

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

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%	20%	30%

Term Two

	Topic / Main Theme
1	Football
2	Hockey
3	Soft Darts
4	Volleyball
5	Fitness

Mode of assessment and weighting

Method of Assessment	Football	Hockey	Soft Darts	Volleyball	Fitness Test	Rock Climbing
Weighting	20%	10%	20%	20%	20%	10%