

St. Francis Xavier's College
2024-2025
Physical Education
Course Outline
Form Three

Term One

	Topic / Main Theme
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	50%	20%	30%

Term Two

	Topic / Main Theme
1	Dodgebee
2	Volleyball
3	Football
4	Rugby/ DodgeBall
5	Handball

Mode of assessment and weighting

Method of Assessment	Hockey	Volleyball	Fitness	Football	Dodgeball/ Rugby
Weighting	10%	20%	30%	20%	10%