

**St. Francis Xavier's College**

**2024-2025**

**Physical Education**

**Course Outline**

**Form Six**

**Term One**

<b>Topic / Main Theme</b>	
1	Body Measurement
2	Athletics
3	Fitness
4	Bowling
5	Archery

**Mode of assessment and weighting**

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