

**St. Francis Xavier's College**  
**2022-2023**  
**Physical Education**  
**Course Outline**  
**Form Two**

**Term One**

	<b>Topic / Main Theme</b>
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**

	<b>Topic / Main Theme</b>
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%