

## 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	Golf
2	Weight Training
3	Fitness / Swimming
4	Squash

### Mode of assessment and weighting

Method of Assessment	Golf	Weight Training	Swimming	Squash	Sit Up
Weighting	15%	25%	20%	30%	10%