

PHYSICAL EDUCATION FORM 5 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 fitness, coordination and flexibility and physical strength.

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.

Course Outline:

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

Game Skills:~ Game strategies in Football, Handball, Basketball and Volleyball.

Assessment scheme:

When	Criteria	Marks
Final Exam	Eurofit Tests. Fitness Testing in Cardio-respiratory Endurance, Strength, Muscular Endurance, Speed, Flexibility and Balance. Basic skills in games.	100
Final Assessment	Attitude, behaviour & participation during PE lessons	20

