# PHYSICAL EDUCATION Outline Plan 2014-2015

## FORM FOUR

## COURSE OUTLINE

| Week No. | Unit | Module | Topic |
|---|---|---|---|
| **Term 1** | | | |
| 1 | ---- | ------ | Orientation to CSEC Physical Education |
| 2-8 | 01 | 01 | Definition and Role of Physical Education |
| | 01 | 02 | History and Development of P.E. and Sport |
| | 01 | 03 | History: Types of Sport; Definition of Games |
| | 01 | 04 | History: The Olympics |
| 9-13 | 02 | 01 | Anatomy: Systems of the Human Body |
| | 02 | 02 | Anatomy: The Skeletal System: Names and Functions |
| | 02 | 03 | Anatomy: The Skeletal System: Bone Development |
| | 02 | 04 | Anatomy: Types of Joints and Movements |
| | 02 | 05 | Anatomy: Synovial Joints |
| **15** | ---- | ----- | **Christmas Examinations** |
| **Term 2** | | | |
| 1 -4 | 03 | 01 | Anatomy: The Muscular System: Types of Muscle Tissue |
| | 03 | 02 | Anatomy: The Muscular System: Names and Functions |
| | 03 | 03 | Anatomy: Changes and Benefits due to Exercise |
| 5 | 04 | 01 | Anatomical Movements: Definition and Examples |
| 6-9 | 05 | 01 | Anatomy: The Circulatory System: Organs and Functions |
| | 05 | 02 | The Circulatory System: Blood; Components and Functions |
| | 05 | 03 | The Circulatory System: Blood Vessels |
| | 05 | 04 | The Circulatory System: Changes and Benefits due to Exercise |
| | 06 | 01-02 | The Respiratory System: Organs; Functions; benefits of Exercise |
| 10 -11 | 07 | 01 | S.B.A. Tournament: Sport; Groups: Roles |
| **12** | ---- | ----- | **End Of Term Examinations** |
| **Term 3** | | | |
| 1 - 8 | 07 | 02 | Preparation for S.B.A. Tournament: Outlining Roles and Responsibilities; class meetings to determine event format; team meetings; practice schedules; rules; prizes/awards. |
| **9-10** | | | **S.B.A. Tournaments** |
| 11 | ---- | ----- | Revision of topics |
| **12** | | | **End of Term Examinations** |