PHYSICAL EDUCATION Outline Plan 2014-2015

FORM TWO

PHYSICAL EDUCATION

Week No.	Unit	Module	Topic
Term 1			
1			Orientation to Form Two program
2 - 9	1	01	Anatomy: The circulatory system: Overview
		02	The Heart, chambers, valves, vessels.
		03	The Blood Vessels, Veins,Arteries,Capillaries
		04	Blood, Components, Characteristics, Functions
		05	Types of circulation, fitness components
10 - 13	2	01	Anatomy : Respiratory System, Overview
		02	Air Passages: Larynx, Pharynx, bronchi
		03	Respiration, processes
14			Revision
15			**END OF TERM EXAMINATION**
Term Two			
1-10	1	01	Training Theory: Overview
		02	Principles of training
		03	Training session v Training season
		04	Methods of training, circuit, plyometric
11			**Revision**
12			**END OF TERM EXAMINATIONS**
Term Three			
1	1	01	Fitness Components : Overview
2 -6		02	Types of Fitness : Sport / Health Related
7 -9		03	Strength, stamina, flexibility, body build.
10 -11		04	Coordination, speed, agility, reaction time.
12			**END OF TERM EXAMINATIONS**