

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	40%	40%	20%

Term Two

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

Mode of assessment and weighting

Method of Assessment	Football	Hockey	Soft Darts	Rock Climbing	Volleyball	Sit Up
Weighting	20%	20%	20%	10%	20%	10%