

**St. Francis Xavier's College**

**2024-2025**

**Physical Education**

**Course Outline**

**Form Two**

**Term One**

	<b>Topic / Main Theme</b>
1	Body Measurement
2	Athletics
3	Fitness
4	Basketball

**Mode of assessment and weighting**

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

**Term Two**

	<b>Topic / Main Theme</b>
1	Hockey
2	Volleyball
3	Football
4	Swimming
5	Fitness / Handball

**Mode of assessment and weighting**

Method of Assessment	Volleyball	Fitness	Football	Swimming
Weighting	20%	30%	30%	20%