

# PHYSICAL EDUCATION Outline Plan 2014-2015

## FORM THREE

### PHYSICAL EDUCATION

Week No.	Unit	Module	Topic
<b>Term 1</b>			
1	----	-----	Orientation to Phys. Ed. Program Yr. 3 (NCSE)
2	01	01	Anatomy : The Digestive System: Organs & functions
3	01	02	Anatomy : The Digestive System: Processes
4-5	01	03	Anatomy : The Digestive System: Diet,Digestion , Training
6	02	01	Anatomy : The Nervous System: Organs & Functions
7 -8	02	02	Anatomy : The Nervous System: Parts of the Brain
9	02	03	Anatomy : The role of the brain in sport/movement
10	03	01	Drugs and Sport : Definition & Types of drugs
11	03	02	Drugs and Sport : Social Drugs : Alcohol, Nicotine
12	03	03	Drugs and Sport : Illegal Social Drugs : Marijuana....,
13	03	04	Drugs and Sport : Performance Enhancing Drugs
	03	05	Drugs and Sport : The concept of Cheating
14	---	---	Revision.
<b>15</b>	-----	-----	<b>Christmas Examinations</b>
<b>Term Two</b>			
1 -3	01	01	Sport : Football: history, playing conditions, rules
4 -6	01	02	Sport: Cricket : history, playing conditions, rules
7 -9	01	03	Sport: Tennis : history, playing conditions, rules
10 -11	01	04	Sport: Volleyball : history, playing conditions, rules
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<b>12</b>	-----	-----	<b>Easter end of term exams</b>
<b>Term Three</b>			
1-4	-----	-----	Review and revision : Anatomy, history, fitness, training
5-7	-----	-----	Sample past paper questions (NCSE)
<b>8-12</b>	-----	-----	<b>NCSE Practical, Orals; End of Term Examinations</b>