

St.Francis Xavier's College

2017-2018

Physical Education

Course Outline

Form Three

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 | 50% | 25% | 25% |

Term Two

| | Topic / Main Theme |
|---|--------------------|
| 1 | Hockey |
| 2 | Volleyball |
| 3 | Football |
| 4 | Rugby/ Fitness |
| 5 | Tchoukball |

Mode of assessment and weighting

| Method of Assessment | Hockey | Volleyball | Fitness | Football | Tchoukball |
|----------------------|--------|------------|---------|----------|------------|
| Weighting | 20% | 20% | 20% | 20% | 20% |