PHYSICAL EDUCATION Course Outline

FORM THREE

PHYSICAL EDUCATION

Term 1	Week No.	Unit	Module	Topic
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 Nervous System: Parts of the Brain 9 02 03 Anatomy : The Nervous System: Parts of the Brain 9 02 03 Anatomy : The Nervous System: Organs & Functions 10 03 O1 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 14	Term 1			
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: Definition & Types of drugs 11 03 02 Drugs and Sport: Social Drugs: Alcohol, Nicotine 12 03 03 Drugs and Sport: Bllegal Social Drugs: Marijuana, 13 03 04 Drugs and Sport: The concept of Cheating 14	1			Orientation to Phys. Ed. Program Yr. 3 (NCSE)
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. 15 Christmas Examinations Term Two 1 -3 01 01 Sport: Football: history, playing conditions, rules 4 -6 01 02 Sport: Cricket: history, playing conditions, rules 10 -11 01 04 Sport: Volleyball: history, playing conditions, rules 10 -11 01 O4 Sport: Volleyball: history, playing conditions, rules Term Three 1-4 Review and revision: Anatomy, history, fitness, training 5-7 Sample past paper questions (NCSE)	2	01	01	Anatomy : The Digestive System: Organs & functions
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. 15 Christmas Examinations Term Two 1 -3 01 01 Sport: Football: history, playing conditions, rules 7 -9 01 03 Sport: Tennis: history, playing conditions, rules 10 -11 01 04 Sport: Volleyball: history, playing conditions, rules 10 -11 01 04 Sport: Volleyball: history, playing conditions, rules Term Three 1-4 Review and revision: Anatomy, history, fitness, training 5-7 Sample past paper questions (NCSE)	3	01	02	Anatomy : The Digestive System: Processes
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 : Hlegal Social Drugs : Marijuana, 13 03 04 Drugs and Sport : Performance Enhancing Drugs 03 05 Drugs and Sport : The concept of Cheating 14 Revision. 15 Christmas Examinations Term Two 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 Term Three 1-4 Review and revision : Anatomy, history, fitness, training 5-7 Sample past paper questions (NCSE)	4-5	01	03	Anatomy: The Digestive System: Diet, Digestion, Training
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. 15 Christmas Examinations Term Two 1 -3 01 01 Sport: Football: history, playing conditions, rules 4 -6 01 O2 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 12 Easter end of term exams Term Three 1-4 Review and revision: Anatomy, history, fitness, training 5-7 Sample past paper questions (NCSE)	6	02	01	Anatomy: The Nervous System: Organs & Functions
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. 15 Christmas Examinations Term Two 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 Term Three 1-4 Review and revision : Anatomy, history, fitness, training 5-7 Sample past paper questions (NCSE)	7 -8	02	02	Anatomy: The Nervous System: Parts of the Brain
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. 15 Christmas Examinations Term Two 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 Term Three 1-4 Easter end of term exams Term Three 1-4 Review and revision: Anatomy, history, fitness, training 5-7 Sample past paper questions (NCSE)	9	02	03	Anatomy: The role of the brain in sport/movement
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. 15 Christmas Examinations Term Two 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 12 Easter end of term exams Term Three 1-4 Review and revision: Anatomy, history, fitness, training 5-7 Sample past paper questions (NCSE)	10	03	01	Drugs and Sport : Definition & Types of drugs
13 03 04 Drugs and Sport : Performance Enhancing Drugs 03 05 Drugs and Sport : The concept of Cheating 14 Revision. 15 Christmas Examinations Term Two 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 12 Easter end of term exams Term Three 1-4 Review and revision : Anatomy, history, fitness, training 5-7 Sample past paper questions (NCSE)	11	03	02	Drugs and Sport : Social Drugs : Alcohol, Nicotine
14	12	03	03	Drugs and Sport: Illegal Social Drugs : Marijuana,
14	13	03	04	Drugs and Sport : Performance Enhancing Drugs
Term Two 1 -3		03	05	Drugs and Sport : The concept of Cheating
Term Two 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 Easter end of term exams Term Three 1-4 Review and revision: Anatomy, history, fitness, training 5-7 Sample past paper questions (NCSE)	14			Revision.
1 -3 01 01 Sport : Football: history, playing conditions, rules 4 -6 01 O2 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 Easter end of term exams Term Three 1-4 Review and revision : Anatomy, history, fitness, training 5-7 Sample past paper questions (NCSE)	15			Christmas Examinations
1 -3 01 01 Sport : Football: history, playing conditions, rules 4 -6 01 O2 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 Easter end of term exams Term Three 1-4 Review and revision : Anatomy, history, fitness, training 5-7 Sample past paper questions (NCSE)				
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 12 Easter end of term exams Term Three 1-4 Review and revision: Anatomy, history, fitness, training 5-7 Sample past paper questions (NCSE)	Term Two			
7 -9 01 03 Sport: Tennis: history, playing conditions, rules 10 -11 01 04 Sport: Volleyball: history, playing conditions, rules Easter end of term exams Term Three 1-4 Review and revision: Anatomy, history, fitness, training 5-7 Sample past paper questions (NCSE)	1 -3	01	01	Sport : Football: history, playing conditions, rules
10 -11 01 04 Sport: Volleyball: history, playing conditions, rules 12 Easter end of term exams Term Three 1-4 Review and revision: Anatomy, history, fitness, training 5-7 Sample past paper questions (NCSE)	4 -6	01	02	Sport: Cricket: history, playing conditions, rules
12 Easter end of term exams Term Three 1-4 Review and revision : Anatomy, history, fitness, training 5-7 Sample past paper questions (NCSE)	7 -9	01	03	Sport: Tennis: history, playing conditions, rules
Term Three 1-4 Review and revision : Anatomy, history, fitness, training 5-7 Sample past paper questions (NCSE)	10 -11	01	04	Sport: Volleyball: history, playing conditions, rules
Term Three 1-4 Review and revision : Anatomy, history, fitness, training 5-7 Sample past paper questions (NCSE)				
Term Three 1-4 Review and revision : Anatomy, history, fitness, training 5-7 Sample past paper questions (NCSE)				
1-4 Review and revision : Anatomy, history, fitness, training 5-7 Sample past paper questions (NCSE)	12			Easter end of term exams
1-4 Review and revision : Anatomy, history, fitness, training 5-7 Sample past paper questions (NCSE)				
5-7 Sample past paper questions (NCSE)	Term Three			
	1-4			Review and revision : Anatomy, history, fitness, training
8-12 NCSE Practical, Orals; End of Term Examinations	5-7			Sample past paper questions (NCSE)
	8-12			NCSE Practical, Orals; End of Term Examinations