The Chinese University of Hong Kong Special P.E Programme Course Schedule (2nd Term)

Week	Торіс
1	Co-ordination / Registration
2	Introduction – SPE course and PE Unit Practical - Walking
3	Video – Fitness Room
	Practical – Fitness Room
4	Practical – Fitness Room
5	Practical – Table Tennis
6	Practical – Table Tennis
7	Practical – Wood Ball
8	Lecture – General Sports Knowledge
	Practical -Yoga Stretching
9	Lecture – General Sports Knowledge
	Practical –Yoga Stretching
10	Lecture–Specific Sports
	Practical – Specific Sports
11	Lecture – Specific Sports
	Practical – Specific Sports
12	Student Presentation
13	Student Presentation
	Course Evaluation and Conclusion