

# The Chinese University of Hong Kong P.E. Unit

## Woodball Course Content

Wk No.	First Period	Second Period
<b>1</b>	<ol style="list-style-type: none"> <li>1. Course requirements</li> <li>2. Briefing on the Course Contents and Examination Items</li> <li>3. Introduction to and Practice of the Gripping, Stance, and Shooting</li> </ol>	
<b>2</b>	<ol style="list-style-type: none"> <li>1. Revision for the Gripping, Stance, and Shooting</li> <li>2. Introduction to and Practice of the Medium Stroke</li> <li>3. Introduction to the Rules and Regulations of Single and Double Stroke Competitions</li> </ol>	
<b>3</b>	<ol style="list-style-type: none"> <li>1. Revision for the Gripping, Stance, Shooting, and Medium Stroke</li> <li>2. Preparing the Woodball Competition Course</li> <li>3. Small-scale Competitions</li> <li>4. Introduction to Competition Strategies</li> </ol>	
<b>4</b>	<ol style="list-style-type: none"> <li>1. Revision for the Gripping, Stance, Shooting, and Medium Stroke</li> <li>2. Introduction to and Practice of the Long Stroke</li> <li>3. Relevant Activities and Games</li> <li>4. Small-scale Competitions</li> </ol>	
<b>5</b>	<ol style="list-style-type: none"> <li>1. Revision for the Gripping, Stance, Shooting, Medium Stroke and Long Stroke</li> <li>2. Modify Competitions</li> <li>3. Introduction to the Rules and Regulations of, and Strategies commonly employed in Fairway Competitions</li> </ol>	
<b>6</b>	<ol style="list-style-type: none"> <li>1. Revision for the Gripping, Stance, Shooting, Medium Stroke and Long Stroke</li> <li>2. Mock Exam Practice</li> <li>3. Review of the Strategies employed in the Mock Exam Practice</li> </ol>	
<b>7</b>	<ol style="list-style-type: none"> <li>1. 6-Gates (Single) Stroke Competition</li> <li>2. Review of the Techniques, Individual Skills and Strategies displayed in the Competition</li> </ol>	
<b>8</b>	<ol style="list-style-type: none"> <li>1. 6-Gates (Double) Stroke Competition</li> <li>2. Review of the Techniques, Individual Skills and Strategies displayed in the Competition</li> </ol>	
<b>9</b>	<ol style="list-style-type: none"> <li>1. 12-Gates (Single) Fairway Competition</li> <li>2. Review of the Techniques, Individual Skills and Strategies displayed in the Competition</li> </ol>	
<b>10</b>	<ol style="list-style-type: none"> <li>1. 12-Gates (Double) Fairway Competition</li> <li>2. Review of the Techniques, Individual Skills and Strategies displayed in the Competition</li> </ol>	
<b>11</b>	Revision for the Exam Items	
<b>12</b>	Examination	Examination
<b>13</b>	Examination	Examination & Course Evaluation