

	<b>Programme Of Work</b>				
<b>Cycle Period</b>	<b>Year 2017-2018</b>	<b>Term Three</b>	<b>Subject: Physical Education</b>	<b>Form 1</b>	<b>Date Completed</b>
	<b>Physical Fitness and Wellness</b>	Assessment of fitness level.	<ul style="list-style-type: none"> <li>• Beep / Bleep Shuttle Run Test</li> <li>• Sit and Reach</li> <li>• Skinfolds</li> <li>• Handgrip Strength</li> <li>• Vertical Jump</li> <li>• Home Push-up Test</li> <li>• Sprint Test</li> <li>• Home Sit-up Test</li> </ul>	Research, Note Taking, Discussion.	
	<b>Motor skill development</b>	Skill development in cricket (fielding)  Skill development in football.	<ul style="list-style-type: none"> <li>• Under arm throw</li> <li>• Long Barrier</li> <li>• Passing</li> <li>• Dribbling</li> <li>• Game situation</li> </ul>	Research, Practical Assessment, Discussion.	
	<b>Personal and social Behaviour</b>	Sharing with others.  Respect for others.	<ul style="list-style-type: none"> <li>• Sportsmanship</li> <li>• Teamwork</li> <li>• Equipment</li> </ul>	Research, Practical Drills, Discussion.	
	<b>Safety principles and practices</b>	On and Off the field	<ul style="list-style-type: none"> <li>• Warm up and stretch</li> <li>• Stay hydrated</li> <li>• Check your gear</li> <li>• Follow a good diet</li> <li>• Get enough rest</li> </ul>	Research, Note Taking, Discussion.	