

PHYSICAL EDUCATION FORM 3

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
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