

<b>Subject</b>	<b>Physical Education</b>	
<b>Form/Level</b>	<b>First Year</b>	<b>Term1</b>
<b>No.1</b>	<b>Topic /Subtopic</b>	<b>Time</b>
Unit one	Theory-Hygiene. Practical-sit-ups/push-ups in 30 seconds .Measurements in height. An aerobic activity a 6-12 minute run.	2 weeks
Unit two	Theory-The care of the nails and skin. Athletic terms. Introductory to various sporting skills and their rules and history. Cross country. First form sports.	2 weeks
Unit three	Theory-The skeletal system. Burpee challenge/various sporting skills. Cross country.	2 weeks
Unit four	Theory-The muscular system. Practical-Fitness test-standing broad jump, sit and reach.	2 weeks
Unit five	Theory-The importance of PE and fitness. Various skills. Inter house prelims-sprints.	2 weeks
Unit six	Theory-The food groups. Mini-games/relays. Inter house prelims-sprints.	1 week
Unit seven	Theory-Events in track and field. Varied sporting disciplines.	1 week

<b>Subject</b>	<b>Physical Education</b>	
<b>Form/Level</b>	<b>Second Year</b>	<b>Term1</b>
<b>No.1</b>	<b>Topic /Subtopic</b>	<b>Time</b>
Unit one	Theory-Nutrients. Practical-sit-ups/push-ups in 30 seconds .Measurements in height. An aerobic activity a 6-12 minute run.	2 weeks
Unit two	Theory-The care of the body and the importance of fitness. Athletic terms. Introductory to various sporting skills and their rules and history.	2 weeks
Unit three	Theory-The circulatory system. Burpee challenge/various sporting skills.	2 weeks
Unit four	Theory-The respiratory system. Practical-Fitness test-standing broad jump, sit and reach.	2 weeks
Unit five	Theory-The importance of eating healthy. Various skills. Interhouse prelims –sprints.	2 weeks
Unit six	Theory-Communicable diseases STD's. Mini-games/relays. Interhouse prelims-sprints.	1 week
Unit seven	Theory-Drugs and their classifications. Varied sporting disciplines.	1 week

<b>Subject</b>	<b>Physical Education</b>	
<b>Form/Level</b>	<b>Third Year</b>	<b>Term1</b>
<b>No.1</b>	<b>Topic /Subtopic</b>	<b>Time</b>
Unit one	Theory-BMR and a table on the intake of nutrients converted to energy. Practical-sit-ups/push-ups in 30 seconds .Measurements in height. An aerobic activity a 6-12 minute run.	2 weeks
Unit two	Theory-The effect of aerobic exercise on the body. Athletic terms. Introductory to various sporting skills and their rules and history.	2 weeks
Unit three	Theory-The nervous system. Burpee challenge/various sporting skills.	2 weeks
Unit four	Theory-The reproductive system. Practical-Fitness test-standing broad jump, sit and reach.	2 weeks
Unit five	Theory-Work sheet on notes. Various skills. Interhouse prelims –sprints.	2 weeks
Unit six	Theory-The laws and rules of varying sports. Stating who their governing bodies are nationally and internationally. Mini-games/relays. Interhouse prelims-sprints.	1 week
Unit seven	Theory-Events in track and field. Varied sporting disciplines.	1 week

<b>Subject</b>	<b>Physical Education</b>	
<b>Form/Level</b>	<b>Fourth Year</b>	<b>Term1</b>
<b>No.1</b>	<b>Topic /Subtopic</b>	<b>Time</b>
Unit one	Theory-Fitness. Practical-sit-ups/push-ups in 30 seconds .Measurements in height. An aerobic activity a 6-12 minute run.	2 weeks
Unit two	Theory-The importance of sports. Athletic terms. Introductory to various sporting skills and their rules and history. First form sports.(assistance)	2 weeks
Unit three	Theory-The skin system. Burpee challenge/various sporting skills.	2 weeks
Unit four	Theory-The lymphatic system. Practical-Fitness test-standing broad jump, sit and reach.	2 weeks
Unit five	Theory-The digestive system. Various skills. Interhouse-prelims sprints	2 weeks
Unit six	Theory-The necessity of various food groups while training. Mini-games/relays. Interhouse-prelims sprints.	1 week
Unit seven	Theory-Events in track and field. The endocrine system. Varied sporting disciplines.	1 week

<b>Subject</b>	<b>Physical Education</b>	
<b>Form/Level</b>	<b>Fifth Year</b>	<b>Term1</b>
<b>No.1</b>	<b>Topic /Subtopic</b>	<b>Time</b>
Unit one	Theory-Sports and media. Practical-sit-ups/push-ups in 30 seconds .Measurements in height. An aerobic activity a 6-12 minute run.	2 weeks
Unit two	Theory-The care of special needs people in sports. Athletic terms. Introductory to various sporting skills and their rules and history. First form sports.(assistance)	2 weeks
Unit three	Theory-The different styles of training. Burpee challenge/various sporting skills.	2 weeks
Unit four	Theory-The principles of training. Practical-Fitness test-standing broad jump, sit and reach.	2 weeks
Unit five	Theory-The importance of PE and fitness. Various skills. Interhouse prelims –sprints.	2 weeks
Unit six	Theory-Work sheet on notes. Mini-games/relays. Interhouse-prelims sprints	1 week
Unit seven	Theory-Events in track and field. The excretory system. Varied sporting disciplines.	1 week