

PHYSICAL EDUCATION FORM 2 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:

- 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
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