

The Chinese University of Hong Kong P.E. Unit

Woodball Course Content

Wk No.	First Period	Second Period
1	1. Course requirements 2. Briefing on the Course Contents and Examination Items 3. Introduction to and Practice of the Gripping, Stance, and Shooting	
2	1. Revision for the Gripping, Stance, and Shooting 2. Introduction to and Practice of the Medium Stroke 3. Introduction to the Rules and Regulations of Single and Double Stroke Competitions	
3	1. Revision for the Gripping, Stance, Shooting, and Medium Stroke 2. Preparing the Woodball Competition Course 3. Small-scale Competitions 4. Introduction to Competition Strategies	
4	1. Revision for the Gripping, Stance, Shooting, and Medium Stroke 2. Introduction to and Practice of the Long Stroke 3. Relevant Activities and Games 4. Small-scale Competitions	
5	1. Revision for the Gripping, Stance, Shooting, Medium Stroke and Long Stroke 2. Modify Competitions 3. Introduction to the Rules and Regulations of, and Strategies commonly employed in Fairway Competitions	
6	1. Revision for the Gripping, Stance, Shooting, Medium Stroke and Long Stroke 2. Mock Exam Practice 3. Review of the Strategies employed in the Mock Exam Practice	
7	1. 6-Gates (Single) Stroke Competition 2. Review of the Techniques, Individual Skills and Strategies displayed in the Competition	
8	1. 6-Gates (Double) Stroke Competition 2. Review of the Techniques, Individual Skills and Strategies displayed in the Competition	
9	1. 12-Gates (Single) Fairway Competition 2. Review of the Techniques, Individual Skills and Strategies displayed in the Competition	
10	1. 12-Gates (Double) Fairway Competition 2. Review of the Techniques, Individual Skills and Strategies displayed in the Competition	
11	Revision for the Exam Items	
12	Examination	Examination
13	Examination	Examination & Course Evaluation