

PHYSICAL EDUCATION FORM 3 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 all fitness, components.

To learn about different locomotor movements and space awareness.

To practise and improve the basic skills needed to play football, handball, basketball 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 different throwing methods and why different methods are used for different purposes.

Course Outline:

Health Related Fitness:~ *Agility, Balance, Coordination, Flexibility, Cardiorespiratory Endurance, Muscular Strength and Endurance, Speed.*

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