

**St. Francis Xavier's College**  
**2023-2024**  
**Physical Education**  
**Course Outline**

**Form One**

**Term One**

	<b>Topic / Main Theme</b>
1	Body Measurement
2	Athletics
3	Fitness
4	Basketball

**Mode of assessment and weighting**

Method of Assessment	Athletics (Practical /Skill Assessment)	Fitness Test	Basketball	Note Taking
Weighting	40%	20%	20%	10%

**Term Two**

	<b>Topic / Main Theme</b>
1	Hockey
2	Volleyball
3	Football
4	Badminton
5	Handball/ Fitness

**Mode of assessment and weighting**

Method of Assessment	Hockey	Volleyball	Football	Badminton	Handball / Fitness	Note Taking
Weighting	20%	20%	20%	20%	10%	10%