

PHYSICAL EDUCATION FORM 2

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:

- 1) To improve agility, balance, coordination, reaction, aerobic endurance and speed.
- 2) To understand the effects of different exercises.
- 3) Exercise on the importance of Strength, Speed and Power.
- 4) To learn about different locomotor movements and space awareness.
- 5) To practise and improve the basic skills needed to play football, handball, basketball and volleyball.
- 6) To understand mainly through practice the benefits from participation in physical activity.
- 7) To value the contribution that physical activity can make to a healthy lifestyle and to positive social relationships.
- 8) Get to know more on the human body – bones, muscles, respiratory system.

Course Outline:

Health Related Fitness:~ Agility, Balance, Coordination, Reaction, Aerobic Endurance, Speed and Strength 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, Handball, Basketball and Volleyball.

Assessment scheme:

| When | Criteria | Marks |
|---------------|---|--------------|
| Term 1 | Assessment Behaviour | 10 |
| | Assessment Mark: Participation, Attitude, Basic skills in games. | 50 |
| Term 2 | Assessment Behaviour | 10 |
| | Assessment Mark: Participation, Attitude, Basic skills in games. | 50 |
| | Mid-Year Exam | 100 |
| Term 3 | Assessment Behaviour | 10 |
| | Assessment Mark: Participation, Attitude, Basic skills in games and Sports Day Participation. | 50 |
| | Annual Exam | 100 |