

PHYSICAL EDUCATION SYLLABUS PROGRAMME PLANNER

SENIOR ONE	THEME	TOPIC	DURATION NUMBER OF PERIODS
Term 1	Theory and practice of PE	Introduction to PE	2
		Safety and first aid	8
		Body conditioning	6
	Aesthetics	Movement concepts	8
Term 2	Theory and practice of PE	Exercise, rest and hygiene	6
	Athletics	Basic running skills	10
	Games	Basic skills in Rounders	8
Term 3	Theory and practice of PE	Skills development and diet	4
	Games	Basic skills in Netball	10
		Basic skills in Volleyball	10
		Total	72
SENIOR TWO COVERAGE			
SENIOR TWO			
Term 1	Theory and practice of PE	Factors in performance of physical activities	6
		Physical fitness	10

	Aesthetics	Basic skills in Educational Gymnastics	8
Term 2	Theory and practice of PE	Agreeable and disagreeable behaviour	4
	Athletics	Basic jumping skills	10
		Basic throwing skills	10
Term 3	Theory and practice of PE	Leisure and recreation	4
	Games	Basic skills in Handball	10
		Basic skills in Soccer	10
		Total	72

SENIOR THREE COVERAGE

SENIOR THREE			
Term 1	Theory and practice of PE	The body and physical activities	12
	Athletics	Development of running skills	12
	Games	Game 1 (from: Rugby, Hockey, Basketball, Cricket, Badminton, Table tennis)	12
		Game 2 (from: Rugby, Hockey, Basketball, Cricket, Badminton, Table tennis)	12
Term 2	Theory and practice of PE	Media and sports	12
	Aesthetics	Aesthetic choice made; (Aerobics swimming)	20
	Athletics	Development of jumping skills	16

Term 3	Theory and practice of PE	PES at National and international level	10
		Fitness testing and training	14
	Games	Game 1(from: Rugby, Hockey, Basketball, Cricket, Badminton, Table tennis)	12
		Game 2 (from: Rugby, Hockey, Basketball, Cricket, Badminton, Table tennis)	12
		Total	144

SENIOR FOUR COVERAGE

SENIOR FOUR			
Term 1	Theory and practice of PE	Health, physical activity and stress management	12
	Aesthetics	Aesthetics choice made; (swimming, aerobics)	20
	Athletics	Development of throwing skills	16
Term 2	Theory and practice of PE	Access to sports	12
		Physical Education and Sports for Peace and Development	16
	Aesthetics	Aesthetics choice made; (aerobics and swimming)	20
Term 3	Aesthetics	Practical Assessment	6
	Athletics	Practical Assessment	6
	Games	Practical Assessment	8
		Total	116