St. Francis Xavier's College 2023-2024 Physical Education <u>Course Outline</u>

Form Six

Term One

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

Mode of assessment and weighting

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