

PHYSICAL EDUCATION Course Outline

FORM THREE

PHYSICAL EDUCATION

Week No.	Unit	Module	Topic
<u>Term 1</u>			
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.
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
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12	-----	-----	Easter end of term exams
Term Three			
1-4	-----	-----	Review and revision : Anatomy, history, fitness, training
5-7	-----	-----	Sample past paper questions (NCSE)
8-12	-----	-----	NCSE Practical, Orals; End of Term Examinations