

Tin Ka Ping Secondary School
2025-2026 Physical Education Schedule (Junior Form)

		Form 1		Form 2		Form 3	
		Boy	Girl	Boy	Girl	Boy	Girl
1	1/9-5/9	Body Measurement, Regulations, Grouping, Physical Fitness Test		Body Measurement, Regulations, Grouping, Physical Fitness Test		Body Measurement, Regulations, Grouping, Physical Fitness Test	
2	8/9-12/9	Physical Fitness Test		Physical Fitness Test		Physical Fitness Test	
3	15/9-19/9	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
4	22/9-26/9	F.1 Discipline camp		Athletics	Athletics	Athletics	Athletics
5	29/9-3/10	No lesson		Athletics	Athletics	No lesson	
6	6/10-10/10	Athletics	Athletics	Badminton	Volleyball	Athletics	Athletics
7	13/10-17/10	Athletics	Athletics	Badminton	Volleyball	Basketball	Volleyball
8	20/10-24/10	No lesson		UT		UT	
9	27/10-31/10	No lesson		Badminton	Volleyball	Basketball	Volleyball
10	3/11-7/11	Table Tennis	Volleyball	No lesson		Basketball	Volleyball
11	10/11-14/11	Table Tennis	Volleyball	Football***	Badminton	Volleyball	Badminton
12	17/11-21/11	Table Tennis	Volleyball	Football***	Badminton	Volleyball	Badminton
13	24/11-28/11	Basketball	Table Tennis	Football***	Badminton	No lesson	
14	2/12-5/12	No lesson		Football***	Badminton	Volleyball	Table Tennis
15	9/12-12/12	Physical Fitness Award Scheme, Practical Skill Exam (Item 1 & 2), File Checking					
16	15/12-18/12	Physical Fitness Award Scheme, Practical Skill Exam (Item 1 & 2), File Checking					
17	5/1-16/1	School Exam (End of First Term)					
18	19/1-23/1	Practice of Ba Duan Jin*** & Jump Rope for Heart					
19	26/1-30/1	Rope Skipping Examination		Rope Skipping Examination		Fitness Training/ Rope Skipping	
20	9/2-13/2	Rope Skipping Examination		Rope Skipping Examination		Fitness Training/ Rope Skipping	
21	16/2-23/2	Lunar New Year Holiday					
22	24/2-27/2	No lesson		Fitness Training		Gymnastics	Basketball
23	3/3-6/3	Handball	Volleyball	Volleyball	Football***	No lesson	
24	9/3-13/3	Handball	Volleyball	Volleyball	Football***	Handball	Basketball
25	16/3-20/3	UT		UT		UT	
26	23/3-27/3	LCSD Sports Demonstration		LCSD Sports Demonstration		LCSD Sports Demonstration	
27	30/3-7/4	Easter Holiday		Easter Holiday		Easter Holiday	
28	8/4-10/4	Physical Fitness Test		Physical Fitness Test		Football***	Handball
29	13/4-17/4	Physical Fitness Test		Physical Fitness Test		Football***	Handball
30	20/4-24/4	Rope Skipping Practice		Rope Skipping Practice		Rope Skipping Practice	
31	27/4-29/4	Rope Skipping Practice		Rope Skipping Practice		Easter Holiday	
32	4/5-5/5	Swimming		Swimming		Rope Skipping Practice	
33	11/5-15/5	Swimming		Swimming		Football***	Handball
34	18/5-22/5	Swimming (exam)		Swimming (exam)		Physical Fitness Test	
35	26/5-28/5	Swimming (exam)		Swimming (exam)		Physical Fitness Test	

***National Security Education