

Tin Ka Ping Secondary School
2024-2025 Physical Education Schedule (Junior Form)

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

***National Security Education

Tin Ka Ping Secondary School
2024-2025 Physical Education Schedule (Senior Form)

| | | Form 4 | | Form 5 | | Form 6 | |
|----|-------------|---|------------|---|-------------|---|-----------|
| | | Boy | Girl | Boy | Girl | Boy | Girl |
| 1 | 2/9-6/9 | Body Measurement, Regulations, Grouping, Physical | | Body Measurement, Regulations, Grouping, Physical | | Body Measurement, Regulations, Grouping, Physical | |
| 2 | 9/9-13/9 | Physical Fitness Test | | Physical Fitness Test | | Physical Fitness Test | |
| 3 | 15/9-20/9 | Athletics | Athletics | Athletics | Athletics | Bowling | |
| 4 | 23/9-27/9 | Athletics | Athletics | Athletics | Athletics | Athletics | Athletics |
| 5 | 30/9-4/10 | Athletics | Athletics | Athletics | Athletics | Bowling | |
| 6 | 7/10-11/10 | Athletics | Athletics | Athletics | Athletics | No lesson | |
| 7 | 14/10-18/10 | Handball | Volleyball | Hockey | Softball | Bowling | |
| 8 | 21/10-25/10 | HKSSF Swimming | | UT | | UT | |
| 9 | 28/10-1/11 | Handball | Volleyball | Hockey | Softball | Golf | |
| 10 | 4/11-8/11 | Athletics Meet | | Athletics Meet | | No lesson | |
| 11 | 11/11-15/11 | Volleyball | Tennis | Hockey | Softball | Golf | |
| 12 | 18/11-22/11 | Volleyball | Tennis | Basketball | Football | Physical Fitness Award Scheme | |
| 13 | 25/11-29/11 | School picnic | | Holiday after school picnic | | Golf | |
| 14 | 2/12-6/12 | Volleyball | Tennis | Physical Fitness Award Scheme | | Physical Fitness Award Scheme | |
| 15 | 9/12-13/12 | Physical Fitness Award Scheme | | Physical Fitness Award Scheme, Practical Skill Exam (Item 1 & 2), File Checking | | HKSSF Athletics | |
| 16 | 16/12-20/12 | Physical Fitness Award Scheme, Practical Skill Exam (Item 1 & 2), File Checking | | HKSSF Athletics | | No lesson | |
| 17 | 2/1-14/1 | School Exam (End of First Term) | | | | | |
| 18 | 15/1-24/1 | Motion Analysis (Video) | | Rugby(exam) | Rugby(exam) | Class Activities | |
| 19 | 27/1-5/2 | Lunar New Year Holiday | | Lunar New Year Holiday | | Class Activities | |
| 20 | 6/2-7/2 | Motion Analysis (Video) | | Rugby(exam) | Rugby(exam) | | |
| 21 | 10/2-14/2 | Basketball | Softball | Football | Hockey | | |
| 22 | 17/2-21/2 | Basketball | Softball | Football | Hockey | | |
| 23 | 24/2-28/2 | Athletics Meet | | Football | Hockey | | |
| 24 | 3/3-7/3 | Basketball | Softball | Softball | Dancing*** | | |
| 25 | 10/3-14/3 | Football | Dancing | Softball | Dancing*** | | |
| 26 | 17/3-21/3 | LCSD Sports Demonstration | | Softball | Dancing*** | | |
| 27 | 24/3-28/3 | Easter Holiday | | UT | | | |
| 28 | 31/3-4/4 | No lesson | | Softball | Dancing*** | | |
| 29 | 7/4-11/4 | Football | Dancing | Rope Skipping Practice | | | |
| 30 | 14/4-17/4 | Rope Skipping Practice | | Rope Skipping Practice | | | |
| 31 | 18/4-27/4 | Easter Holiday | | Easter Holiday | | | |

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|----|-----------|------------------------|---------|---------------------------|
| 32 | 28/4-2/5 | Rope Skipping Practice | | School Dedication Day |
| 33 | 5/5-9/5 | Football | Dancing | Physical Fitness Test |
| 34 | 12/5-16/5 | Physical Fitness Test | | Physical Fitness Test |
| 35 | 19/5-30/5 | Physical Fitness Test | | PE storeroom stock taking |

***National Security Education