		Swimming		Buddha's Birthday Holiday	
33	20/5-24/5	Swimming		Swimming		Physical Fitness Test	
34	27/5-31/5	Swimming (exam)		Swimming (exam)		Make-up Exam	