

**St.Francis Xavier's College**

**2016-2017**

**Physical Education**

**Course Outline**

**Form Four**

**Term One**

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

**Mode of assessment and weighting**

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

**Term Two**

	<b>Topic / Main Theme</b>
1	Basketball
2	Hockey
3	Fitness
4	Volleyball
5	Handball

**Mode of assessment and weighting**

Method of Assessment	Basketball	Hockey	Fitness	Handball	Volleyball
Weighting	30%	30%	10%	20%	10%