

## PHYSICAL EDUCATION Course Outline

### FORM FOUR

### COURSE OUTLINE

Week No.	Unit	Module	Topic
<b><u>Term 1</u></b>			
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	----	-----	<b>Christmas Examinations</b>
<b><u>Term 2</u></b>			
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	----	-----	<b>End Of Term Examinations</b>
<b><u>Term 3</u></b>			
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			<b>S.B.A. Tournaments</b>
11	----	-----	Revision of topics
12			<b>End of Term Examinations</b>