

St. Francis Xavier's College

2024-2025

Physical Education

Course Outline

Form Five

Term One

	Topic / Main Theme
1	Body Measurement
2	Athletics
3	Fitness
4	Tennis/ Squash
5	Soft Dart

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	Swimming /Archery
4	Ski & Skate
5	IPSC

Mode of assessment and weighting

Method of Assessment	Weight Training	Swimming /Archery	Squash	Fitness	IPSC
Weighting	20%	20%	20%	20%	20%