# PHYSICAL EDUCATION Outline Plan 2014-2015

## FORM FIVE

## COURSE OUTLINE

| Week No. | Unit | Module | Topic |
|---|---|---|---|
| **Term 1** | | | |
| 1 -6 | | | • Fitness and Training: Types of Fitness; Definitions; Training methods; training for competition; peaking.<br>• Portfolio Development; Sections; Formatting; reports; references. |
| 7- 10 | | | • Skill in Sport; Definition of Terms; Types of Skill; Development of Skill; Performance Factors.<br>• Issues in Sport; Drugs and Sport; Types of Drugs; Testing and Regulations; Effects on Health and Performance. |
| 11 - 13 | | | • Health and Nutrition; Factors Affecting Health; Nutrients.<br>• Gender and Sport; Racism and Sport; Violence in Sport. |
| 1 - 13 | | | • Health and Safety; First Aid; Injury Prevention<br>• Government and Sport; Funding; Sponsorship; Sport Organisation; International, local, regional. |
| 14 | | | • Revision |
| **15** | | | **End Of Term Examinations** |
| **Term 2** | | | |
| 1- 8 | | | • Role of Physical Education; National Development; Development of National Sport.<br>• Technology and Sport; Media and Sport; Sportsmanship |
| 9 - 11 | | | • Revision; Past Paper Questions; Format; Sections; Essay construction. External Sports; Rules and Knowledge of Selected Sports. |
| **12** | | | **Mock Exams** |
| **Term 3** | | | |
| **1-3** | | | **External Practical** |
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