

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

**Form Five**

**Term One**

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

**Mode of assessment and weighting**

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

**Term Two**

	<b>Topic / Main Theme</b>
1	Rock Climbing
2	Weight Training
3	Swimming / Archery
4	Ski & Skate
5	Fitness
6	IPSC

**Mode of assessment and weighting**

Method of Assessment	Weight Training	Swimming /Archery	Squash	Fitness	IPSC
Weighting	20%	20%	20%	20%	20%