

St. Francis Xavier's College
2022-2023
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	Swimming / Archery
4	Squash
5	Fitness

Mode of assessment and weighting

Method of Assessment	Weight Training	Swimming /Archery	Squash	Fitness	Ski &Skate
Weighting	20%	20%	20%	20%	20%