

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

Form Two

Term One

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

Mode of assessment and weighting

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

Term Two

	Topic / Main Theme
1	Hockey
2	Volleyball
3	Football
4	Swimming
5	Fitness / Handball

Mode of assessment and weighting

Method of Assessment	Handball	Fitness	Football	Swimming
Weighting	20%	30%	30%	20%