

**Tin Ka Ping Secondary School**  
**2023-2024 Physical Education Schedule (Junior Form)**

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

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**Tin Ka Ping Secondary School**  
**2023-2024 Physical Education Schedule (Senior Form)**

		Form 4		Form 5		Form 6	
		Boy	Girl	Boy	Girl	Boy	Girl
1	1/9-4/9	No lesson		No lesson		No lesson	
2	5/9-8/9	Body Measurement, Regulations, Grouping, Physical Fitness Test		Body Measurement, Regulations, Grouping, Physical Fitness Test		Body Measurement, Regulations, Grouping, Physical Fitness Test	
3	11/9-15/9	Physical Fitness Test		Physical Fitness Test		Physical Fitness Test	
4	18/9-22/9	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
5	25/9-29/9	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
6	3/10-6/10	Athletics	Athletics	Athletics	Athletics	LCSD Sports Demonstration	
7	9/10-13/10	Handball	Volleyball	Hockey	Softball	LCSD Sports Demonstration	
8	16/10-26/10	HKSSF Swimming		Hockey	Softball	LCSD Sports Demonstration	
9	27/10-2/11	Handball	Volleyball	Hockey	Softball	UT	
10	3/11-10/11	Handball	Volleyball	Hockey	Softball	LCSD Sports Demonstration	
11	13/11-17/11	Volleyball	Tennis	HKSSF Cross Country		LCSD Sports Demonstration	
12	20/11-28/11	Volleyball	Tennis	Holiday after school picnic		LCSD Sports Demonstration	
13	5/12-8/12	Volleyball	Tennis	Basketball	Football	Physical Fitness Award Scheme	
14	11/12-15/12	Physical Fitness Award Scheme		HKSSF Athletics		HKSSF Athletics	
15	18/12-20/12	Practical Skill Exam (Item 1 & 2), File Checking		Physical Fitness Award Scheme, Practical Skill Exam (Item 1 & 2), File Checking		Physical Fitness Award Scheme	
16	2/1-12/1	School Exam (End of First Term)					
17	15/1-19/1						
18	22/1-26/1	Motion Analysis (Video)		Rugby(exam)	Rugby(exam)		
19	29/1-6/2	Motion Analysis (Video)		Rugby(exam)	Rugby(exam)		
20	7/2-16/2	Lunar New Year Holiday		Lunar New Year Holiday			
21	19/2-23/2	Basketball	Softball	Rugby(exam)	Rugby(exam)		
22	27/2-1/3	Basketball	Softball	Football	Hockey		
23	4/3-8/3	Athletics Meet		Football	Hockey		
24	11/3-15/3	Football	Dancing	Football	Hockey		
25	18/3-20/3	Football	Dancing	UT			
26	21/3-27/3	LCSD Sports Demonstration		UT			
27	28/3-8/4	Easter Holiday		Easter Holiday			
28	9/4-12/4	No lesson		Softball	Dancing***		
29	15/4-19/4	Football	Dancing	Picnic			
30	22/4-26/4	Football	Dancing	Softball	Dancing***		
31	29/4-3/5	School Dedication Day		Softball	Dancing***		
32	6/5-10/5	Softball	Dancing	Softball	Dancing***		
33	13/5-17/5	Tennis	Badminton	Physical Fitness Test			
34	20/5-24/5	Physical Fitness Test		Physical Fitness Test			
35	27/5-30/5	Physical Fitness Test		PE storeroom stock taking			

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