

St.Francis Xavier's College

2016-2017

Physical Education

Course Outline

Form Five

Term One

	Topic / Main Theme
1	Body Measurement
2	Athletics
3	Fitness
4	Tennis

Mode of assessment and weighting

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

Term Two

	Topic / Main Theme
1	Rock Climbing
2	Weight Training
3	Fitness / Tchoukball
4	Squash

Mode of assessment and weighting

Method of Assessment	Rock Climbing	Weight Training	Fitness / Tchoukball	Squash
Weighting	30%	30%	10%	30%