

St.Francis Xavier's College

2017-2018

Physical Education

Course Outline

Form Four

Term One

	Topic / Main Theme
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

	Topic / Main Theme
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%