

ST MARY'S COLLEGE
FORM ONE COURSE OUTLINE
PHYSICAL EDUCATION

WeekNo.	Unit	Module	Topic
TERM ONE			
2- 7			History and Development of Physical Education
	01	01	Definition of Physical Education
	01	02	Historical Development of Physical Education
	01	03	The Olympics
8- 13	02	01	Anatomy (The Skeletal System)- Functions
	02	02	Names of Bones
	02	03	Types of Joints
14			Revision
15	-----	-----	Christmas Examinations
TERM TWO			
1-2			Anatomy (The Skeletal System)
	02	04	types of synovial joints
3-7	03	01	Anatomy (The Muscular System)- Functions
	03	02	Types of Muscle Tissue: skeletal, involuntary, cardiac
	03	03	Names of Muscle
8 -10	03	04	Benefits of Exercise to Muscle: tone, size, strength,
11			Revision
12	-----	-----	Easter Examinations
TERM THREE			
1 - 3			Anatomy (The Muscular System)
	03	05	reduced injury
4 - 10	04	01	Safety in Sport- Planning for Safety
	04	02	Reducing Risk
	04	03	Causes of Sports Injuries
	04	04	Soft and Hard Tissue Injuries
	04	05	Treatment of Injuries
12	-----	-----	End of Year Examinations