

St. Francis Xavier's College

2024-2025

Physical Education

Course Outline

Form Four

Term One

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

Mode of assessment and weighting

Method of Assessment	Athletics (Practical /Skill Assessment)	Fitness Test	Basketball/ Squash
Weighting	50%	20%	30%

Term Two

	Topic / Main Theme
1	Football
2	Rock Climbing
3	Soft Darts
4	Volleyball
5	Golf

Mode of assessment and weighting

Method of Assessment	Football	Rock Climbing	Soft Darts	Volleyball	Golf	Fitness
Weighting	20%	20%	20%	20%	10%	10%