

St. Francis Xavier's College
2024-2025
Physical Education
Course Outline
Form One

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 | Note Taking |
|----------------------|---|--------------|------------|-------------|
| Weighting | 40% | 20% | 20% | 10% |

Term Two

| | Topic / Main Theme |
|---|---------------------------|
| 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 | Participation |
|----------------------|--------|------------|----------|-----------|-----------------------|---------------|
| Weighting | 20% | 20% | 20% | 20% | 10% | 10% |