

St. Francis Xavier's College
2022-2023
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	Note Taking
Weighting	20%	20%	20%	20%	10%	10%