

PHYSICAL EDUCATION FORM 1 2009-2010

General aims:

To educate students about health, fitness and performance.

To help them establish a healthy lifestyle.

To help them acquire the basic skills needed to perform some physical activity.

Goals for this year:

- To improve agility, balance and coordination.*
- To understand the effects of different exercises.*
- To learn about different locomotor movements and space awareness.*
- To practise and improve the basic skills needed to play football, basketball, handball and volleyball.*
- To understand mainly through practice the benefits from participation in physical activity.*
- To value the contribution that physical activity can make to a healthy lifestyle and to positive social relationships.*
- Get to know more on the human body – , muscles, respiratory system.*

Course Outline:

Health Related Fitness:~ *Agility, Balance, Coordination, Cardiorespiratory Endurance, Speed Exercises.*

Manipulative Skills:~ *Throwing and Catching, Striking, Kicking, Volleying, Dribbling, Controlling, Aiming.*

Game Skills:~ *Skill acquisition and know-how of rules of the game and game strategies in Football, Basketball, Handball and Volleyball.*

Assessment scheme:

When	Criteria	Marks
Mid-Year Exam	Eurofit Tests. Fitness Testing in Cardio-respiratory Endurance, Strength, Muscular Endurance, Speed, Flexibility and Balance. Basic skills in games.	100
Mid-Year Assessment	Attitude, behaviour & participation during PE lessons	20
Annual Exam	Eurofit Tests. Fitness Testing in Cardio-respiratory Endurance, Strength, Muscular Endurance, Speed, Flexibility and Balance. Basic skills in games.	100
Annual Assessment	Sports Day Participation Attitude, behaviour & participation during PE lessons	5 15