

The Chinese University of Hong Kong
Special P.E Programme
Course Schedule (1st Term)

Week	Topic
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