

St.Francis Xavier's College

2017-2018

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% |